Faculty Travel Presentation

Mount Kilamanjaro
With Reason One Can Travel The World Over; Without It, It Is Hard to Move an Inch

Chinese Proverb
Student Health Travel Services

Vaccines, Prescriptions, & Non-Prescription Drugs
Counseling for Potential Infectious Diseases and Other Health Hazards
Care for the Returned Traveler
Building Stoves in Guatemala
VCU Alternative Spring Break
Information Student Health Will Provide

• Assessment of Risk Based on WHO & CDC

• Vaccine Recommendations Based on Risk & the Student’s Immunization History

• Prescriptions Specific to the Trip, Risks, & Student Medical History & Allergy Profile

• Encouragement to Obtain Trip & International Health Insurance or ISIC Card

• Focused Travel Literature
Information We Need From Your Students

Destination Country & City Names
Living Arrangements
Departure and Return Dates
Side Trips
Primary Activities
Prior Travel Experience
Medical History
Continuing Medical Care While Traveling
SHS Can Help With Special Arrangements

Carry Medicines In The Original Packaging

Medicines Manufactured in Some Parts of the World May be Counterfeit

A Medical Summary Can Help Eliminate Confusion

Vaccine Summary
We Recommend That Faculty Avoid Responsibility for Medical Trip Advice

You are Experienced Travelers & Trip Leaders
It is Natural That Your Students Will Seek Pre-Trip Medical & Vaccine Advice From You
Minimize Your Personal Liability for an Adverse Outcome
Reduce Your Stress
Plan for Evacuation & Medical Care

The US Embassy can recommend medical care facilities & help with evacuation
Everyone on the trip should register with the State Department

University Hospital in Accra

Tsunami Warning Sign
Plan for the Unthinkable Though It Will Probably Never Happen

Andy Irons died from Dengue Fever November 2010 in his hotel room in Texas while traveling home from Puerto Rico to Hawaii; he was 32
Trip Insurance: Because You May Need to Purchase A First Class Seat for the Trip Home or Charter A Private Plane
Natural Disasters May Delay Your Arrival or Departure Resulting in Unplanned Expenses

Antigua Guatemala

Altitude = 1530 meters = 5000 feet
Hunapu’ Volcano – Volcan de Aqua
Generic Maps Provide a Guideline But May Disguise Regional Variations in Risk or Disease Prevalence

Malaria Risk World Wide

Source: World Health Organization & Centers for Disease Control
Humans are the reservoir; mosquitoes are the vector
There are four types of Dengue each with serotype subsets
Hyper-endemic (continuous circulation of virus) in the Americas, Southeast Asia, Eurasia, Cuba, Puerto Rico & several Caribbean Islands
Epidemic in Middle East & Sub-Saharan Africa but human genetics reduce fatalities from hemorrhagic fever
24,000 die annually from Dengue
Yellow Fever Distribution

Monkeys are the animal reservoir
Several types of mosquitoes are the transmission vectors to both monkeys and humans
Highest risk in tropical rain forest of S. America and west sub-Saharan Africa
Risk is 10 x higher in Africa than in S. America
200,000 worldwide cases per year & 30,000 deaths
Case fatality rate of 5% to 70%

Data: WHO & CDC
Leishmaniasis Has Increased Worldwide
Leishmania is a Large Parasite Family
Most in Travelers is Acquired During Jungle Trips

Latin America, Brazil & India – skin and internal organs
Colombia, Peru, & Bolivia – 90% is skin or mucus membrane
Old World Leishmaniasis is less severe – Middle East, Asia, Africa
Average of 18 cases per year in travelers to Latin America; one study reported a 0.28% occurrence in travelers to the Bolivian Amazon
Starts as bump or scaly site
Ulcer is usually painless
Map Source: US Army
Typhoid Occurs in Many of the VCU Destinations
SHS Provides Both Typhoid Vaccine Options

Typhoid Mary was a real person who transmitted Typhoid through her job as a cook

[Map of the world showing the distribution of Typhoid with color coding for high, medium, and sporadic outbreaks]
Hepatitis A Virus Remains a World-Wide Risk For Which the Vaccine is Highly Effective

Most Hepatitis A is Transmitted by Food Prepared From an Infected Food Service Worker
Practical Advice: Don’t Feed the Animals

Rabies – Dogs; Monkeys & Baboons; Carnivorous Bats

Most Rabies in the US is Imported by Travelers Who Had a Risky Animal Exposure While Traveling
Never Smile, Laugh, or Show Your Teeth to a Monkey – Those Are Aggressive Signals

A VCU Student Started Rabies Vaccine the Monday After Spring Break for a Capuchin Monkey Bite

Monkey bites occur in Latin & South America, Africa, Malaysia, Asia, South Africa, China & Other Resort Destinations where Monkeys Reside
Monkeys are Attracted to Shiny Objects, Food, Perfume, Objects Hanging Near Them, Movement & Noise & Trained Monkeys May Not Be Shy
Closed Toe Shoes, Barrier Between Skin and Soil, Avoid Swimming in Certain Areas

Soil Transmitted Helminth (Worm) Infections World Wide

Intestinal: Roundworm, Tapeworm, & Flatworm – Flukes
Cutaneous: Hookworm
Wear Closed Toe Shoes
Labadi Beach in Accra Ghana

Cutaneous Larva Migrans (Hookworm) - Fecal Material from Dogs
Tetanus & Salmonella – Fecal Material from Horses
Avoid Exposed Skin & Wading in Fresh Standing Water
Leptospirosis (bacteria) – Urine & Feces – Humans, Dogs, Cows, Horses, Pigs
Leishmaniasis (parasite) – Sand Fly
Shistosomiasis (worm) Humans & Freshwater Snail - “Snail Fever” in China
Don’t Eat the Daisies, Lettuce, Watercress, & Sorrel
And, if you must, soak them in a bleach solution first

Nematode (Roundworm) in Sorrel Leaf
Most Traveler’s Diarrhea is Parasitic and Self Limited

Blastocystis Hominis Protozoan Parasite

Plant Reservoir Distribution is World Wide

Blastocystis is self limited – supportive care only
Accounts for the majority of travelers diarrhea: Abdominal cramping, diarrhea, bloating, nausea, gassiness, fatigue
Blastocystis in the US

Risks Have Increased For Some of the VCU Destinations

Aedes Aegypti Mosquito - Dengue, Chikungunya & Yellow Fevers
Anopheles Mosquito – Malaria

Ghana, Central & South America & Caribbean: Malaria & Dengue
India, Nigeria, & Dominican Republic (Haiti border): Polio
Dominican Republic March 2011 Campo Cayo Resort: Cholera
Did You Know?

60% of Peace Corp volunteers in Guatemala are infected with an intestinal parasite (J. Clinical Microbiology)

VCU students have become infected with Leishmaniasis, Malaria, Amoeba, Typhoid, Cutaneous Larva Migrans (Hookworm) Other Parasites, & Botfly

VCU students have been bitten or scratched by monkeys they approached or fed, requiring Rabies Vaccine

VCU students have developed tendonitis & sustained serious injuries requiring medical care & evacuation
Even Safe Destinations May Have Risks
Great White Shark: Cape Hoek Family Beach – Cape Town

January 2010 – Someone Became Lunch for the Shark
Thanks for Inviting Me
I Wish You Great Vistas & Wonderful Trips

Iguassu Falls, Brazil side; 82 Meters High  (269 Feet)