

Travel Health Nursing Glossary

August 2019

ACIP. The Advisory Committee on Immunization Practices is a CDC agency comprised of medical and public health experts who make recommendations for the use of vaccines to protect the health of the U.S. population. (ACIP <https://www.cdc.gov/vaccines/acip/index.html>)

Advanced practice registered nurses (APRN). A nurse who has completed an accredited graduate-level education program preparing her or him for the role of certified nurse practitioner, certified nurse anesthetist, certified nurse-midwife or clinical nurse specialist; has passed a national certification examination that measures the APRN role and population-focused competencies; maintains continued competence as evidenced by recertification; and is licensed to practice as an APRN (Adapted from APRN JDG, 2008)

American Association of Occupational Health Nurses (AAOHN). The American Association of Occupational Health Nurses is the professional association of licensed nurses engaged in the practice of occupation and environmental health nursing. (AAOHN <http://aohn.org/>)

American College Health Association (ACHA). This association serves as the principal leadership organization for advancing the health of college students and campus communities through advocacy, education, and research. (ACHA <https://www.acha.org/>)

American Society of Tropical Medicine and Hygiene (ASTMH). The largest international scientific organization of experts dedicated to reducing the worldwide burden of tropical infectious diseases and improving global health. ASTMH offers qualifying clinicians the CTropMed® credential. (ASTMH <https://www.astmh.org/>)

American Travel Health Nurses Association (ATHNA). The professional organization of travel health nurses promoting the health of travelers and their communities through evidence based practice, research and advocacy. (ATHNA 2017)

Antimicrobial Resistance. When microorganisms such as bacteria, viruses, fungi and parasites change in ways that render the medications used to cure the infections they cause become ineffective.

Assessment. A systematic, dynamic process by which the registered nurse, through interaction with the patient, family, groups, communities, populations, and healthcare providers, collects and analyzes data. Assessment is the initial step in the nursing process and may include the following dimensions: physical, psychological, sociocultural, spiritual, cognitive, functional abilities, developmental, economic and lifestyle.

Centers for Disease Control and Prevention (CDC). The federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. The Travel Health Branch provides official U.S. government health

recommendations for traveling for both providers and travelers. The branch also publishes the CDC “Yellow Book,” Health Information for International Travel and posts Travel Health Notices regarding global outbreaks. (CDC <https://wwwnc.cdc.gov/travel>)

Chemoprophylaxis. The administration of a medication for the purpose of preventing disease or infection; also refers to the use of drugs before, during and after travel to prevent malaria. (<https://www.merriam-webster.com/dictionary/chemoprophylaxis>)

Collaboration. A professional partnership grounded in a reciprocal and respectful recognition and acceptance of: each partner’s unique expertise, power and sphere of influence and responsibilities; the commonality of goals; the mutual safeguarding of the legitimate interest of each party and the advantages of such a relationship.

Conceptual Framework. A theoretical structure or “network” of assumptions, principles, and rules that holds together the ideas comprising a broad concept.

CTH®. Certificate of Travel Health; refers to the interdisciplinary, international certificate awarded to health professionals who achieve a passing grade on the ISTM CTH examination. (ISTM www.istm.org)

Cultural Competence. A set of congruent behaviors, attitudes and policies that come together in a system or agency or among professional and enable the system, agency or professionals to work effectively in cross-cultural settings.

Diagnosis. A clinical judgment about the healthcare consumer’s response to actual or potential health conditions or needs. It is the second step in the nursing process and the basis for creating a plan with expected outcomes. Registered nurses utilize nursing and medical diagnoses depending on educational and clinical preparation and legal authority.

Ecological model. A model of health that emphasizes the linkages and relationships among multiple factors affecting health. This approach focuses on both population-level and individual-level determinants of health and interventions. Health is determined by influences at multiple levels (e.g., public policy, community, institutional, interpersonal, and intrapersonal factors). (ACHA https://www.acha.org/HealthyCampus/HealthyCampus/Ecological_Model.aspx)

Emergent Diseases. Infections that have recently appeared within a population or those whose incidence or geographic range is rapidly increasing or threatens to increase in the near future (e.g. Zika). (Baylor College of Medicine <https://www.bcm.edu/departments/molecular-virology-and-microbiology/emerging-infections-and-biodefense/emerging-infectious-diseases>)

Emporiatics. An older, alternative name for the specialty branch of medicine that deals with the prevention and management of health problems of international travelers. (Sushma 2012)

Environmental health. Aspects of human health including quality of life, that are determined by physical, chemical, biological, social and psychological problems in the environment. It also refers to the

theory and practice of assessing, correcting, controlling and preventing those factors in the environment that can potentially affect adversely the health of present and future generations.

Evidenced-based practice. A scholarly and systematic problem-solving paradigm that results in the delivery of high-quality healthcare.

GeoSentinel. A worldwide communication and data collection network for the surveillance of travel-related morbidity. It was initiated in 1995 by the International Society of Travel Medicine (ISTM) with support from the US Centers for Disease Control (CDC) as a network of ISTM member travel/tropical medicine clinics for early identification of travel related illness.(www.istm.org/geosentinel)

Graduate-level prepared specialty nurse. A registered nurse prepared at the master's or doctoral level who has advanced knowledge, skills, abilities and judgment associated with one or more nursing specialties and is functioning in an advanced level as designated by elements of her or his position. (ANA 2015)

Green travel. A broad term with two main branches: It refers to responsible travel practices that pay attention to environmental, social, and economic sustainability. It can also refer to eco-tourism, which involves responsible travel specifically to natural areas. (<https://greenglobaltravel.com>)

Holistic. Characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease. Evidenced-based practice. A scholarly and systematic problem-solving paradigm that results in the delivery of high quality healthcare.

IAC. The Immunization Action Coalition is the premier non-profit organization that provides U.S. health professionals with immunization information and education. (Immunization Action Coalition <http://www.immunize.org/>)

IAMAT. The International Association for Medical Assistance to Travelers provides a variety of resources for international travelers seeking health care during travel. (IAMAT <https://www.iamat.org/>)

ICVP. The International Certificate of Vaccination or Prophylaxis, also known as the Yellow Card, is the WHO required documentation for yellow fever immunization. (CDC <https://wwwnc.cdc.gov/travel>)

IHR. International Health Regulations; An international legal instrument that is binding on 196 countries across the globe, including all the Member States of WHO; The purpose and scope of the International Health Regulations (2005) are "to prevent, protect against, control and provide a public health response to the international spread of disease in ways that are commensurate with and restricted to public health risks, and which avoid unnecessary interference with international trade."(WHO <https://www.who.int/ihr/publications/9789241580496/en/>)

Interim Travel Encounter. Also known as "in-transit care." Refers to a travel health nursing encounter that occurs while the traveler is in transit on their journey; typically this might be a phone call or email contact during a trip to address an acute health concern or issue. (ATHNA 2017)

International Society of Travel Medicine (ISTM). An international organization comprised of health providers and others committed to the health and safety of global travelers. ISTM publishes the Journal of Travel Medicine and administers the CTH examination. (ISTM www.istm.org)

ISTM Body of Knowledge. A guide developed by ISTM for the professional development of any individual practicing travel medicine. International in focus, it can be used as one resource to help shape curricula and training programs in travel medicine. It does not address specific national standards of travel health care nor address different professional standards for physicians, nurses, pharmacists and others. (ISTM www.istm.org)

NGO. A non-governmental organization (NGO) is any non-profit, voluntary citizens' group which is organized on a local, national or international level. Doctors' Without Borders and the International Rescue Committee are two NGOs often associated with travel health issues. (<http://www.ngo.org/ngoinfo/define.html>)

Nursing. The protection, promotion and optimization of health and abilities; prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response and advocacy in the care of individuals, families, communities and populations. (ANA 2015)

Nursing Practice. The collective professional activities of nurses characterized by the interrelations of human responses, theory application, nursing actions and outcomes. (ANA 2015)

Nursing Process. A critical thinking model used by nurses that comprises the integration of the singular, concurrent actions by these six components: assessment, diagnosis, identification of outcomes, planning, implementation and evaluation. (ANA 2015)

Outbreaks. WHO defines these as the occurrence of cases of disease in excess of what would normally be expected in a defined community, geographical area or season. (WHO http://www.searo.who.int/topics/disease_outbreaks/en/)

Outcomes. Long-term objectives that define optimal, measurable future levels of health status, maximum acceptable levels of disease, injury or dysfunction, or prevalence of risk factors.

Planetary Health. The integrative effort of multiple disciplines working locally, nationally, and globally to attain optimal health for people, animals, and the environment. Together, the three make up the One Health triad, and the health of each is inextricably connected to the others in the triad. (Rockefeller Foundation <https://www.rockefellerfoundation.org/our-work/initiatives/planetary-health/>)

PPM. Personal protective measures; refers to techniques used to prevent insect bites such as the use of repellents and bed-netting. (Anand 2014)

Pre-Travel Encounter. A clinical visit that focuses on the prevention of health and safety risks of a particular journey. While vaccinations are often included in this encounter, the travel health nurse focuses on the many non-vaccine preventable travel risks that can be reduced through health education and counseling. (ATHNA 2017)

Primary Prevention. Interventions that are applied before there is any evidence of disease or injury; concerned with preventing the onset of disease; it aims to reduce the incidence of disease.

Principles of Responsible Travel. Also known as The Responsible Traveler; Guidelines for responsible tourism which minimize the negative social, economic and environmental impacts, generates greater economic benefits for local people and enhances the well-being of host communities. These are principles of social and economic justice that exert full respect towards the travel environment and its cultures and serve to foster a positive interaction between the tourist industry, the local communities and the travelers. (<https://urbanland.uli.org/industry-sectors/ten-principles-responsible-tourism/>)

Post-Travel Encounter. A clinical visit designed to evaluate and manage adverse health and safety outcomes of international travel. (ATHNA www.athna.org)

Quality. The degree to which health services for patients, families, groups, communities or populations increase the likelihood of desired outcomes and are consistent with current professional knowledge.

Quality improvement. Quality improvement is a systematic approach to continuous actions that lead to measurable, improved outcomes. (ANA 2015)

Recommended vaccinations. Immunizations that are designed to protect the traveler from vaccine-preventable disease found at a particular destination (e.g. Japanese encephalitis, cholera, etc.).

(MedicineNet

https://www.medicinenet.com/do_you_need_vaccinations_before_traveling_abroad/views.htm)

Routine vaccinations. A national schedule of immunizations, recommended and updated yearly by the Advisory Committee on Immunization Practices, for U.S. infants, adolescents and adults (e.g. MMR, influenza, Hepatitis B, etc.).(ACIP www.acip.org)

Required vaccinations. Immunizations mandated by order of WHO to cross an international border (e.g. yellow fever vaccination for entry to Ghana). (MedicineNet

https://www.medicinenet.com/do_you_need_vaccinations_before_traveling_abroad/views.htm)

SBET. Standby Emergency Treatment; the strategy where travelers carry a supply of emergency malaria tablets for self-administration when no medical attention is available or for use under medical supervision after a confirmed malaria diagnosis. (FitForTravel

<https://www.fitfortravel.nhs.uk/media/670069/standby-emergency-treatment-for-malaria.pdf>)

Scope of Nursing Practice. The description of the who, what, where, when, why and how of nursing practice that addresses the range of nursing practice activities common to all registered nurses. When considered in conjunction with the Standards of Professional Nursing Practice and the Code of Ethics for Nurses, comprehensively describes the competent level of nursing common to all U.S. registered nurses. (ANA 2015)

Secondary Prevention. Interventions aimed to reduce the impact of a disease or injury that has already occurred.

Self-treatment. Treatment of oneself without professional supervision to alleviate an illness or condition; often travelers are provided with medications in the event they develop traveler's diarrhea or acute mountain sickness. (Shoreland <https://tripprep.com/library/travelers-diarrhea/traveler-summary>)

Sex Trafficking. This is human trafficking for the purpose of sexual exploitation, including sexual slavery. A victim is forced, in one of a variety of ways, into a situation of dependency on their trafficker(s) and then used by said trafficker(s) to give sexual services to customers.

Special Populations. Travel health nursing endeavors to provide individualized pre- travel care for every traveler. Certain traveling groups have needs, issues and risks that require special resources and may require more time for the encounter (e.g. seniors, pregnant travelers, immigrants, LGBTQ)

Stakeholder. A person or organization that has an interest in travel health nursing (e.g. patients, physicians, employers, insurance companies, pharmaceutical firms and government)

Standards. Authoritative statements defined and promoted by the profession by which the quality of practice, service or education can be evaluated. (ANA 2015)

Standards of Practice. Describe a competent level of nursing care as demonstrated by the nursing process. See also: Nursing process. (ANA 2015)

Standards of Professional Nursing Practice. Authoritative statements of the duties that all registered nurses, regardless of role, population or specialty, are expected to perform competently. (ANA 2015)

Standards of Professional Performance. Describe a competent level of behavior in the professional role. (ANA 2015)

Telehealth. The use of digital information and communication technologies, such as computers and mobile devices, to access and/or provide health care services remotely.

Travel Advisories and Alerts. Updated country specific safety and security information published by the U.S. Department of State @ <https://travel.state.gov/content/travel/en/traveladvisories>. There are four levels of alerts including Level 4: Do not travel. (U.S. State Dept.)

Travel Health Notices. Three levels of official U.S. government health recommendations for traveling @ <https://wwwnc.cdc.gov/travel/notices> As provided by the U.S. Centers for Disease Control, these advisories are Level 1-Watch, Level 2-Alert, and Level 3-Warning wherein all nonessential travel should be avoided to a particular country or region. (CDC)

TravelCare. This is a commercial subscription software program that provides healthcare professionals with travel health and safety information and technology platforms to protect travelers. (Travelcare www.travelcare.com)

Travax. This is a widely used commercial subscription software program that provides healthcare professionals with travel health and safety information and technology platforms to protect travelers. (Shoreland www.Shoreland.com)

Travel Health Nurse. A professional nurse who focuses on the health and safety of all travelers at every stage of their journey through continuous surveillance and assessment of the multiple determinants of health with the intent to promote health and wellness, prevent disease, disability and premature death. (ATHNA 2019)

Traveler. Defined as a person who is traveling from one domestic or international destination (may be home environment) to another. Subcategories include but are not limited to: (ATHNA 2017)

- Air cruisers- persons traveling as a luxury group in one plane making multiple stops around the world on a prepaid, often very expensive itinerary
- Armed Conflict Regions (Military, Journalists, Medics)
- Backpackers- a form of low cost, independent travel; associated with a traveler carrying their belongings in a backpack
- Bucket List-a “wish list “ of travel destinations or experiences often associated with older adults
- Business Traveler
 - o Short-term – usually less than 2 weeks duration
 - o Frequent travelers – multiple returns to a specific country or region or multiple trips within a month or year to different destinations
 - o Ex-pat / long-term assignments – temporary residence of 3+ months, may include family relocation
 - o Flex-pat- newer, alternative employer arrangement that involves an employee making frequent return visits to same location, often for durations of 2 to 6 weeks with no relocation of family
- Ecotourists- tourism directed toward exotic, often threatened, natural environments, especially to support conservation efforts and observe wildlife.
- Educational Traveler
 - o Students / study abroad for durations of one week to multiple years
 - o Conference attendees
 - o Seniors traveling as part of course or another educational objective
- Families with children of all ages
- FGM Travelers- Female Genital Mutilation; families seeking genital cutting of female relatives abroad

- High Altitude Traveler- person traveling to altitudes typically above 10,000 feet, usually by hiking or climbing or flying into mountainous regions
- Humanitarian and disaster response
 - o Search and rescue workers- respondents to natural disasters such as earthquakes, fires, tsunamis, etc.
 - o Health care workers responding to public health emergencies abroad
- Immigrants- persons who come to a country to take up permanent residence.
- International Adoption
- Last Minute Traveler- persons departing in less than two weeks' time or less, sometimes the same day
- Mass Gathering Tourist- Per WHO these are persons attending a planned or spontaneous event where the number of people attending could strain the planning and response resources of the community or country hosting the event. The Olympic Games, The Hajj, and other major sporting, religious, and cultural events are all examples of a mass gathering.
- Medical Needs- traveler with co-morbidities (e.g. chronic illness, severe allergies, immunocompromised, disabilities)
- Medical and Dental Tourist – a person who seeks treatment or procedures abroad due to lower costs or lack of availability at home
- Migrants- a worker who moves from place to place to do seasonal work.
- Missioners- travelers with a religious affiliation making a commitment of three months or more to live and work in a community, often one lacking resources
- Multi-generational travelers- trips that bring together several generations of a family
- Pilgrims- persons who travel to holy places or shrines for religious purposes, such as the Hajj
- Pleasure Travelers
 - o Vacationers – short term or extended
 - o Adventure or sports traveler – includes travelers who engage in high-risk activities
 - o Mountaineering
 - o Scuba
 - o Spelunking-cave exploration

- ☐ Open-water sailing races – team or solo
- ☐ Long distance motorcycling
- ☐ Triathlon
- o Destination events- i.e.: weddings, anniversaries, etc.
- o “Baby mooners” – couples taking a last vacation before childbirth
- o Cruise travelers- persons traveling by ocean ships or river boats
- Pregnant and Breastfeeding Travelers- currently pregnant; also trying to become pregnant
- Refugee- a person who has been forced to leave their country in order to escape violence, war, persecution, or natural disasters.
- Researchers- persons traveling for short or long durations to conduct research projects, including field research (e.g. anthropologists, archeologists, geologists, etc)
- Remote Travelers- persons seeking to go “off the grid” to regions without services such as communication, mass transit, translators, etc.
- Romance Tourism- individuals traveling to meet persons encountered via the Internet
- Seniors- persons over 60; often travel for longer duration and more frequently
- Sex Tourism – persons who travel with the expectation of sexual encounters that may be mutual or coerced
- Unaccompanied Minors- children under the age of 18 who are traveling, often by plane, without a parent, guardian, or other responsible adult
- Vagabonds- travelers with no set itinerary; open-ended travel
- Voluntourism- wherein a traveler includes community service as one part of a trip that may have a primary focus of tourism or business or education
- War Zone Traveler- tourist who chooses to travel to hostile regions

Vectors. Organisms that transmit pathogens and parasites from one infected person (or animal) to another, causing serious diseases in human populations. (CDC)

Vector- borne Diseases. Illnesses caused by pathogens and parasites in human populations. (CDC)

VFR. VFRs are travelers who were born in a resource-poor region of the world, who now live in industrialized nations, and who return to their country of birth to visit friends and relatives; may include

immigrants and first and second generation families returning to birthplace; may include trips to seek brides (CDC)

WHO. The World Health Organization is a United Nations agency headquartered in Geneva and concerned with international public health. WHO publishes the International Health Regulations that govern the reporting of certain infections by its member countries, including the U.S. (WHO)

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