



Public Health
England

PHE Occupational Health Travel Health Service for UK-PHRST

**Ole Nascimento Travel & Immunisation Nurse,
Occupational Health & Staff Wellbeing**

Purpose and Introduction

- Deliver an enhanced Work Travel Health Service for UK-PHRST staff
- Including pre, during and post travel support
- The core service is available by appointment only
- PHE travel clinics based at Porton Down and Colindale
- OHWB leading on delivery – additional support through UCL – Hospital for Tropical Diseases (HTD)
- Delivery of a standard and consistent approach
- UK-PHRST staff ready to deploy within 48h

Pre-travel Procedure for UK-PHRST Staff

Pre-deployment requirements for UK-PHRST:

- Have a pre-deployment medical that fulfils the WHO requirements
- Be in date for the required travel immunisations
- Hold a six weeks supply of anti-malarial medication
- Hold a supply of standby antibiotics
- A fully stocked first aid kit and mosquito net
- Hold and HIV PEP pack (core team only)

Annual Pre-Deployment Medical

All UK-PHRST staff should hold a in-date WHO medical certificate to be completed annually OR sooner if individual health status has changed and this may impact on their fitness to deploy

UK-PHRST Core team notifies PHE -OHWB



```
graph TD; A[UK-PHRST Core team notifies PHE -OHWB] --> B[PHE-OHWB passes details to HTD to arrange WHO medical]; B --> C[HTD will contact staff member directly via email to arrange medical (OHWB – will be kept in the loop by HTD)]; C --> D[OHWB will arrange an immunisation update appointment at Colindale (ideally on the same day as HTD medical)];
```

PHE-OHWB passes details to HTD to arrange WHO medical

HTD will contact staff member directly via email to arrange medical
(OHWB – will be kept in the loop by HTD)

OHWB will arrange an immunisation update appointment at Colindale (ideally on the same day as HTD medical)

Fitness for Deployment Certificate

- HTD will provide health clearance certificates to the OHWB team and the staff member.
- The will also advise OHWB of any restrictions for travel
- The OHWB team will inform CMT of the individual outcome of the assessment:
 - Fit or Unfit for deployment including any restrictions and/ or adjustments required
- OHWB will send an e-copy of the fitness to deploy certificate to the staff member and CMT

Immunisations

- OHWB aim to arrange immunisation appointments at Colindale on the same day as HTD appointment (no immunisations should be given by HTD)
- Staff should submit their immunisation records before the appointment to OH inbox
- Immunisation requirements include:
 - In date UK routine immunisations (MMR, DTP)
 - Travel and other vaccines:

Rabies

Hepatitis A

Cholera

Hepatitis B

BCG

Meningitis ACWY

Seasonal Influenza

Typhoid

Yellow Fever

Immunisations

- Subsequent immunisations can be booked at Colindale or Porton OHWB
- Staff who are not able to travel to those sites maybe able to source booster immunisations locally however they must seek written approval from the CMT ahead of the appointment
- Staff should notify OH of all vaccines received elsewhere
- In the event of a deployment OHWB will be notified to confirm fitness for travel

Medicines and Equipment

Standby medication issued:

- Anti-malarial medication – 6 weeks supply
- Standby antibiotics

Equipment – First Aid kit, mosquito net

Trauma kit / deployment kit – issued by Katie at WH

HIV-PEP packs will be issued by HTD:

- The core team at their pre-deployment medical appointment
- UK-PHRST reserve cadre staff and FETP as and when required
- Replacement packs – notify OHWB who will arrange with HTD to make a new pack available for collection

NOTE – OH cannot provide supplies of any regular medication you take. You must ensure you have sufficient stocks before you travel

Fitness to Travel Considerations

- Health & safety for PHE travellers is paramount. Fitness to deploy will be considered in relation to:
 - Underlying medical conditions both physical and psychological
 - Long term medications
- All travellers are required to travel economy class unless there is a medical justification to travel in a higher class. If required this will be assessed either as part of the WHO medical or the OHWB case management process
- OHWB will also advice on travel restrictions e.g. specific area/ zones or limitations on distance/ time flying.
- Unable to receive a specific vaccine for medical reasons
- Non compliance with immunisations programme

Pre-Travel Covid-19 Testing

- Many countries will now require a negative Covid-19 PCR test ahead of travel, usually within 72h of arrival in destination country.
- All RST staff can request a swab test through the OH team CovidOH@phe.gov.uk
- Please contact the team as soon as travel dates are confirmed so that your test can be scheduled in
- The team will send a test request form which you will need to complete and return to the inbox
- Depending where you are based you will take the test on site or a courier will deliver and pick up the test kit for you
- Test results can take up to 48h to be ready
- Will be send an email with the test result as soon as this is ready
- Different countries may have different requirements for the results letter

Pre-Deployment Checklist

- Check travel medication is complete and in date (list can be requested from OHWB)
- Send completed pre-travel health forms to OHWB inbox including any required travel meds
- OH will review your file and check all vaccinations are still in date. If needed we will arrange updates on short notice
- OH will also inform CMT/ Katie when you are cleared for travel
- If needed request Covid test (through CovidOH inbox)

During Deployment

- Illness in country
 - Report to Team Leader – direct you to health care facilities (UN Doctor or local clinic)
 - Notify RST via the on-call phone
- Insurance claim - must be done at earliest opportunity by contacting the Insurance company
 - Reservists/ FETP / deployed staff – PHE insurance
 - Routine travel of LSHTM / Oxford staff – own insurer
- If additional support required (e.g. physio) when back in UK – notify CMT who will arrange referral. OHWB team is also available during deployment e.g. physio advice

Psychological Support

Employee Assistance Program

- You have access to a 24 hour a day counselling service, which includes while you are abroad
- You should have a card with the contact details on including international dialling code.

PLEASE use EAP if you feel you need to speak to someone and perhaps are finding your deployment/working environment difficult. If you need ongoing assistance on your return, this can also be arranged.

Post Travel – Acutely Unwell

- If you are unwell on return to UK or become unwell within 6 months of your return:

- Walk in clinic at

| | |
|--|--|
| The Hospital for Tropical Diseases Mortimer Market Capper Street Tottenham Court Road London WC1E 6JB | Liverpool School of Tropical Medicine Pembroke Place, Liverpool, L3 5QA |
|--|--|

- Or attend A&E / GP
- **MUST** - alert the staff that you are RST members with PHE and records will be on file with HTD: advise that the treating clinician can contact HTD for specialist advise (again, must say they are RST staff)

Post Travel

- General post-deployment debrief with RST
 - Can raise any non-confidential OH issues
- Post deployment follow up with OHWB
 - Notify OHWB of return
 - OHWB will send a post-deployment questionnaire to complete & return
 - If indicated on form or requested by you an appointment with OH will be arranged
- If you experience any psychological symptoms (including any post trauma symptoms) you can access the EAP service via self referral
 - Replenish travel supplies via OHWB

Important Contact Details

- Ole Nascimento Travel & Immunisation Nurse (main contact for RST staff)

Ole.Nascimento@phe.gov.uk

- Rebecca Preece Travel & Immunisation Nurse (based at Porton Down)

Rebecca.preece@phe.gov.uk

- Deborah Wright Travel & Immunisation Nurse (based at Porton Down)

Deborah.wright@phe.gov.uk

- Occupational Health main inbox (**should always be kept in cc**)

Occupational.health@phe.gov.uk

- Pre- travel Covid test request

CovidOH@phe.gov.uk