

Key Components of a College Travel Health Program

Lisa Ailstock, PA-C, Director Student Health Services, Kalamazoo College

Britt Black, RN BSN CTH MHA, Director Student Health Services, Wheaton College



Learning Objectives

1. Identify foundational key components needed in a preparatory study abroad travel health program.
2. Review a study abroad travel consultation process and essential health education for pre, peri and post-travel experience.
3. Identify students with specific health needs and discuss how to best prepare and support these students while studying abroad during the pre travel consult.



Key Foundational Components of a Travel Health Program

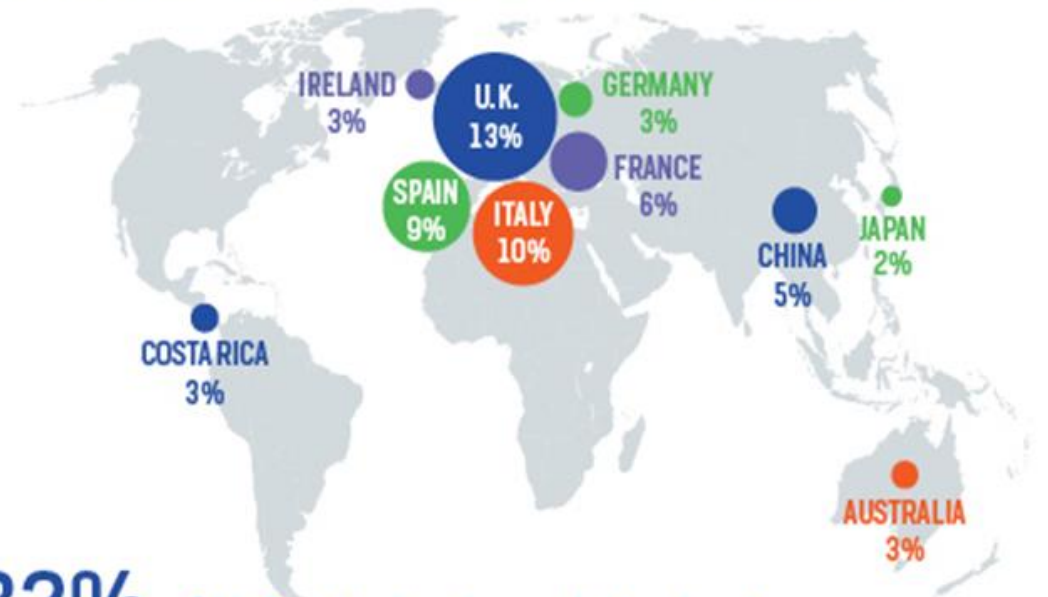


**Legal Requirements
&
Recommendations**

Program

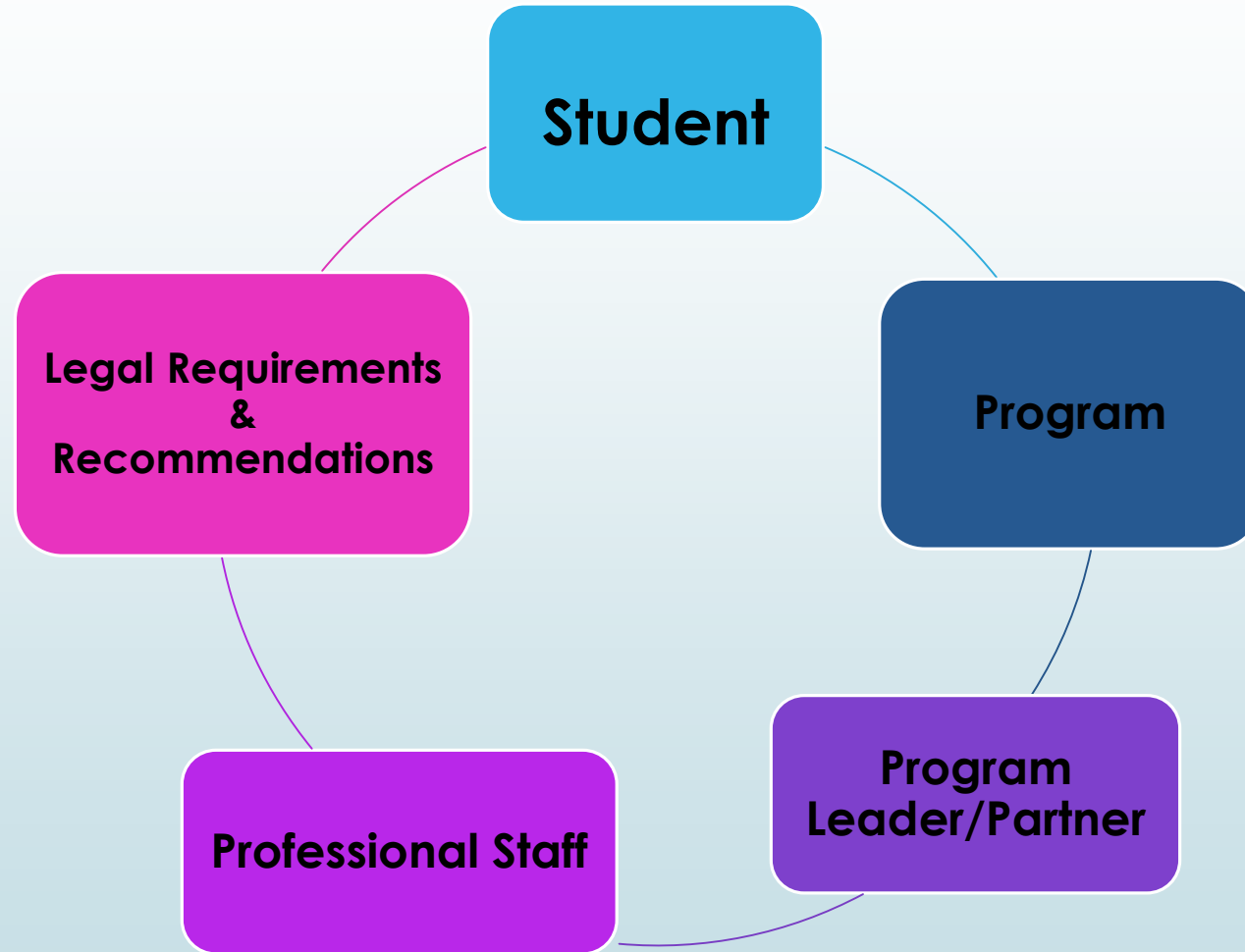
Program Destinations

TOP TEN DESTINATIONS FOR U.S. STUDY ABROAD STUDENTS



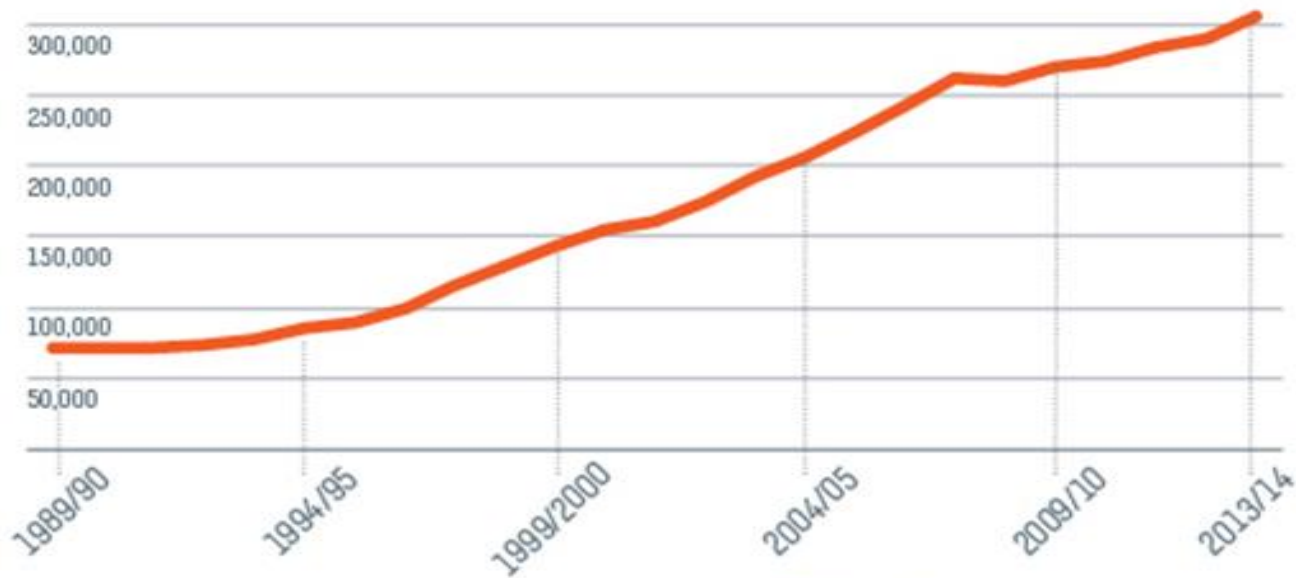
32% of U.S. study abroad students
are hosted by the United Kingdom, Italy, and Spain.

Key Foundational Components



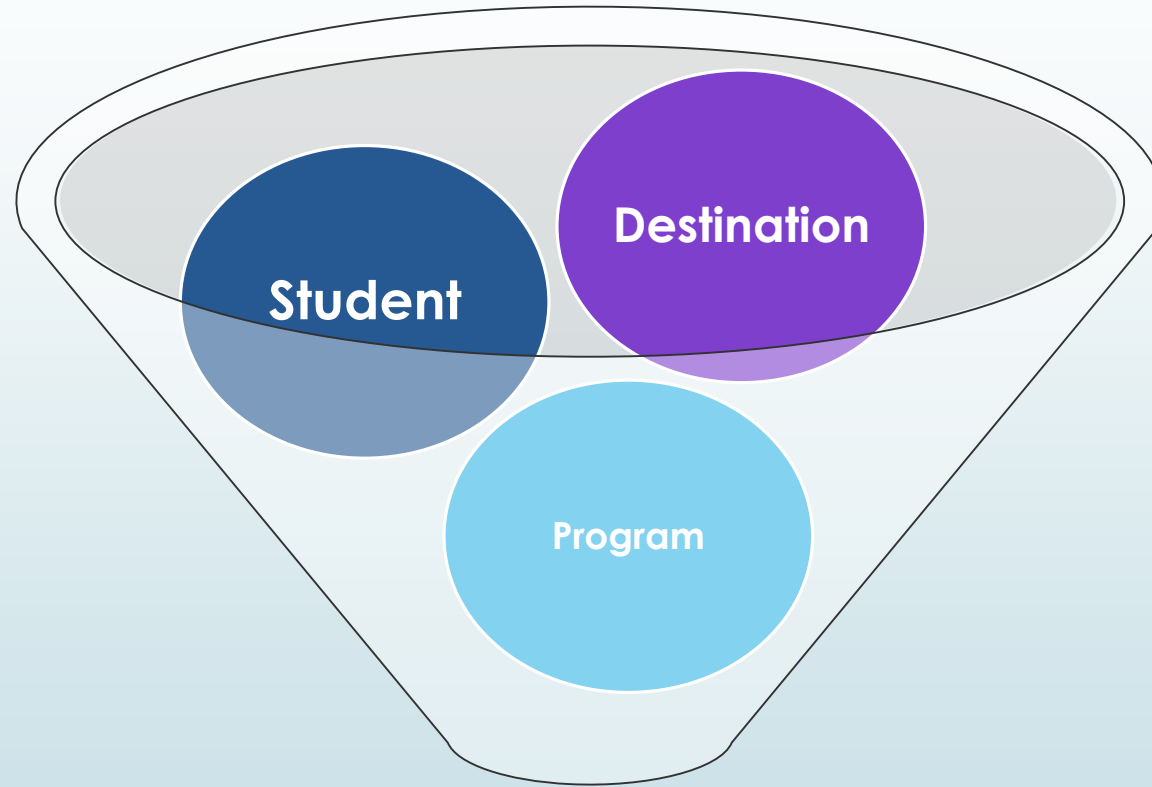
Student Study Abroad Trending

U.S. STUDY ABROAD STUDENTS 1989/90 – 2013/14



In 2013/14 there was **an increase of 5%** over the prior year in the number of U.S. students studying abroad.

Key Components of Travel Consult – Kalamazoo College



Pre Travel Assessment

Key Components of Travel Consult: *Program*

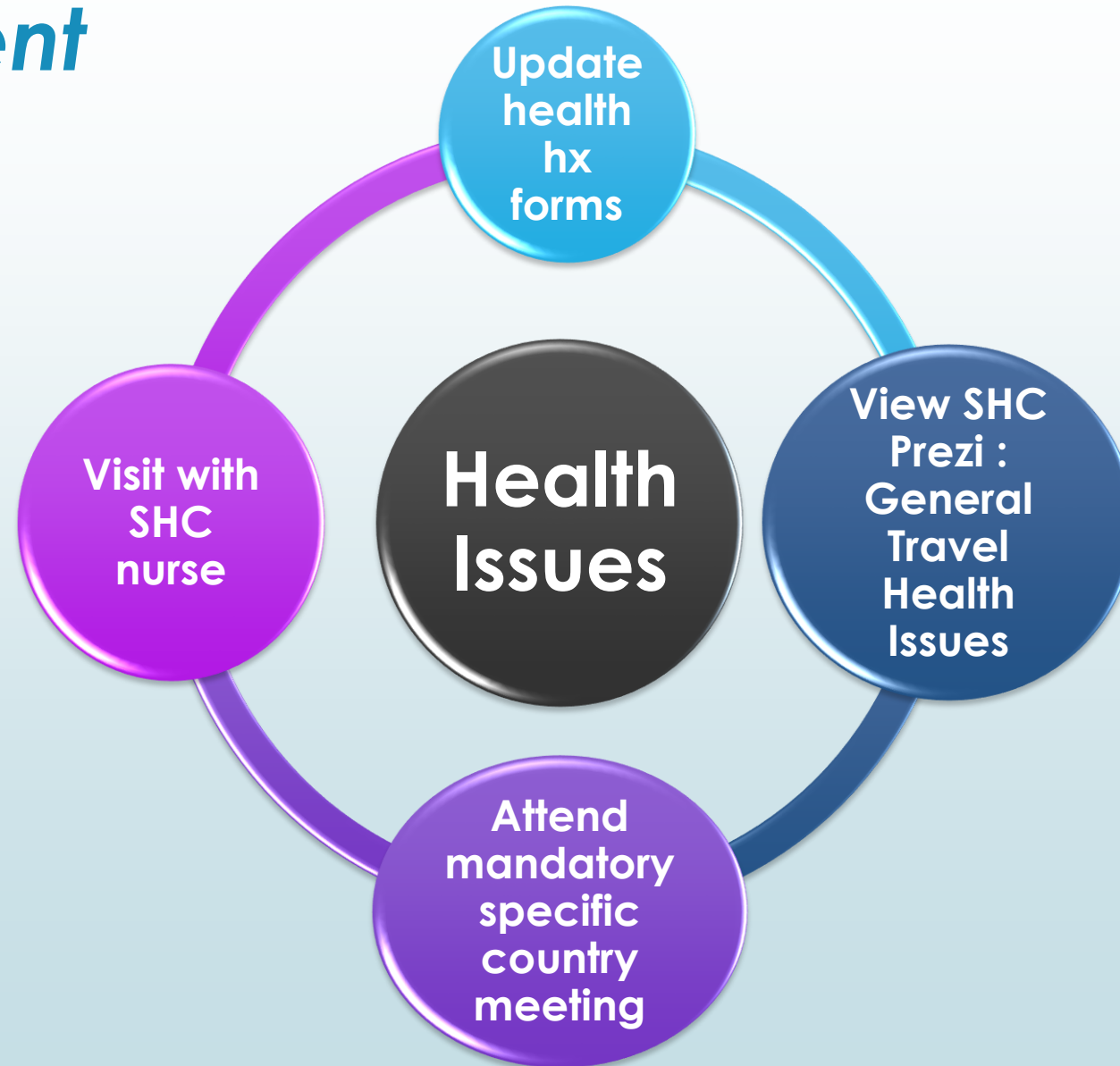
**Established
programs
sites**

**Student applies
to CIP**

**No K-staff
travels with
student ; RD**

SHC review

Key Components of Travel Consult: *Student*






Key Components of Travel Consult: *Destination*

- ▶ Africa, Asia, S. & C. America, Europe, Australia
- ▶ What will they be doing?
- ▶ What are the local health issues?
- ▶ How close to medical/psychological care?
- ▶ What is the living situation?
- ▶ How long will they be there?
- ▶ Will they take side trips?
- ▶ Is it a “K” program?



Wheaton College Travel Consult

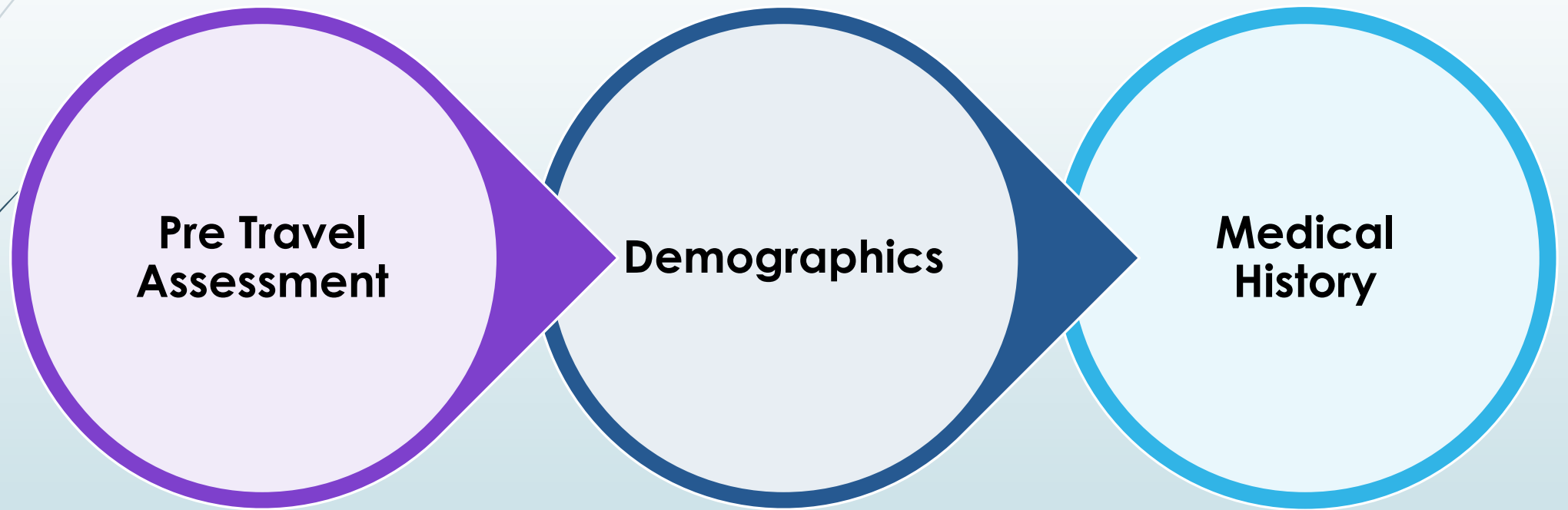


**Program
Proposal**

Training

Networking

Key Components of the Wheaton College Travel Consult

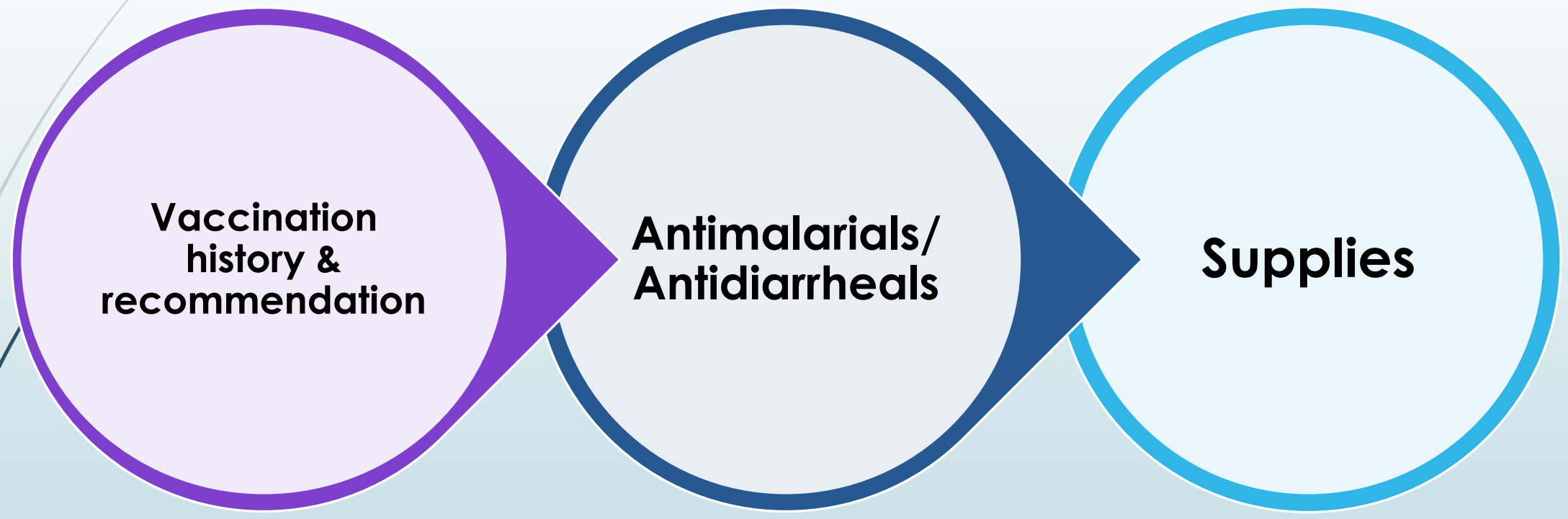


Medical Recommendations

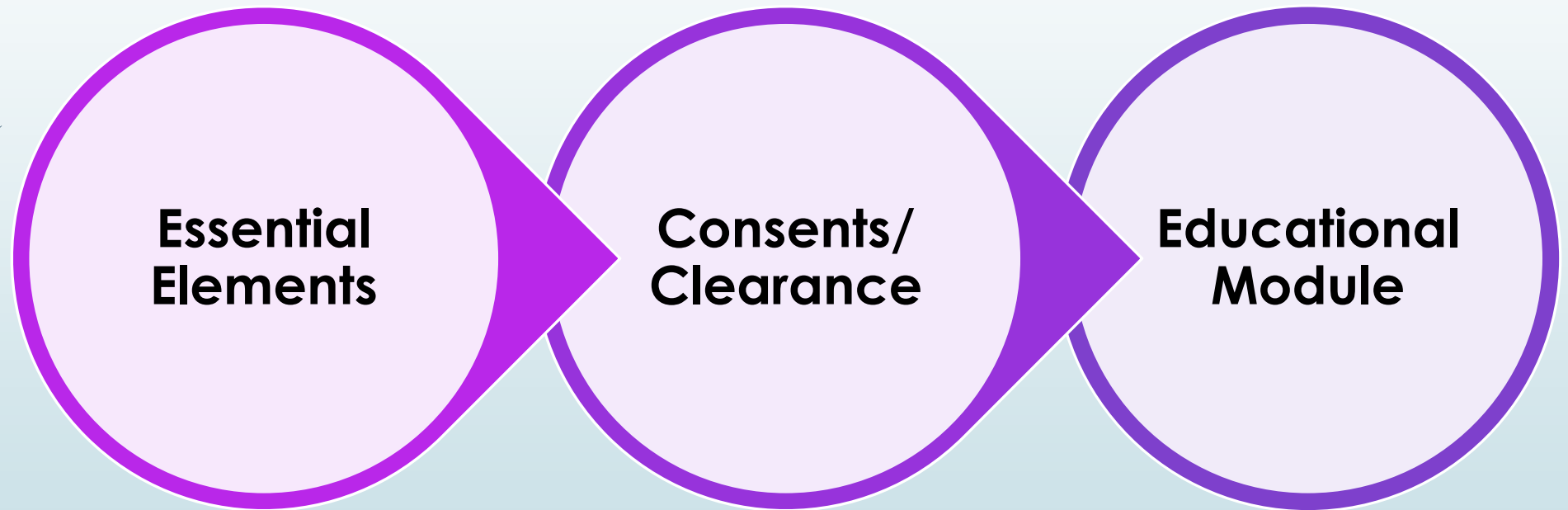
**Vaccination
history &
recommendation**

**Antimalarials/
Antidiarrheals**

Supplies



Educational and Legal Requirements



Key Educational Components for the Travel Consult



Identifying & Triaging students with needs

High Risk

- Disordered eating
- New psych medication (in 3 mos)
- In active counseling 2x/week
- Newly diagnosed severe illness

Moderate Risk

- Recent surgical procedure
- Epi pen use/Diabetic
- Anxiety/Depression well managed x 12 months
- Chronic Illness under control
- Low social connections

Low Risk

- Overwhelmed with process
- Not travelled to this particular country
- Low cultural competency/exposure

Steps for student success....Thrive



Q&A

