

# TRAVEL MEDICINES

BUNMI OLUGBEJA

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# Introduction

- ▶ Huge market (travel clinics and pharmacies exist abroad - International society for travel medicines )
- ▶ No data for Nigeria as usual but people travel (from local to international)
- ▶ Massive 'latent' market in Nigeria

# Importance

International travel can pose various risks to health, depending both on the characteristics of the traveller, destination (urban or rural) and on the type of travel (business or holiday).

Travellers may encounter sudden and significant changes in altitude, humidity, temperature and microbes, which can result in ill-health

## Importance (cont'd)

In addition, serious health risks may arise in areas where accommodation is of poor quality, hygiene and sanitation are inadequate, medical services are not well developed and clean water is unavailable.

Accidents are the most common cause of morbidity and mortality in travellers but it is also important to protect travellers against infectious disease.

# The Consultation

Ideally, the visit to the travel pharmacy should be 4- 8 weeks before travel date

We want to ascertain;

- ▶ Who is travelling (individual or family)
- ▶ How old is the traveller/s?
- ▶ Where are they travelling to ? (epidemic, season, vaccinations necessary)
- ▶ Hygiene or sanitary conditions

# Consultation cont.d

- ▶ What is his medication history (allergies, chronic illnesses, spectacles)
- ▶ What is the lifestyle of the traveller (indoor or outdoor)
- ▶ How is he going (motion sickness)
- ▶ How long will he be gone for (medication refills)
- ▶ What is he travelling for

# What to provide

- ▶ **Knowledge**
- ▶ **Standard DRUGS**
- ▶ **Service**
- ▶ **Supplement**
- ▶ **Device**

**Acronym KSSSD**

# Knowledge

- ▶ Vaccination requirements or needs
- ▶ Prepare an handy leaflet or manual
- ▶ Storage of the medicines you would provide
- ▶ Correct usage of the medicines you would provide
- ▶ Provide pharmacy contact detail

# Drugs

- ▶ Medical kit (first aid kit)
- ▶ Antibiotic (presumptive self treatment)
- ▶ Antacids
- ▶ Chronic medicines refills
- ▶ Sedatives (for jetlag)
- ▶ Pain meds (NSAIDS)
- ▶ Anti diarrhoea and ORS
- ▶ Antiseptic creams
- ▶ Insect repellent
- ▶ Antimalaria
- ▶ Cough, cold and flu meds
- ▶ Antiallergies
- ▶ Water purification tablets
- ▶ Motion sickness relievers
- ▶ Altitude meds
- ▶ condoms
- ▶ others

# Service

- ▶ The whole travel medicine service
- ▶ Check vitals before travelling, eg STRAP, bp , etc
- ▶ Provide your phone number ( whatsapp number)

# Supplements

- ▶ Multivitamins for children
- ▶ Immune booster

# Devices

Dependent of patient type

- ▶ Inhalers and nebulisers
- ▶ Steam inhalers
- ▶ Walking aids
- ▶ An extra spectacle
- ▶ Compression/travellers socks
- ▶ Pill boxes and counters
- ▶ Firstaid boxes
- ▶ Mosquito nets
- ▶ Travel pillow
- ▶ Thermometers
- ▶ Bp monitors
- ▶ Glucometers
- ▶ Knee support
- ▶ Consumables (cotton woos, strips for devices,etc)

# Potential market

- ▶ Travellers to the east for holiday
- ▶ Business travellers
- ▶ People relocating
- ▶ Cooperate hrs (for referrals)
- ▶ International vacations
- ▶ People going to school abroad
- ▶ Tour groups and travel agents
- ▶ Hajj and pilgrimage travellers

# Case Study

It's a yearly routine for Mazi Ekene and his family to travel to his hometown in Orlu LGA yearly. He usually goes for at least 3 weeks. "I cant miss it for anything in the world", he says.

He had come to get malaria medicines for his children only, and one sachet of Glucophage (for his diabetic wife) and one pack of amlodipine teva for himself.

What else can you provide for him based on today's learnings?

# Activity

- ▶ Segment your travel kits into categories
- ▶ Create an Instagram post on travel medicine

# Conclusion

There is a need to be met.

It is our job to help our patients anticipate their drug needs.

The financial rewards will be 'rewarding'.

Are you ready??

# Thank You

