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## Trainer Information

**Becky Swadling** is an Independent Travel Health Specialist Nurse. She completed the Diploma in Travel Medicine in 2006, is a Fellow of the British Global Travel Health Association (BGTHA), was Editor of the BGTHA Journal, associate member of the Faculty of Travel Medicine and is Module Lead on the Post Graduate Diploma in Travel Medicine (RCSPG).

Becky has extensive experience of working in busy travel clinics and clinic management as well as education. Becky has and continues to develop training programmes for Nurses and Pharmacists working in Travel Health and continues to regularly deliver lectures to health care professionals working in Immunisation and Travel health.

### To book a place/s email

[bookings@networkforpractices.co.uk](mailto:bookings@networkforpractices.co.uk)

*Our acceptance of your booking brings into existence a legally binding contract between us on the following Terms & Conditions - If places are booked but cancelled before payment has been made or a candidate DNAs, the fee will remain due. Cancellations will attract a refund if the course is subsequently fully booked. To avoid any confusion, we ask that Cancellations are by email only. We will make every effort to resell the cancelled place. Where places are free a £45 charge will be applied to cancellations/DNAs. Payment is required within 14 days from date of invoice.*

# Travel Size Training

*(Multiple Topics & Dates Available)*



**Date:** See Individual Topic for Date  
**Times:** 1330-1500 *(all sessions)*  
**Places available:** 12  
**Fee/s:** NfP Members £40 / Non-Members £85 *(per session)*  
*A 15% discount available for Practices booking all 6 sessions.*

**These workshops are suitable for: Nurses & other registered HCPs.**

## Introduction

These short and informative sessions are aimed at Health Care Professionals who have some previous experience of dealing with travellers in their clinics. They aim to delve deeper into areas which can often be considered more complex in Travel Health consultations and will also provide a forum to discuss any questions, concerns and tricky cases.

### 1. **11<sup>th</sup> September 2024 - The Pregnant Traveller**

The pregnant woman faces many unique health risks when travelling abroad. Not only does she have the risks associated with pregnancy, she may also be at increased risk of many travel related risks, such as infections including malaria, dengue and Zika, hazards such as VTE, dehydration, diarrhoea plus much more.

This workshop will give you a greater understanding on how to manage these often more complex travellers.

What we will cover:

- Understanding of the travel associated risks facing the pregnant traveller
- How to manage the risks and hazards
- Malaria, dengue and Zika risks in pregnancy
- Vaccinating in pregnancy
- Which trimester is safest to travel and why?
- Case studies

*“This has given me more knowledge in how to deal with the pregnant traveller, the whole aspect was very interesting”*

**Registered Office: Frome Medical Centre, Enos Way, Frome, Somerset, BA11 2FH**

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*“Informal, friendly,  
Becky knows her  
stuff!”*

*“Great update  
and resources to use  
in Practice”*

### Sponsors

### Information

These sessions have been developed in direct response to candidate feedback.

If you would like to see more 'Travel Size Topics' added to the portfolio for the future please email [penelopemorgan-elliott@networkforpractices.co.uk](mailto:penelopemorgan-elliott@networkforpractices.co.uk) with your suggestions.

## 2. **20<sup>th</sup> November 2024 - Visiting Friends and Relatives Abroad (VFR)**

According to NaTHNaC, travellers visiting friends and relative abroad (VFRs) have a greater risk of travel related diseases and other health risks and are less likely to seek pre-travel advice. VFR travel abroad accounts for approximately 49% of all trips abroad from the UK.

What we will cover:

- Why are VFR travellers at greater risk from many diseases?
- Which diseases pose the greatest risk?
- Focus on malaria and dengue prevention
- How to increase compliance and manage risks
- Management of complex scenarios

## 3. **15<sup>th</sup> January 2025 - The Child Traveller**

Children are at higher risk of developing severe complications from many travel related infections. This workshop will discuss their risks, how to manage them and some preventative strategies we can share with their parents/guardians.

What we will cover:

- What disease risks are children more susceptible to and how to manage them
- What other risks to we need to advise parents about?
- Travel vaccines for the child traveller
- Malaria in the child traveller
- The ideal medical kit
- Case studies

## 4. **12<sup>th</sup> March 2025 - Overview of Non-NHS Travel Vaccines**

When providing a travel health consultation, it is important that we discuss all vaccine preventable risks and recommendations, even if we have to signpost our travellers elsewhere to receive them.

This session will focus on travel vaccines not available on the NHS, the disease risk and risks to travellers including the following:

- Rabies
- Japanese Encephalitis
- Tick Borne Encephalitis
- Hepatitis B
- Dengue fever

## 5. **14<sup>th</sup> May 2025 - Malaria, Dengue & other Insect Borne Diseases**

In 2022, there were an estimated 249 million cases of malaria worldwide, well above pre-pandemic levels. The UK also saw a substantial rise in imported malaria infections in travellers in 2023.

Dengue outbreaks across the world have hit the headlines as case numbers have dramatically increased over the past two decades.

Our travellers are at risk of many mosquito and tick borne infections, so how best can we advise them? This workshop will discuss their risks, the most current preventative measures and how to discuss them with our travellers.

What we will cover:

- An overview of the ABCD of malaria and whats new
- Dengue: what is it, what does it do, what are the risks for your travellers and how to prevent it
- Chikungunya and Zik
- Most current bite avoidance measures for insect borne infections including ticks

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## 6. **2<sup>nd</sup> July 2025 - Travelling for Medical or Dental Treatment Abroad**

According to the Office of National Statistics, it is estimated that 248,000 UK residents travelled abroad for medical treatment in 2019. Figures haven't yet been published for 2023, but it is expected numbers would have increased significantly based on reports from GP practices having to cope with the increasing numbers of patients requiring aftercare when things have gone wrong.

This session will help guide you on how to advise your travellers planning treatment abroad including the risks and hazards and how best to mitigate those risks. It will also offer an opportunity to discuss and share cases you may have experienced.

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