

WNIM 2019
Travel Medicine Case Scenarios
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Disclosures

- Elsevier Publishers: Royalties
 - The Travel & Tropical Medicine Manual, 5th Edition
(Editors: Sanford, Pottinger, and Jong)
 - Netter's Infectious Diseases, 1st Edition
(Editors: Jong and Stevens)
- Valneva USA, Inc: Honoraria
 - Japanese Encephalitis Vaccine Advisory Board
 - Speakers Bureau

Travel Clinic Assessments

- What vaccines are needed?
- Is there a risk of malaria?
- Is there a risk of traveler's diarrhea?
- What other travel health issues are appropriate to address?
 - e.g. Jet Lag, DVT, motion sickness, high altitude illness, insect bites, sunburn, STIs, access to healthcare abroad, travel medicine kit, health insurance, emergency evacuation...

Case 1: International Student

- Liu Yifan, a 22 year old female graduate student from Dalian, PRC, is traveling to the USA to attend the University of Connecticut for one year. She will be living in a residence hall on campus.
 - She received the following childhood vaccinations: tetanus/diphtheria, polio, measles/mumps/rubella, hepatitis B, Japanese encephalitis, and BCG
- What vaccines are recommended/ required for her trip?
- Is there any other health advice for her?

Case 2. Adventure Travel

- A 28 year old male traveler is going to Borneo to participate in a “Mountains to the Sea” triathlon: running, biking, and swimming. This is his first international travel since junior year abroad in Portugal 7 years ago.
- He is an attorney specializing in environmental law.
- What immunizations are recommended?
- What other things should be considered?

Case 3: Volunteer Interpreter

- Jennifer is a 30 year old high school Spanish teacher.
- Will serve as a volunteer interpreter and assistant in a remote health clinic in the Amazon during summer vacation.
- Health status excellent, but had a splenectomy 10 years ago as a result of an accident.
- Departure in 2 months.
- What do you advise?

Case 4: Asia Tourism

- 25 year old nursing student taking a summer quarter off from school to visit a friend who is exiting a Peace Corps Volunteer assignment in Nepal. The two plan to explore Nepal, India, Thailand and Vietnam on an open itinerary starting in late June.
- Case details:
 - History of mental depression in the past, not currently on antidepressants.
 - No allergies reported, is a vegan.
 - Takes OC for control of irregular menses.
 - Previously immunized with 3 doses Hepatitis B vaccine; follow-up serum HBsAb test was borderline (=10 mIU/mL)

Case 5: Volunteer Doctor

- 43 year old physician who is volunteering with Doctors without Borders in Haiti for 2 months.
- Will be working in both rural and urban clinics and will be exposed to the same sorts of diseases, particularly infectious diseases that the local people are at risk for.
- What advice to you give him?

Case 6: Medical Student

- 32 y.o. medical student
 - Male, healthy, no allergies; received mandatory vaccinations for health sciences students;
 - last travel 6 years ago to Thailand, Cambodia and Viet Nam;
 - meds include OTC decongestants for “hayfever” PRN.
- Going to Nairobi for 3 months to work on clinical research project on maternal transmission of HIV at the Ob-Gyn Hospital
 - Will assist in labor and delivery, and post-partum interviews of mothers and newborn infants
- Plans to visit Lake Malawi and Madagascar before return home

Case 7: Visiting Friends

- Eric and Ann are Canadians in their 50's, and plan to spend the summer in rural Finland, visiting their childhood friends. plans for w/e trips to Tallinn (Estonia), Stockholm, and Aland Islands (Sweden).
- They both work as programmers at a local software firm.
- They have heard from their friends that there is some problem with ticks, and consult the travel clinic for advice.
- Recommendations?

Case 8: Missionary Family

- Peter (36 years) and Susan (34 years) are taking their 3-year old son Luke to rural Zambia, where Peter will be working for 2 years. They will live in a house with concrete floors, running cold water, and sporadic electricity supply.
- Peter and Susan are in excellent health, but Susan has reported swelling of her lips after eating eggs. Luke has recurring otitis media.
 - What ROUTINE and TRAVEL vaccines are needed?
 - Would you recommend YF vaccine for Susan?

Case 9: Amazon Birdwatcher

- 26 y/o HIV+ grad student studying birds in the Peruvian Amazon rain forest.
- Case details: Active male, on no medications, CD4+ > 500, will live in thatch-roofed observation hut right along the river, a 4-hour boat trip from the nearest city, Iquitos.
- Trip is for 3 months.
- Departure is 6 weeks from initial clinic visit.
- What do you recommend for his trip?