Infectious Considerations Before During and After Medical Mission Trips

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Goal

- Upon completion of this presentation, the learner should be able to recommend appropriate options for the prevention of infections during medical mission trips.

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Learning Objectives

- At the conclusion of this presentation, the learner should be able to:
  - Given an individual, select the appropriate vaccines to prevent diseases associated with travel to certain geographic regions.
  - Identify the causative organisms associated with travelers' diarrhea.
  - Given an individual, design an appropriate regimen to prevent and to treat travelers' diarrhea.
  - Compare and contrast the available agents to prevent malaria.
  - Given an individual, design an appropriate regimen to prevent malaria in short-term travelers.
  - Devise strategies to prevent travelers' diarrhea and malaria.

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Outline

- Vaccines
  - Routine vaccines for children
  - Routine vaccines for adults
  - Travel vaccines
- Travelers's diarrhea
  - Causative organisms
  - Prevention
  - Treatment
- Malaria
  - Prevention for short-term travelers

https://wwwnc.cdc.gov/travel/destinations/list/

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Vaccines

- Routine vaccines for children
- Routine vaccines for adults
- Travel vaccines

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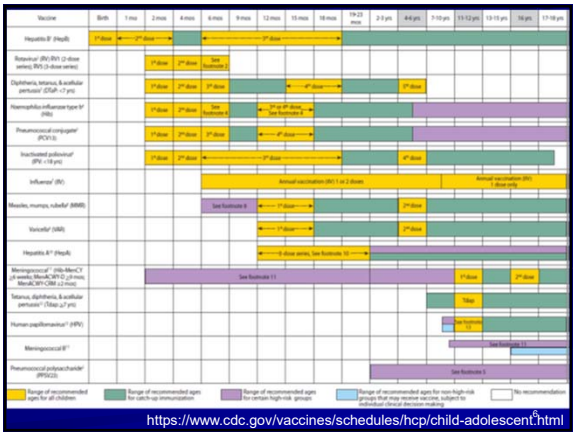

https://www.cdc.gov/vaccines/schedules/hcp/child-adolescent.html

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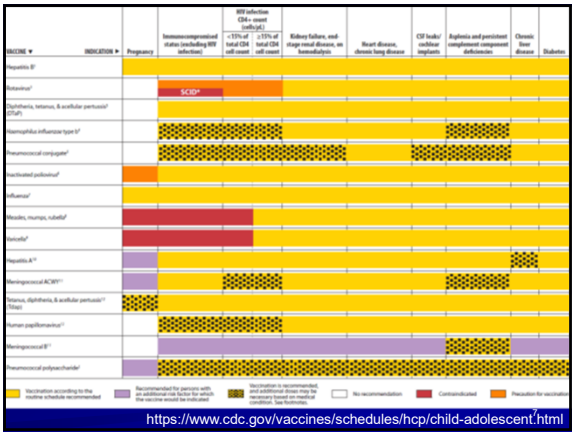

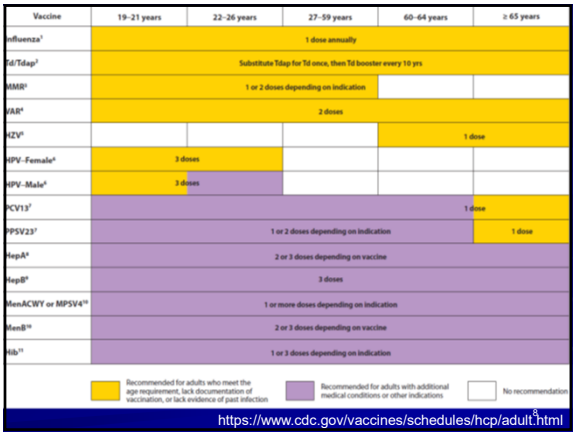

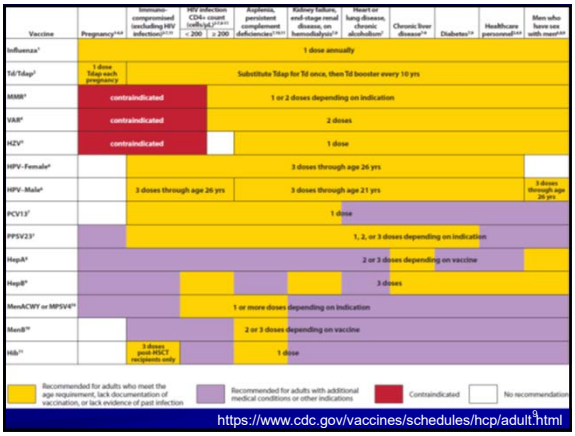

Travel Vaccines

- Cholera
- Hepatitis A
- Hepatitis B
- Japanese encephalitis
- Meningococcal
- Rabies
- Typhoid
- Yellow fever

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Travel Vaccines

Vaccine	Brand	Standard Adult Schedule	Duration of Protection
Cholera	Vaxchora	Single dose	6 mo?
Hepatitis A	Havrix Vaqta	0 and 6 to 18 mo	Lifelong
Hepatitis B	Engerix-B Recombivax-HB	0, 1, and 6 mo	Lifelong
Japanese encephalitis	Ixiaro	0, 28 days	Single booster >1 yr if ongoing risk

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Travel Vaccines

Vaccine	Brand	Standard Adult Schedule	Duration of Protection
Meningococcal	Menomune Menveo Menactra	Single dose	Repeat every 5 years if ongoing risk
Rabies	Imovax RabAvert	0, 7, and 21 or 28 days	Routine boosters are not necessary
Typhoid	Vivotif Typhim Vi	1 cap every other day for 4 doses Single dose	Repeat every 5 years if ongoing risk Repeat every 2 years if ongoing risk
Yellow fever	YF-Vax	Single dose	Long-lasting protection

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Case Presentation

- C.C. is a 40-year-old man who is in your travel clinic today because he is planning to go on a medical mission trip to Uganda in June.
- His immunizations record indicates that he completed a 3-dose series of hepatitis B vaccine 5 years ago.
- PMH: Hypertension
- All: NKDA

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Question

- What would you recommend to C.C. for the prevention of viral hepatitis?
  - A) Hepatitis A immune globulin
  - B) Hepatitis A vaccine
  - C) Hepatitis B immune globulin
  - D) Hepatitis B vaccine

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Question

- Which additional travel vaccine(s) would you recommend to C.C.?
  - I. Japanese encephalitis
  - II. Typhoid
  - III. Yellow fever
  - A) I only
  - B) III only
  - C) I and II only
  - D) II and III only
  - E) I, II, and III

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Travelers' Diarrhea

- Epidemiology
- Causative organisms
- Risk factors
- Prevention
- Treatment

http://www.history.com/topics/ancient-history/the-egyptian-pyramids

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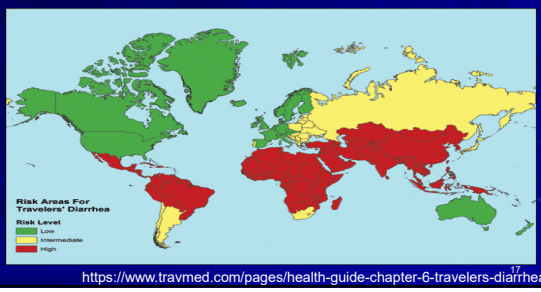
Epidemiology

- Incidence between 10 and 40%



https://www.travmed.com/pages/health-guide-chapter-6-travelers-diarrhea

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Causative Organisms

- Bacteria (~70%)
  - ETEC
  - EAEC
  - *Campylobacter*
  - *Salmonella*
  - *Shigella*
  - *Vibrio*
  - *Aeromonas*
  - *Yersinia*
- Viruses (~25%)
  - Rotavirus
  - Norovirus
  - Enteric adenovirus
- Parasites (~5%)
  - *Giardia*
  - *Cryptosporidium*

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Risk Factors

- Tap water and ice
- Raw vegetables
- Raw fruits
- Seafood
- Buffet-style meals

- Unpasteurized milk and dairy products
- Uncooked or undercooked food
- Alcohol consumption (> 5 drinks per day)

http://lowgravityascents.com/2016/11/29/avoid-travelers-diarrhea-tonsai-tummy-thailand/

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Risk Factors

- Conditions
  - Cancer
  - HIV/AIDS
  - Solid organ tranplantation
  - Achlorhydia
  - Inflammatory bowel disease
- Medications
  - Chemotherapy agents
  - Immunosuppressants
  - Antacids
  - Proton pump inhibitors
  - Diuretics
  - Digoxin
  - Lithium
  - Insulin

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Prevention

- Antimicrobials
  - Norfloxacin 400 mg PO daily
  - Ciprofloxacin 500 mg PO daily
  - Rifaximin 200 mg PO daily or BID
  - Bismuth subsalicylate 2 tabs or 30 mL (524 mg) PO q6h
- Non Antimicrobials
  - "Peel it, boil it, cook it, or forget it"
  - Travelers' kits

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Treatment

- Supportive care
- Antibiotics
- Loperamide
  - 4 mg first dose
  - 2 mg dose after each loose stool
  - NOT to exceed 16 mg in a 24-hour period

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Treatment

- Antibiotic choices
  - Norfloxacin 400 mg PO BID for up to 3 days
  - Ciprofloxacin 500 mg PO BID for up to 3 days
  - Ofloxacin 200 mg PO BID for up to 3 days
  - Levofloxacin 500 mg PO daily for up to 3 days
  - Azithromycin 1000 mg PO single dose
  - Rifaximin 200 mg PO TID for up to 3 days

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Case Presentation

- A.N. is a 45-year-old woman who is leading a medical mission trip to the Dominican Republic.
- During her stay in the Caribbean country, she indulged in local culinary delights. Three days later, she started complaining of fatigue and watery diarrhea that are interfering with her daily activities.
- She called E.C. asking for a recommendation to treat her symptoms.

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Question

- What would E.C. recommend to A.N.?
  - I. Oral rehydration
  - II. Ciprofloxacin 500 mg PO BID for 3 days
  - III. Ciprofloxacin 500 mg PO BID for 7 days
  - **A) I only**
  - **B) III only**
  - **C) I and II only**
  - **D) II and III only**
  - **E) I, II, and III**

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Malaria

- Epidemiology
- Causative organisms
- Risk factors
- Prevention
- Presemptive self treatment

http://blogs.cdc.gov/global/files/2013/08/contest7_full-3LaurenLambert-560x413.jpg

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Epidemiology

wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/malaria

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Epidemiology

- Major international public health problem
- Estimated 207 million infections worldwide
- Estimated 627,000 deaths worldwide
- Increasing cases among travelers

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Causative Organims

- *Plasmodium falciparum*
  - Africa, Haiti, Dominican Republic, Amazon, New Guinea
- *Plasmodium vivax*
  - India, Pakistan, Bangladesh, Sri Lanka, Central America
- *Plasmodium ovale*
  - Africa
- *Plasmodium malariae*
  - Where the *Anopheles* live and thrive
- *Plasmodium knowlesi*
  - Southeast Asia

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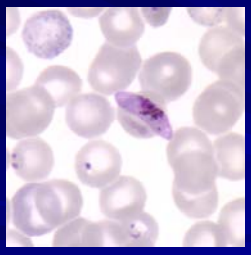
Causative Organisms



www.cdc.gov/dpdx/malaria

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Prevention

- Use effective personal protection against mosquitoes (nets, clothes, DEET, picaridin)
- Adhere to an antimalarial regimen before, during, and after the trip
- No chemoprophylactic regimen against malaria is 100% effective

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Prevention

Drug	Dose	Before Trip	During Trip	After Trip
Atovaquone Proguanil	250 mg 100 mg	1 to 2 days	Daily	7 days
Chloroquine phosphate	500 mg (300 mg base)	1 week	Weekly	4 weeks
Doxycycline	100 mg	1 to 2 days	Daily	4 weeks
Mefloquine	250 mg salt (228 mg base)	1 to 3 weeks	Weekly	4 weeks
Primaquine phosphate	52.6 mg salt (30 mg base)	1 to 2 days	Daily	7 days

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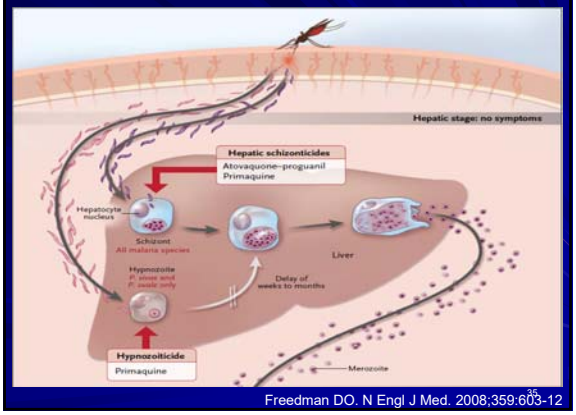
Prevention

Drug	Children	Pregnancy	Adverse Events & Precautions
Atovaquone Proguanil	Yes	No (C)	GI upset Avoid in patients with severe renal impairment
Chloroquine phosphate	Yes	Yes (C)	Visual impairment, pruritus Avoid in patients with psoriasis Use only in areas with chloroquine-sensitive malaria
Doxycycline	≥8 years	No (D)	Photosensitivity, GI upset
Mefloquine	Yes	Yes (B)	Neuropsychiatric effects, cardiac effects Use only in areas with mefloquine-sensitive malaria
Primaquine phosphate	Yes	No (D)	GI upset, methemoglobinemia Avoid in patients with G6PD deficiency



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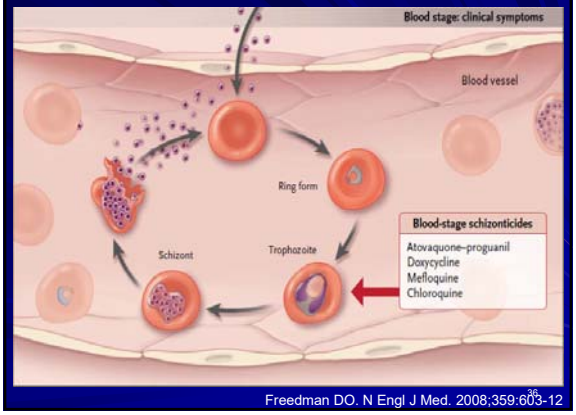

Freedman DO. N Engl J Med. 2008;359:603-12

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Presumptive Self Treatment

Drug	Dose	Regimen	Comments
Atovaquone-Proguanil (Malarone)	250 mg 100 mg	4 tablets orally as a single dose daily for 3 consecutive days	Avoid in patients with severe renal impairment Avoid in patients on atovaquone-proguanil prophylaxis Avoid in pregnant women
Artemether-Lumefantrine (Coartem)	20 mg 120 mg	4 tablets orally followed by 4 tablets 8 hours later, then 4 tablets twice daily for 2 days	Avoid in patients on mefloquine prophylaxis Avoid in pregnant women

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Question

- Which agent can be used as an alternative to chloroquine for prophylaxis against malaria in areas with chloroquine-sensitive malaria?
  - **A) Infliximab**
  - **B) Hydroxychloroquine**
  - **C) Leflunomide**
  - **D) Methotrexate**

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Case Presentation

- A family of three persons is planning a medical mission trip to Zambia.
- The itinerary includes:
  - 3 days in Lusaka
  - 3 days in Victoria Falls
  - 4 days in Mpulungu

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Case Presentation

- The 31-year-old husband takes no medications currently, but he recently discontinued fluoxetine, which he had taken for depression.
- His 29-year-old wife, who was selected to go on the trip by a competition at her church, is healthy and 15 weeks pregnant.
- Their 7-year-old child is in good health.

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Question

- What would you recommend for the 31-year-old husband to prevent malaria?
  - **A) Atovaquone-proguanil**
  - **B) Chloroquine**
  - **C) Doxycyline**
  - **D) Mefloquine**

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Question

- What would you recommend for the 29-year-old wife to prevent malaria?
  - **A) Atovaquone-proguanil**
  - **B) Chloroquine**
  - **C) Doxycyline**
  - **D) Mefloquine**

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Question

- What would you recommend for the 7-year-old child to prevent malaria?
  - A) Atovaquone-proguanil
  - B) Chloroquine
  - C) Doxycyline
  - D) Mefloquine

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Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

Matthew 28:19 (NIV)

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Key References & Readings

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