

## Opportunities for Pharmacists in Pre-Travel Health

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## Why be involved in pre-travel health?

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- Community pharmacists can give accurate information on international travel
- Need to improve communications between the physician, the travel clinic and the pharmacist to improve outcomes

-Barbero Gonzales A, Alvarez de Toledo Saavedra F, Estaban Fernandez J, Pastor-Sanchez R, Gil de Miguel A, Rodriguez Barris JM, Garcia c6bten F, Casdevilla Pim C. VINTAJ

## U.S. Airport survey- 2003

- ▣ Only 36% sought travel health advice
  - Most booked trip > 1 month before
- ▣ 73% traveling to malaria risk area
  - 60% had anti-malarial medication with them
- ▣ Most were traveling to places where hepatitis A is a risk
  - Only 17% thought they were at risk
- ▣ Vaccinations rate were low throughout
  - 11% had Td vaccine
  - 14% had hepatitis A vaccine
  - 13% had hepatitis B vaccine
  - 5% had yellow fever vaccine



J Gen Intern Med. 2004; 11(1):23 - 6. Hamer DH, Connor BA.

## The Pharmacist's Role in Pre-Travel Health

- Advocate
  - Recognize travel related prescriptions
- Facilitate
  - Provide specific information of travel health sources
- Immunize
  - Provide travel related vaccines
  - Provide travel health information

APHA House of Delegates 1996

## Why should we be involved?

- Relationships/communications with physicians
- Established immunization services
- Currently fill travel prescriptions
- OTC and ancillary products



## Why should we be involved?

- Accessibility
- Familiarity with computers
- Familiarity with on-line information sources
- Patient's trust
- Knowledge of drug and treatment options



### Why be involved in travel health?

- › Alternate revenue source
- › Added prescription volume
- › Added front end sales
- › Supports other patient focused services
- › Grow your practice



### Who are International Travelers?

- › Business travelers
- › Vacationers
- › Missionaries
- › Relief workers
- › Adopting parents
- › Students
- › VFR
- › Etc, etc, etc.....

### Healthy travel – Where to start

- › Where in the world are you going?
- › How long will you stay?
- › Where will you be staying?
- › Why are you going?
- › What is your itinerary?
- › Which vaccines have you had?

### Travel Related Vaccines

- › Hepatitis A
- › Hepatitis B
- › Td/Tdap
- › M–M–R
- › Varicella
- › meningococcal
- › Yellow fever vaccine
- › Japanese encephalitis vaccine
- › Typhoid vaccine
- › Rabies vaccine
- › polio

### Travel mortality – perceived

- ▣ Attack by large predators
- ▣ Exotic diseases
- ▣ Venomous snakes
- ▣ Enormous insects
- ▣ Cannibals



### Travel mortality – real

- ▣ Road travel accidents
- ▣ Falls
- ▣ Drowning
- ▣ Heat stroke
- ▣ Homicide
- ▣ Altitude related injuries
- ▣ Other injuries



## So... vaccines are not the whole story



- ▣ schistosomiasis
- ▣ onchocerciasis
- ▣ malaria
- ▣ African trypanosomiasis
- ▣ American trypanosomiasis
- ▣ leishmaniasis
- ▣ leptosporosis
- ▣ Mad cow disease
- ▣ Chagas disease
- ▣ Rift Valley fever
- ▣ sexually transmitted diseases
- ▣ loa loa
- ▣ Guinea worm
- ▣ Dengue fever
- ▣ chikungunya
- ▣ West Nile virus
- ▣ Etc, etc, etc.....

## Patients with travel related needs may...

- ▣ Present prescriptions for:
  - ciprofloxacin, Levaquin, Xifaxin, azithromycin
  - acetazolamide
  - oral typhoid vaccine
  - Malarone, mefloquine, chloroquine
  - Sleep aids
- ▣ Ask for:
  - Travel size products
  - Insect repellants
  - Early refills or multiple refills
  - Vaccine information
  - Passport pictures at the photo lab
  - Luggage accessories
  - Travel security products

## Patients with travel related needs may...

- ▶ Request:
  - First aid kit components
  - Water filtration chemicals
  - Oral rehydration salts
  - Syringes and needles
  - Motion sickness prevention
  - Pressure adjusting ears plugs (Earplanes™)
  - Sunscreens during the winter
  - Clothing insecticide
  - Hand sanitizer gel/wipes
  - Multiple paperback books and magazines

## Educate yourself

- ▶ APhA "Strategies for Implementing a Pharmacy-Based Travel Health and Vaccine Service"
  - Multi-media on-line CE
- ▶ International Society of Travel Medicine
  - Monthly journal
  - Recommended publications
  - ISTM "Certificate in Travel Health"

## Educate Yourself

- ▶ Project Immunize Virginia
  - Bi-annual immunization education meeting
  - Often covers at least one travel medicine related subject
- ▶ APhA webinar on enhancing your practice
  - One of the presenters has an active travel clinic