

# **Infectious Disease and Travel Health Summary**

## **The role of the GP in travel health and the care of people with infectious disease**

As a GP your role is to:

- Diagnose and manage diseases of infectious origin commonly seen in UK general practice and in the prospective or returning traveller
- Recognise and appropriately refer rare but serious infectious diseases
- Take a thorough social history including country of birth and travel history, and know how this may affect differential diagnoses
- Encourage self-management of benign self-limiting illnesses
- Identify, assess, manage and communicate major risks, including risks associated with common or serious infectious diseases, travel, therapies, and immunisation
- Know how to access specialist input for people with acute or chronic infectious diseases
- Know where to find appropriate travel health information
- Recognise and manage medical emergencies (including life-threatening conditions such as sepsis) in patients with acute or chronic infectious diseases, including returning travellers.

## Key Areas for Exam preparation

### Common and important conditions

Many infectious diseases are multi-systemic, therefore many of the conditions listed below will also appear in several other RCGP Topic Guides (e.g. *Children and Young People*, *Neurology*, *Respiratory Health*, *Gastroenterology*, *Musculoskeletal Health*, *Dermatology*, *Urgent and Unscheduled Care*). You should read the relevant section of each Topic Guide for further information.

- Bone, joint and soft tissue infections (e.g. septic arthritis, osteomyelitis, necrotising fasciitis)
- Cardiovascular infections (e.g. endocarditis, rheumatic fever)
- Common and serious childhood infections (including viral, bacterial, fungal) (see RCGP Topic Guides on *Children and young people* and *Dermatology*)
- Common ENT infections (see RCGP Topic Guide *Ear, Nose, Throat and Mouth Problems*)
- Fever in the returning traveller and its potential causes (e.g. malaria, dengue, typhoid/paratyphoid, chikungunya, viral haemorrhagic fevers)
- Gastrointestinal infections (e.g. amoebiasis, amoebic dysentery, food poisoning (including causative organisms), giardiasis, hydatid disease, Travellers' diarrhoea, typhoid)
- Genitourinary infections including sexually transmitted and urinary tract infections
- Healthcare-associated infections (HCAI) (e.g. MRSA, Clostridium difficile)
- Helminth infections (e.g. schistosomiasis, hookworm, strongyloides)
- Hepatitis of infectious origin
- Human Immunodeficiency Virus (HIV)/AIDS including prevention, testing, transmission (including mother-to-child transmission), therapies, prophylaxis, and associated diseases (such as pneumocystis jirovecii (formerly carinii), cryptococcus spp., cytomegalovirus, candida)
- Immune deficiency; infectious disease in the immune-compromised patient
- Malaria (including malarial prophylaxis)
- Multi systemic infections e.g. bacterial (e.g. staphylococcal, streptococcal), viral (e.g. Epstein Barr Virus), fungal, parasitic (e.g. toxoplasma, Chagas disease),
- Neurological infections (e.g. meningitis, encephalitis)
- Occupational infections and their management (e.g. needle stick infections)
- Ocular infections (e.g. conjunctivitis, ophthalmia neonatorum)
- Pandemics (e.g. pandemic influenza)
- Post-operative infections
- Respiratory disease (e.g. pneumonia, Legionnaires' disease, influenza)
- Sepsis and the deteriorating patient
- Skin infections (e.g. bed bugs, cutaneous larva migrans, exanthemata, flea, louse, ringworm, scabies, threadworm, orf, leishmaniasis)
- Tick borne diseases including Lyme disease
- Trauma including injuries, animal bites and wounds
- Tuberculosis and its different manifestations
- Travel related conditions (e.g. altitude related sickness, DVT, PE, motion sickness, sun/cold exposure, water activities)
- Vaccine preventable communicable diseases including cholera, diphtheria, Haemophilus influenzae B, hepatitis A, hepatitis B, Human Papilloma Virus, influenza, Japanese encephalitis, measles, meningitis ACWY, meningitis B, meningitis C, mumps, pertussis, pneumococcus, poliomyelitis, rabies, rotavirus, rubella, shingles, tetanus, tick-borne encephalitis, tuberculosis, typhoid, yellow fever
- Zoonotic diseases (e.g. leptospirosis, brucellosis).

## Suggested Resources

### General Information

#### See particular topics for resources where indicated

- <https://www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book>

### Bone, joint and soft tissue infections

- See Topic MSK

### Cardiovascular infections

- <https://www.evidence.nhs.uk/search?q=Endocarditis>
- <https://www.evidence.nhs.uk/search?q=Rheumatic%20fever>

### Common and serious childhood infections

- see Topic *Children and young people and Dermatology*)

### Common ENT infections

- see Topic *Ear, Nose, Throat and Mouth Problems*

### Fever in the returning traveller and its potential causes

- <https://www.evidence.nhs.uk/search?q=Fever%20in%20traveller>
- <https://www.evidence.nhs.uk/search?q=malaria>
- <https://www.evidence.nhs.uk/search?q=dengue>
- <https://www.evidence.nhs.uk/search?q=typhoid>
- <https://www.evidence.nhs.uk/search?q=chikungunya>
- <https://www.evidence.nhs.uk/search?q=viral%20haemolytic%20fever>

### Gastrointestinal infections

- <https://www.evidence.nhs.uk/search?q=gastrointestinal%20infections>
- <https://www.evidence.nhs.uk/search?q=amoebiasis>
- <https://www.evidence.nhs.uk/search?q=amoebic%20dysentery>
- <https://www.evidence.nhs.uk/search?q=food%20poisoning>
- <https://www.evidence.nhs.uk/search?q=giardiasis>
- <https://www.evidence.nhs.uk/search?q=hydatid>
- <https://www.evidence.nhs.uk/search?q=travellers%20diarrhoea>

### Genitourinary infections including sexually transmitted and urinary tract infections

- see sexual Health topic

### Healthcare-associated infections (HCAI)

- <https://www.evidence.nhs.uk/search?q=MRSA>
- <https://www.evidence.nhs.uk/search?q=clostridium+difficile>

### Helminth infections

- <https://www.evidence.nhs.uk/search?q=schistosomiasis>
- <https://www.evidence.nhs.uk/search?q=hookworm>
- <https://www.evidence.nhs.uk/search?q=strongyloides>

### Hepatitis of infectious origin

- <https://www.evidence.nhs.uk/search?q=Infective%20hepatitis>

### Human Immunodeficiency Virus

- <https://www.evidence.nhs.uk/search?q=HIV>
- <https://www.evidence.nhs.uk/search?q=HIV%20mother%20baby%20transmission>
- <https://www.evidence.nhs.uk/search?q=pneumococci>
- <https://www.evidence.nhs.uk/search?q=cryptococcus>
- <https://www.evidence.nhs.uk/search?q=cytomegalovirus>
- <https://www.evidence.nhs.uk/search?q=candida>

### Immune deficiency; infectious disease in the immune-compromised patient

- <https://www.evidence.nhs.uk/search?q=immunocompromised%20patient%20and%20infectio>  
[n](#)

## **Malaria**

- <https://www.evidence.nhs.uk/search?q=malaria>

## **Multi systemic infections**

- <https://www.evidence.nhs.uk/search?q=stapholcoccus>
- <https://www.evidence.nhs.uk/search?q=streptholoccus>
- <https://www.evidence.nhs.uk/search?q=Epstein%20Barr%20virus>
- <https://www.evidence.nhs.uk/search?q=fungal%20infections>
- <https://www.evidence.nhs.uk/search?q=toxoplasmosis>
- <https://www.evidence.nhs.uk/search?q=chagas>

## **Neurological infections**

- <https://www.evidence.nhs.uk/search?q=meningitis>
- <https://www.evidence.nhs.uk/search?q=encephalitis>

## **Occupational infections and their management**

- <https://www.evidence.nhs.uk/search?q=needle%20stick%20infections>

## **Ocular infections**

- <https://www.evidence.nhs.uk/search?q=infective%20conjunctivitis>
- <https://www.evidence.nhs.uk/search?q=ophthalmia%20neonatorum>

## **Pandemics**

- <https://www.evidence.nhs.uk/search?q=pandemic%20influenza>

## **Post-operative infections**

- <https://www.evidence.nhs.uk/search?q=post%20operative%20infections>

## **Respiratory disease**

- <https://www.evidence.nhs.uk/search?q=pneumonia>
- <https://www.evidence.nhs.uk/search?q=Legionnaires'%20disease>
- <https://www.evidence.nhs.uk/search?q=influenza>

## **Sepsis and the deteriorating patient**

- <https://www.evidence.nhs.uk/search?q=sepsis%20in%20the%20declining%20patient>

## **Skin infections**

- <https://www.evidence.nhs.uk/search?q=bed%20bugs>
- <https://www.evidence.nhs.uk/search?q=%2C%20cutaneous%20larva%20migrans>
- <https://www.evidence.nhs.uk/search?q=exanthmata>
- <https://www.evidence.nhs.uk/search?q=flea>
- <https://www.evidence.nhs.uk/search?q=louse>
- <https://www.evidence.nhs.uk/search?q=ringworm>
- <https://www.evidence.nhs.uk/search?q=scabies>
- <https://www.evidence.nhs.uk/search?q=threadworm>
- <https://www.evidence.nhs.uk/search?q=orf>
- <https://www.evidence.nhs.uk/search?q=leishmaniasis>

## **Tick borne diseases**

- <https://www.evidence.nhs.uk/search?q=tick>
- <https://www.evidence.nhs.uk/search?q=Lyme%20disease>

## **Trauma including injuries, animal bites and wounds**

- <https://www.evidence.nhs.uk/search?q=animal%20bite>
- <https://www.evidence.nhs.uk/search?q=traumatic%20wounds>

## **Tuberculosis**

- <https://www.evidence.nhs.uk/search?q=TB>

**Travel related conditions**

- <https://www.evidence.nhs.uk/search?q=altitude%20sickness>
- <https://www.evidence.nhs.uk/search?q=dvt>
- <https://www.evidence.nhs.uk/search?q=pulmonary%20embolism>
- <https://www.evidence.nhs.uk/search?q=motion%20sickness>
- <https://www.evidence.nhs.uk/search?q=sun%20exposure>
- <https://www.evidence.nhs.uk/search?q=cold%20exposure>
- <https://www.evidence.nhs.uk/search?q=water%20borne%20infections>

**Vaccine preventable communicable**

- <https://www.evidence.nhs.uk/search?q=vaccine%20preventable%20diseases>

**Zoonotic diseases**

- <https://www.evidence.nhs.uk/search?q=zoonotic%20diseases>
- <https://www.evidence.nhs.uk/search?q=leptospirosis>
- <https://www.evidence.nhs.uk/search?q=brucellosis>