Priority Topic: TRAVEL MEDICINE

Key Features:

What you should study:
These first two articles cover many of the key features (if you’re short on time, pick one of these and one on fever in returning traveler. I personally prefer the NEJM article):

✓ Pre-Travel Assessment AAFP 2016
✓ Medical Considerations before Travel NEJM 2016
   Check out their website for an interactive infographic with a map of disease distribution: https://www.nejm.org/doi/full/10.1056/NEJMra1508815
✓ Travel Medicine CFP 2014 (for a Canadian take)

1. Make sure travellers get up to date, timely, itinerary-specific advice from a reliable source (e.g., travel clinic, travel website).

What you should study:

✓ CDC Yellow Book: Pre-travel Visit
✓ https://wwwnc.cdc.gov/travel

2. When seeing patients planning travel, discuss the common, non-infectious perils of travel (e.g., accidents, safer sex, alcohol, safe travel for women).

What you should study:

✓ Medical Considerations before Travel NEJM 2016
✓ How Americans die Abroad - Time Magazine
✓ Travel Medicine AIM 2018
3. In patients presenting with symptoms of infection without an obvious cause, especially those with a fever, enquire about recent travel history to identify potential sources (especially, but not exclusively, malaria).

**What you should study:**

✓ Fever in the Returning Traveler NEJM 2017  
✓ Fever in the Returning Traveler BMJ 2017  
✓ BMJ Infographic: Fever in the Returning Traveler  
✓ EM Cases 77: Fever in the Returning Traveler

4. Provide prevention and treatment advice and prescribe medications for common conditions associated with travel (e.g., traveler’s diarrhea, altitude sickness).

**What you should study:**

✓ Medical Considerations before Travel NEJM 2016  
✓ Traveller’s Diarrhea for Patients  
✓ Vaccin pour Diarrhée du Voyageur? Médecin du Québec 2017  
✓ Résistance chez les Voyageurs Médecin du Québec 2016  
✓ Altitude Sickness AAFP 2010

5. Ensure patients understand how to manage their chronic disease while traveling (e.g., diabetes, asthma, international normalized ratios [INRs]).

**What you should study:**

✓ CDC: Travellers with Chronic Illness
6. Use patient visits for travel advice as an opportunity to update routine vaccinations.

**What you should study:** see also [Priority Topic Immunization](#)

✓ Medical Considerations before Travel NEJM 2016

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<td>7. Advise patients to check insurance coverage issues especially in regard to recent changes in chronic disease and any recent treatment changes.</td>
<td>✓ Just do it!</td>
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<td>8. Advise patients traveling with medications to have an adequate supply, documentation of need for use, and to transport them securely (e.g., carry-on bag).</td>
<td>✓ Just do it!</td>
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