Pre Travel Health Assessment for OHNs
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Abstract
Worldwide 1.1 billion people traveled internationally in 2014. Eighteen to 50% were business travelers who also face occupational and work exposures. Sleep disorders and substance abuse is common with extensive travel and business travel has been associated with poorer health: higher BMI, higher BP and BS, higher stress on spouses and children.

Introduction
Business travelers have approximately 2 weeks notice of impending travel and make about 3 international trips per year. Most frequent destinations are India, China and South Africa.

75% recognize importance of vaccination 25% follow food and fluid precautions 16% comply with antimalarial chemoprophylaxis 90% had Tdap, Hepatitis A, YF, Typhoid, Malaria prophylaxis

49% declined flu vaccine

Clinician Communication Strategies
- Encourage the traveler's involvement at the outset and throughout the discussion.
- Provide unbiased information about risks and benefit options, including doing nothing.
- Provide well structured and understandable information.
- Engage in shared decision making.
- Rehearse likely scenarios and provide support as necessary.

Ask Business Traveler About Type of Work
- Office, factory or mine?
- PPE requirements?
- Indoor or outdoor?
- Type of work and duration
- Longer trip = more risk and immunizations vary
- Travel destination hazards such as security concerns, natural disasters, infectious diseases, climate extremes, mosquito borne illness
- Timing of the trip: can the trip be postponed to a time of less risk: after elections, the rainy season or disease outbreaks?

Ask Business Traveler About Shot Records
- Call Mom
- School and College records
- Military Records
- State Records
- Vaccine Receipts

Protect Business Travelers
- Is the trip business critical?
- Are there virtual options to obtain the desired outcome?
- What are the employee or family concerns?
- Can these concerns be addressed by preventive options in insect repellent, clothing, etc.?
- Can this trip be postponed until the issue is controlled?
- Can an employee with lower risk profile make the trip?
- Is the employee planning a pregnancy in the near future?

Remind Business Travelers of Basics
- Handwashing
- Hotel and Personal Safety
- Preventing Bug Bites
- Avoiding all Animals
- Sunscreen Use
- Shunning Blood and BF Exposure

Risk #1: Motor Vehicle Accidents
Do Not drink and drive. Wear seat belts. Follow local traffic laws. Wear helmets when riding bikes, motorcycles, and motor bikes.
Look both ways when crossing the street.
Hire a licensed local driver, when possible; in authorized taxis only! Avoid night driving.

Risk #2: Drowning
Avoid alcohol, swim only in well-chlorinated pools; life-jackets, use a reliable company for snorkeling, boating, rafting, sailing.
Go with a buddy.
Avoid fresh water swimming: schistosomiasis (snails transmitted in fresh water) and leptospirosis (bacterial illness).
- Medical assistance insurance CRITICAL
- Access to Western standards of care
- 24/7 coverage
- Insuremytrip.com or worldnomad.com
- International SOS
- STEP free service of US to its traveling citizens https://step.state.gov/step/

Transition Business Traveler Back to Life and Work at Home
Time for rest and resuming a normal sleep cycle
Time to reconnect with family
Time to wrap up unfinished business
Time to manage work activity at the home location
Consider if work specific medical surveillance is needed
Consider if traveler needs medical care for symptoms that arose during travel or afterwards

References
1. Cdc.gov/travelershealth

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