

Pinhoe & Broadclyst Medical Practice

TRAVEL VACCINATIONS - ASSESSMENT AND GENERAL ADVICE

The practice is no longer providing general travel advice. This is very time consuming and with limited resources in the NHS, we need to focus our attention on patients who are actually unwell. There is very comprehensive and reliable advice available online and we are now asking patients to make use of this.

The practice will continue to provide all vaccinations that are free on the NHS.

If you are travelling and think you may need vaccinations, this is what you need to do.

- Go to **www.fitfortravel.nhs.uk** this site is provided by the NHS for use by the general public. It is accurate, easy to use and is kept right up to date.
- Use the box to select the country you are visiting.
- Read all sections of the advice page carefully. For the section on Malaria, check the map to see if you are visiting any high risk areas.
- Under Immunisations will be listed:

1. 'Courses or boosters usually advised' and **2. 'Other vaccines to consider'**

All the vaccinations listed under (1) should be obtained before you travel. Vaccinations listed under (2) may be needed depending on the kind of trip you are planning. The FitForTravel website has all the information to find out what vaccinations you need.

- The vaccinations available free on the NHS are listed below. If ANY of the vaccinations you think you will need ARE NOT AVAILABLE on the NHS, we will not provide them. You must **FIRST** visit a private travel clinic. They will provide advice, give the vaccinations that are not available on the NHS and charge a fee. They will also advise you on malaria risk and provide anti-malarial medication if this is recommended. If you need further vaccinations that are available free on the NHS they will then direct you to the practice.
- If you find you only need vaccinations that ARE AVAILABLE on the NHS, then simply make an appointment to see a Practice Nurse. Please tell the receptionist that this is the reason for your appointment.
- When you attend you will be required to sign a statement that you have read the FitForTravel advice and/or received advice from a travel clinic. The Nurse will check your vaccinations history and give you any vaccinations you need that are available free on the NHS. We will not provide any advice as such.
- The vaccinations you need will often depend more on the sort of holiday/trip you are having, rather than simply the country you are visiting. Overleaf we've given some examples to illustrate this.

AVAILABLE FREE ON THE NHS	Diphtheria	Hep A	Cholera	MMR
	Polio	Tetanus	Typhoid	

Some examples of what travellers may need

<p>Mr Singh and his wife are travelling to Pakistan for a family wedding and staying over for a few months in a rural area several hours drive from Hyderabad.</p> <p>They are staying for an extended period in a rural area and are likely to need vaccinations in the 'Other vaccines to consider' category. This is also a high risk area for Malaria.</p> <p>They are going to need vaccinations not available on the NHS and anti-malarials - they need to visit a private travel clinic <u>before</u> coming to the surgery.</p>	<p>The Jones family are off to Antalya in Turkey for some summer sun. Staying for just a week, they'll be sticking close to the resort.</p> <p>Vaccinations needed will be limited to the 'Courses or boosters usually advised' and - as well as checking their 'normal' UK vaccinations are up to date - it's recommended that Tetanus is given. All available on the NHS, so the Jones can simply book appointments here with the Practice Nurse.</p>
<p>Mr & Mrs Smith are off to Thailand for a relaxing fortnight. They plan on staying in their resort for much of the time, but may visit some of the local sights. The areas they plan to visit have low malaria risk.</p> <p>Vaccinations needed will be limited to the 'Courses or boosters usually advised' and - as well as checking their 'normal' UK vaccinations are up to date - it's recommended that Tetanus is given. All available on the NHS, so the Jones can simply book appointments here with the Practice Nurse.</p>	<p>The Smiths' son is also off to Thailand, but for a few months with his friends. Backpacking around the country will take them into much more remote areas and planned river trips are included, in higher risk zones for malaria.</p> <p>They are likely to need vaccinations in the 'Other vaccines to consider' category.</p> <p>They are going to need vaccinations not available on the NHS and anti-malarials - they need to visit a private travel clinic <u>before</u> coming to the surgery.</p>

It can take time to do your research and get advice, so make sure you start investigating your vaccination and health needs well in advance, at least 6/8 weeks before your departure.