

Traveller's first aid kit

Katarzyna Van Damme-Ostapowicz¹ ABCDEFG

¹Department of integrated Medical Care, Medical University in Białystok, Poland

Abstract

Currently, the mobility of humans between continents is increasingly common. The world is sometimes referred to as a global village, and travels to tropical countries are more and more popular. Many Polish citizens travel every year to the tropics, and the vast majority of them have no knowledge of health-related risks associated with their country of destination. That fact translates into the necessity to draw attention to travel-related problems and to a professional attitude that can prevent many diseases, disability and the dangerous spreading of diseases in a society, and even patients' death. Key words: rehabilitation, aquatic environment, physical properties of water.

Key words: traveller, health protection, first-aid kit

Individuals travelling to tropics are recommended to take basic medicines and other medical agents with them. The important medicines should have a short description how to use them (predominantly regards anti-malaria drugs, antibiotics, drugs preventing dehydration). Patients with chronic diseases should be provided with prescriptions for sufficient amounts of drugs as well as indispensable medicines in case of sudden exacerbation of their conditions. The content and size of the first aid kit additionally depends on the type of trip, duration, and presence of children.

The basic medical agents (including contraceptives) should be kept in hand luggage and some amounts travellers should carry with them in case of theft or losing luggage. Exposure of medicines to high and low temperatures ought to be avoided (e.g. drugs should be placed in the middle of a rucksack). Ointment, creams, suppositories and syrups can melt or liquefy and leak out from the baggage. When some pharmaceuticals have to be purchased abroad, only reliable pharmacies should be attended. Drugs bought elsewhere, especially outside pharmacies, can be counterfeit and completely ineffective, which is likely to result in adverse consequences.

Noteworthy, a thermometer is necessary to assess the severity of travel diarrhoea, malaria or other fever-associated diseases.

Every traveller's first aid kit should contain:

- analgesics and antipyretics – APAP, Paracetamol, aspirin
- antibiotics – Ciprofloxacin, Azithromycin, Sumamed, Doxycycline, Tinidazole
- malaria-prophylactic drugs – Atovaquone, Paludrine, Lariam, Malarone, Doxycycline
- relaxants – NoSpa
- anti-travel sickness drugs – Aviomarin
- eye drops – Sulfacetamide, Oculosan
- drugs used for disease and frost bites – Dexamethasone, Ibuprofen
- antithrombotic agents – Dabigatran, Vessel-Duo
- anti-diarrhoeal drugs – Smecta, Xifaxan
- laxatives – Xenna
- drugs facilitating digestion – Cholamid
- antiallergics – Zyrtec
- antipruritics – Fenistil Gel
- electrolyte supplements – Gastrolith
- antibacterial ointment – Tribiotik
- plant insect repellents
- first aid, dressing and disinfecting agents
- sunscreen creams
- mosquito nets.

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Correspondance address :

Katarzyna Van Damme-Ostapowicz, PhD in Health Sciences
Head: Elżbieta Krajewska-Kułak, MD, PhD
Department of Integrated Health Care
Medical University of Białystok
M. Curie-Skłodowskiej 7a str
15-096 Białystok, Poland
Tel/fax +48 85/ 748 55 28
email: katarzyna.ostapowicz@gmail.com