



Planning Travel:

A Guide for People With
Bleeding Disorders 

Plan your adventure...



The Canadian Association of Nurses in Hemophilia Care (CANHC) recognizes the need to ensure a high standard of nursing practice, education and research. In order to achieve quality nursing care for people affected by hemophilia and other bleeding disorders, we strive to enhance professionalism through partnerships, collegiality and mentorship.

Acknowledgments

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The Western Nurses Division gratefully acknowledges the Canadian Hemophilia Society and Baxter Corporation for their continued support and commitment to the Canadian Association of Nurses in Hemophilia Care.



Introduction

No matter where you are going, everyone wants to have a safe and enjoyable trip. For people with chronic health issues, such as bleeding disorders, travel planning is essential.

Hemophilia Treatment Centres (HTCs) are often asked by people with bleeding disorders how they can best prepare for travel. In response to this need, the Western Division of the Canadian Association of Nurses in Hemophilia Care (CANHC) developed this travel planner. This planner does not replace advice from your HTC team members, but will help you with the planning process. This resource is not “all-inclusive” but it does highlight specific aspects of travel planning for people with bleeding disorders to consider.



Travel poses risk for anyone. For people with bleeding disorders, risk may be increased by different activity levels, different health care systems, or characteristics of the specific location visited. A careful assessment of the risks and benefits of travel is the best first step when planning your trip. Your HTC Team will welcome your request for an appointment to discuss any travel plans.



Your Responsibilities: Ask Yourself, Am I Ready to Travel?

When travelling, you may not have the same support and access to medical advice as you do at home. For this reason, your knowledge of your bleeding disorder and treatment recommendations will need to be up to date. With this in mind:

- For those on the home infusion program, are your skills dependable? Do you need a refresher?
- For those not on the home infusion program, what knowledge and skills do you need to safely advocate for yourself?

Allow enough time to adequately prepare for your trip. Whenever possible, please book your HTC appointment at least a month in advance, and **take this booklet to your appointment.**

My Travel Planning Appointment at the Clinic is:



Before your appointment, complete the information and be ready to share with your HTC team:

- Dates of trip _____
- Mode of travel (check all that apply)
 - Plane
 - Car
 - Train
 - Bus
 - Boat
 - Other (specify) _____
- Purpose of trip
 - Vacation
 - Business/work
 - School
 - Other (specify) _____
- Approximate length of trip _____



I will visit the following destination(s) on my trip:

Are the places you plan to visit (check all that apply):

- Rural
- Urban
- Developed country
- Developing country

What health care facilities are available at my destination(s)?

- HTC
- Hospital
- Clinic
- Lab
- Pharmacy
- Other

What is the highest and lowest expected temperatures of location(s) I will visit?

- Highest temp _____
- Lowest temp _____
- Type of climate(s) _____

Travel Planning

During your travel consultation appointment with your HTC, it is recommended that the following topics be covered. Your HTC will help you weigh the risks of your trip (travel may not be recommended in certain circumstances).

What is my current health status? Should I expect any specific problems while travelling?

What activities are planned during my trip?

What activities on my trip might increase the risk of bleeding?

- Long airport walks
- Heavy luggage
- Uneven/bumpy ground
- Increased walking/touring
- Other _____
- Other _____

Should my usual treatment recommendations change because of these activities? (if yes, please list)

- Yes No

Do I need to see a travel clinic for additional consultation?

- Yes No

Travel Clinics in my area:

Is there a need to contact the HTC(s) at my destination before my trip? If yes, who will do this?

Name and phone number of Hemophilia Treatment Centers at my destination(s):

- _____
- _____
- _____
- _____

Are there any carry-on luggage restrictions I should know about? Be sure to contact your specific airline or ground travel company.

Be sure to carry all of your treatment supplies with you. If you are flying, carry your supplies on board so they will not be lost or ruined from temperature extremes.



What special documents do I need to take?



- Factor First Card
 - Travel Letter from HTC
 - Clinical Records
 - _____
 - _____
 - _____
- Medic Alert Identification
 - Immunization Records

What are the storage requirements for my Medication/Treatment? (check package insert)

How many doses of my Medication/Treatment are recommended for the duration of this trip?

What prescriptions do I need to take?

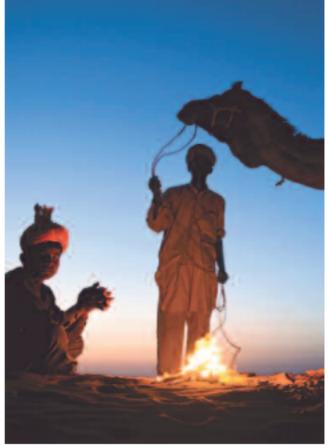
- Factor concentrate
- Desmopressin (DDAVP)
- Antifibrinolytic (specify) _____
- _____
- _____
- _____

What, if any, analgesics (pain medications) should I take on my trip?



What should I do in an emergency?

Discuss an individualized plan with your HTC team.



How do I consent to release my medical records should they be needed by another health care facility while I am away?
(You may want to sign a “Release of Medical Records” form at your HTC before you travel so it is available if needed)

What are my infusion record requirements while travelling?

What, if any, travel assistance do I need?
(consider wheelchair, assistance at the airport, etc.)

Do I need a First Aid Kit, or any of the following items?

- Compression bandage
- Cane
- Wheelchair
- Thermometer
- Other
- Crutches
- Wound-closure strips
- Nosebleed supplies

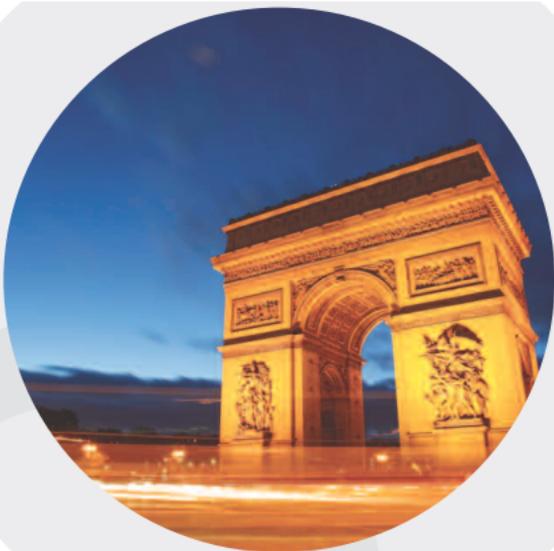
Emergency Contact Numbers:



- Emergency Contact at Home
(Name) _____
(Number) _____
- Home Hemophilia Treatment Centre

- Destination Hemophilia Treatment Centres
 - Destination # 1 (city) _____
HTC # _____
 - Destination # 2 (city) _____
HTC # _____
 - Destination # 3 (city) _____
HTC # _____
- Canadian Consulate or Embassy
 - Destination # 1 (city) _____
Phone # _____
 - Destination # 2 (city) _____
Phone # _____
 - Destination # 3 (city) _____
Phone # _____
- Travel Insurance Provider Emergency Number _____
- Health Insurance Provider Emergency Number _____
- Health Insurance Policy Number _____





Transportation:

- Transport Canada www.tc.gc.ca
US Transportation Agency www.tsa.gov
US transportation Agency Special Needs
<http://www.tsa.gov/travelers/airtravel/specialneeds/index.shtm>
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Canadian Government:

- Canadian Government Travel Information Site www.voyage.gc.ca
Canadian Consular Services <http://www.voyage.gc.ca/>
Canadian Passport Information www.ppt.gc.ca
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Hemophilia Resources:

- World Federation of Hemophilia (WFH) <http://www.wfh.org/>
World Federation of Hemophilia - Tips for Travelers
<http://www.wfh.org/index.asp?lang=EN>
** click on "About Bleeding Disorders", "Hemophilia", "Tips for Travellers"*
Canadian Hemophilia Society <http://www.hemophilia.ca/>
** for travel insurance information refer to the CHS Report at this site*
Canadian HTC's
<http://www.hemophilia.ca/en/treatment-centres/>
Canadian Medic Alert Foundation <http://www.medicalert.ca/>
Public Health Agency of Canada – Travel Health
<http://www.phac-aspc.gc.ca/tmp-pmv/index-eng.php>
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General Travel Info:

- Airplane seating recommendations www.seatguru.com
Mastercard ATM locations around the world www.mastercard.com
VISA card ATM locations
<http://visa.via.infonow.net/locator/global/>



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Nurses in Hemophilia Care
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