

WG Surgery Questionnaire requiring antimalarial medication

Please visit <http://www.fitfortravel.nhs.uk/destinations.aspx> to check whether you need anti-malaria medication for your travel.
Please leave sufficient time to book your appt before your journey to take the medication (some meds require several weeks)

- Anti-malaria prescriptions + medication are not available on the NHS and are private
- £15 per prescription issued by the surgery (pharmacist will charge separately for the medication)
- Please allow 3 working days after handling in the form before contacting the surgery for an appointment

Patient's details

Please complete ALL areas in CAPITAL LETTERS and tick the boxes as appropriate

Surname	<input type="text"/>	DOB	<input type="text"/>
First Names	<input type="text"/>	Mobile	<input type="text"/>
Date of departure	<input type="text"/>	Date of return	<input type="text"/>

Country visiting	Length of stay in days	Country visiting requires malaria meds? (Y/N)
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Do you have any:

- | | | | |
|---|---|--|---|
| History of moderate/severe depression? | <input type="checkbox"/> Y <input type="checkbox"/> N | History of moderate/severe anxiety? | <input type="checkbox"/> Y <input type="checkbox"/> N |
| History of any psychiatric disorder? | <input type="checkbox"/> Y <input type="checkbox"/> N | Women: Are you pregnant? | <input type="checkbox"/> Y <input type="checkbox"/> N |
| Family history of mental health disorder? | <input type="checkbox"/> Y <input type="checkbox"/> N | Women: Are you breastfeeding? | <input type="checkbox"/> Y <input type="checkbox"/> N |
| Uncontrolled fits/seizures? | <input type="checkbox"/> Y <input type="checkbox"/> N | Irregular heart beat or AF? | <input type="checkbox"/> Y <input type="checkbox"/> N |
| Liver or kidney problems? | <input type="checkbox"/> Y <input type="checkbox"/> N | Suffer from a skin condition called psoriasis? | <input type="checkbox"/> Y <input type="checkbox"/> N |
| If child (for malaria) what is your weight _____ Kg | | Taking any anticoagulation/warfarin? | <input type="checkbox"/> Y <input type="checkbox"/> N |

If you have any *positive findings* it may mean you *may not be able* to receive the anti-malaria medication. Please offer more information if you have had a positive for one of the above. Please write any additional information that may be relevant

Are you taking any regular medication or treatment?

Malaria

Malaria is a potentially fatal disease which is spread by infected mosquito bites. It is found in most parts of Africa, Asia, Central and South America. Prevention is by using anti-malarial tablets combined with a measure to avoid mosquito bites, but may not be 100% effective. Many malarial cases are potentially avoidable caused by a failure to take anti-malarial tablets or poor compliance with the treatment. Any illness with a fever, either during or up to one year after travel to a malarial risk area, should be suspected as possible malaria and prompt medical attention sought.

Mosquito bite avoidance

- Anti-malarial tablets alone is not 100% effective against malaria. It is important to reduce the risk of mosquito bites
- Use of insect repellants (50% Deet Diethyltoluamide). These are best purchased in the UK prior to travel
- Repellants can be obtained in cream, pump action sprays, aerosol, gel, stick and moist wipes. Popular brand names are Jungle Formula and Autan. Effective cover may last only 2 to 4 hours and, therefore, need regular re-application
- Keep your arms and legs covered after sunset and apply repellant to exposed parts of the skin – especially ankles and wrists.
- Light clothing may not afford adequate protection against mosquito bites
- Use a 'knock down' spray in the bedroom, use a mosquito net, (ideally impregnated with an insecticide) around the bed at night
- Use an anti-mosquito plug or burn a mosquito coil – electronic buzzers are ineffective

Common anti-malaria medication prescribed

For up to date advice please visit NHS choices website regarding malaria prophylaxis

Mefloquine (also known as Lariam)

Dosage	Adult: Tablet taken once a week Child: medication taken once a week but depends on your child's weight (meds may need to be crushed)
Frequency	Started 3 weeks before your travel, taken during your travel through risk area and 4 weeks after you are back
Recommendation	Not recommended if you have <i>epilepsy, seizures, depression</i> or other <i>mental health problems</i> , or if a close relative It's not usually recommended for people with <i>severe heart or liver problems</i> .
Possible side effects	Dizziness, headache, sleep disturbances (insomnia and vivid dreams) and psychiatric reactions (anxiety, depression, panic attacks and hallucinations). Should not be taken if you have epilepsy or depression
Other factors	Often prescribed, medium cost, but not recommended if history of mental health or epilepsy particularly

Doxycycline

Dosage	Adult: 100mg dose taken daily.
Frequency	Start 2 days before travel and taken each day during travel through risk area and 4 weeks after you return
Recommendation	Not suitable for <i>pregnant or breastfeeding women</i> , children <i>under the age of 12</i> (because of the risk of permanent tooth discolouration), people who are sensitive to tetracycline antibiotics, or people with <i>liver problems</i>
Possible side effects	Stomach upset, heartburn, thrush, sunburn as a result of light sensitivity. It should always be taken with food, preferably when standing or sitting
Other factors	Cheap cost, but side effects of indigestion and sunburn (photosensitivity) can be difficult for some

Atovaquone plus proguanil (also known as Malarone)

Dosage	Adult: one tablet a day. Child is once a day but amount / dose is dependent on child's weight if <40kg
Frequency	Started 1-2 days before travel, taken every day whilst in risk area, and for 7 days after you return
Recommendation	Lack of clear evidence means this antimalarial shouldn't be taken by <i>pregnant or breastfeeding women</i> . It's also not recommended for people with <i>severe kidney problems</i>
Possible side effects	Stomach upset, headaches, skin rash and mouth ulcers
Other factors	Can be more expensive than other antimalarials, so may be more suitable for short trips

After reading all the information above: Patients preferred medication

Mefloquine (Lariam) Doxycycline Atovaquone plus proguanil (also known as Malarone)

Please appreciate depending on your clinical history, the clinician (doctor/nurse) may recommend an alternative medication

Patient Declaration

I have read the above information and confirm that I understand the dosage, common side effects and recommendations of the medication above. I also plan to read the drug information found within the medication box regarding the medication if I require to read about other side effects (often less common)

This forms needs to be signed and completed and returned to the surgery before seeing the nurse / dr (at least 3 working days before)

Signature _____
Signed by Parent/carer if requesting for malaria medication for child

Date ____/____/____