

# Pre-Travel Medicine and Consultation (3ed)

## - Syllabus -

<b>Schedule Dates:</b>	First day of class: March 2nd, 2026 Last day of class: March 27th, 2026
<b>Student dedication</b>	<b>4 weeks. 75 hours.</b>
<b>Modality</b>	<b>Asynchronous:</b> Students can complete the activities and participation at their own pace, following the learning itinerary milestones and assessment deadlines.
<b>Course Director:</b>	<b>Jose Muñoz Gutiérrez.</b> International Health Department - Hospital Clinic Barcelona. Barcelona institute for Global Health. Universitat de Barcelona
<b>Faculty Coordinator and Facilitator:</b>	<b>Natalia Rodríguez Valero.</b> <a href="mailto:natalia.rodriquez@isglobal.org">natalia.rodriquez@isglobal.org</a> <b>Pedro Laynez Roldán</b> <a href="mailto:playnezroldan@gmail.com">playnezroldan@gmail.com</a>
<b>Faculty:</b>	<b>Natalia Rodríguez Valero</b> <b>Claudia Flores</b> <b>Pedro Laynez Roldán</b>
<b>Collaborators:</b>	<b>Tessa de Alba</b> <b>Meritxell Saloni</b> <b>Inés Iglesias</b> <b>Claudia Flores</b> <b>Angeline Cruz</b> <b>Daniel Camprubí</b>
<b>Instructional designer &amp; support</b>	<b>Education &amp; Training Team.</b> Barcelona Institute for Global Health
<b>Description:</b>	This course offers comprehensive training in the assessment of risks for travelers. Participants will learn through clinical cases how to provide informed guidance on the appropriate preventive measures to be taken before and during travel, within the context of pre-travel consultations.
<b>Learning objective:</b>	Upon successful completion of the course participants should be able to conduct a comprehensive pre-travel risk assessment and indicate preventive measures based on their findings.

<b>Evaluation:</b>	<p>The final grade will take into account participation in online forums, completion of interactive lessons, case studies and other materials, and an end-of-course summative assessment. It will be calculated as follows:</p> <ul style="list-style-type: none"> <li>• <b>15%</b> for forum participation (with at least 2 contributions required)</li> <li>• <b>25%</b> for completion of interactive lessons, case studies and other materials</li> <li>• <b>60%</b> for the <b>end-of-course assessment</b>: Each student will conduct a pre-travel assessment using a specific case scenario to be presented as a written report.</li> </ul>
<b>Resit:</b>	<p>Students who do not achieve a passing grade on the end-of-course assessment will have the chance to complete an alternative activity. Resit must be completed and delivered in a maximum of two weeks (guidelines and terms will be specified by the course coordinators).</p>
<b>Organization of the Course:</b>	<p>The course content is organized as follows:</p> <p><b><u>Key course information and resources:</u></b></p> <ul style="list-style-type: none"> <li>• Video: How to use the virtual platform</li> <li>• Teacher's speaker</li> <li>• Discussions</li> <li>• Schedule</li> <li>• Syllabus</li> <li>• Main resources</li> </ul> <p><b><u>1.- Initial risk assessment in pre-travel consultation</u></b></p> <div data-bbox="432 1126 1490 1391" style="border: 1px solid black; padding: 10px;"> <p><b>Specific learning objectives:</b></p> <ul style="list-style-type: none"> <li>- Discuss the distribution of endemic vaccine-preventable infections</li> <li>- Carry out an effective search of updated outbreaks and emerging diseases reports</li> <li>- Evaluate the traveler's risk of acquiring infections according to the geographic itinerary</li> </ul> </div> <ul style="list-style-type: none"> <li>• Video pill: Introduction to the course (NRV)</li> <li>• Interactive lesson 1: Initial pre-travel risk assessment</li> <li>• Key resource: Web resources for current outbreaks</li> <li>• Interactive lesson 2: How to deal with outbreaks</li> <li>• Key resource: Pre-travel FORM</li> </ul> <p><b><u>Additional resources:</u></b></p> <ul style="list-style-type: none"> <li>- Steffen R, Chen LH, Leggat PA. Travel vaccines-priorities determined by incidence and impact. <i>J Travel Med.</i> 2023 Nov 18;30(7):taad085. doi: 10.1093/jtm/taad085. PMID: 37341307.</li> <li>- van Aalst M, Verhoeven R, Omar F, Stijns C, van Vugt M, de Bree GJ, Goorhuis A, Grobusch MP. Pre-travel care for immunocompromised and chronically ill travellers: A retrospective study. <i>Travel Med Infect Dis.</i> 2017 Sep;19:37-48. doi: 10.1016/j.tmaid.2017.07.006. Epub 2017 Jul 14. PMID: 28712659.</li> <li>- Peter A. Leggat, MD, PhD, Richard Franklin, PhD, Risk Perception and Travelers, <i>Journal of Travel Medicine</i>, Volume 20, Issue 1, 1 January 2013, Pages 1–2, <a href="https://doi.org/10.1111/j.1708-8305.2012.00663.x">https://doi.org/10.1111/j.1708-8305.2012.00663.x</a></li> </ul>

## **2.- Traveler's immunizations**

### **Specific learning objective:**

- Provide adequate vaccination recommendations based on the characteristics of the travel and traveler

### **General immunizations:**

- Key concepts: Basics of travelers' immunizations
- Protocol: General recommendations for travelers' immunizations
- Interactive lesson 3: Recommend vaccines for the travelers

### **Yellow fever vaccine**

- Key concepts: Why does the yellow fever vaccine deserve special mention?
- Clinical round#1: Travelers on the Edge of Yellow Fever Vaccination and Other Clinical Scenarios
- Key concepts: Who to vaccinate and who not to vaccinate?

### **Additional resources:**

- Reno E, Quan NG, Franco-Paredes C, Chastain DB, Chauhan L, Rodriguez-Morales AJ, Henao-Martínez AF. Prevention of yellow fever in travellers: an update. Lancet Infect Dis. 2020 Jun;20(6):e129-e137. doi: 10.1016/S1473-3099(20)30170-5. Epub 2020 May 7. PMID: 32386609.
- Lewis J, Gregorian T, Portillo I, Goad J. Drug interactions with antimalarial medications in older travelers: a clinical guide. J Travel Med. 2020 Feb 3;27(1):taz089. doi: 10.1093/jtm/taz089. PMID: 31776555.

## **3.- Malaria counseling in travelers**

### **Specific learning objective:**

- Assess the risk of malaria and discuss different options to prevent it, including chemoprophylaxis, based on the characteristics of the trip and the traveler.

- Protocol: Malaria prevention measures by country
- Key resource: Repellents
- Key resource: Antimalarial drugs for chemoprophylaxis
- Interactive lesson 4: The ABDC on malaria counseling

- Interactive lesson 5: SBET and clinical examples

#### Additional resources:

- Berthod, D., Rochat, J., Voumard, R. et al. Self-diagnosis of malaria by travellers: a cohort study on the use of malaria rapid diagnostic tests provided by a Swiss travel clinic. *Malar J* 16, 436 (2017). <https://doi.org/10.1186/s12936-017-2079-2>
- Rainer Tan, MD, Jolanda Elmers, MSc, Blaise Genton, MD PhD, Malaria standby emergency treatment (SBET) for travellers visiting malaria endemic areas: a systematic review and meta-analysis, *Journal of Travel Medicine*, Volume 26, Issue 4, 2019, taz027, <https://doi.org/10.1093/jtm/taz027>
- Ferrara P, Masuet-Aumatell C, Agüero F, Ramon-Torrell JM. The use of stand-by emergency treatment (SBET) for malaria in travellers: A systematic review and meta-analysis of observational studies. *J Infect.* 2018 Dec;77(6):455-462. doi: 10.1016/j.jinf.2018.09.007. Epub 2018 Sep 26.
- Lewis J, Gregorian T, Portillo I, Goad J. Drug interactions with antimalarial medications in older travelers: a clinical guide. *J Travel Med.* 2020 Feb 3;27(1):taz089. doi: 10.1093/jtm/taz089. PMID: 31776555.

### **4.- Traveler's diarrhea & mountain sickness**

#### **Specific learning objectives:**

- Carry out advice on measures to prevent traveler's diarrhea and mountain sickness
- Evaluate the prophylaxis criteria for traveler's diarrhea and mountain sickness for different travel scenarios

- Protocol: Prevention measures for traveler's Diarrhea
- Interactive lesson 6: Traveler's diarrhea
- Key resource: Prophylaxis recommendations for mountain sickness
- Interactive lesson 7: Mountain sickness

#### Additional resources:

- Kannan Sridharan & Gowri Sivaramakrishnan (2018) Pharmacological interventions for preventing acute mountain sickness: a network meta-analysis and trial sequential analysis of randomized clinical trials, *Annals of Medicine*, 50:2, 147-155, 2017 DOI: [10.1080/07853890.2017.1407034](https://doi.org/10.1080/07853890.2017.1407034)

### **5.- Environmental hazards & general advice**

#### **Specific learning objectives:**

- Assess and recommend measures to prevent problems due to non-infectious diseases and environmental hazards

- Key resource: Environmental hazards and general tips
- Key resource: Special groups of travelers
- Key resource: 10 commandments for sustainable tourism - FundacióniO

Additional resources:

- Kannan Sridharan & Gowri Sivaramakrishnan (2018) Pharmacological interventions for preventing acute mountain sickness: a network meta-analysis and trial sequential analysis of randomized clinical trials, Annals of Medicine, 50:2, 147-155, DOI: [10.1080/07853890.2017.1407034](https://doi.org/10.1080/07853890.2017.1407034)

## **6- Popular itineraries**

**Specific learning objective:**

- Recognize popular travel itineraries and use web tools to provide appropriate advice

- Interactive lesson 8: Asking for an expert advice:
  - Interactive lesson 8.1.: Safari trip through Kenya and Tanzania
  - Interactive lesson 8.2.: Visiting Peru
  - Interactive lesson 8.3.: Middle East - Hajj Pilgrimage
  - Interactive lesson 8.4.: A trip to the Caribbean beach

Additional resources:

- CDC Yellow Book 2024 | Travelers' Health. Section 10: Popular Itineraries - Africa & the Middle East: <https://wwwnc.cdc.gov/travel/yellowbook/2024/table-of-contents>

## **7- Practical case scenarios and communication**

**Specific learning objective:**

- Apply knowledge of travel advice to real-life practical cases
- Identify pathologies occurring during travel that can be addressed through telemedicine.

- Clinical round#2: Navigating Complex Travel Recommendations and Communication Tips

Additional resources:

- Rodríguez-Valero N, Carbayo ML, Camprubí-Ferrer D, Martí-Soler H, Sanchez DC, Vladimirov A, Pinazo MJ, Almuedo-Riera A, Roman A, Vera I, Roldan M, de Alba T, Jimenez A, Gómez-Valverde JJ, Oroz ML, Muñoz J. Telemedicine for international travelers through a Smartphone-based monitoring platform (Trip Doctor®). Travel Med Infect Dis. 2022 Sep-Oct;49:102356. doi: 10.1016/j.tmaid.2022.102356. Epub 2022 May 16. PMID: 35589007.
- Rodríguez-Valero N, Ledesma-Carbayo MJ, Martí-Soler H, Cuadrado Sanchez D, Vladimirov A, Camprubí-Ferrer D, Pinazo MJ, Losada I, Almuedo-Riera A, Romero L, Roman A, Vera I, Roldan-Torralvo M, Ferrer E, de Alba T, Jimenez A, Gómez-Valverde JJ, Muñoz J, Luengo Oroz M. A Smartphone App for Real-Time Assessment of Malaria Prophylaxis Adverse Events. Telemed J E Health. 2024 Jan 12. doi: 10.1089/tmj.2023.0200. Epub ahead of print. PMID: 38215269.