

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/NEJMr1508815>
- ✓ [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](#)

7. Advise patients to check [insurance coverage](#) issues especially in regard to [recent changes in chronic disease](#) and any recent [treatment changes](#).

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).