



# Prepared to Tour

**Travelling Medication--** Planning a trip, whether it's a weekend getaway or an extended vacation, requires thoughtful consideration of any medical needs. For PTAs it is essential to provide customers with guidance when preparing their medication for a journey.

TEXT: JANE FUNKE AND HANNELORE GIESSEN

A well-equipped first aid travel kit can help the tourist to stay healthy and manage unforeseen situations while on the move. The first aspect to be considered is **tailoring** medical needs according to the duration of the trip for those taking regular medication. It's wise to carry a sufficient supply of medications to make sure that they won't run out whilst travelling. Essential medicines should always be packed in the **carry-on luggage**, especially when travelling by air. This ensures that access is possible during the flight and that they are protected from loss or damage. It's also advisable to carry a copy of all **prescriptions** or a letter from the healthcare provider, when travelling internationally.

## Well-Prepared for Special Situations

When **assembling** a travel medication kit, it's essential to include medications that address common health concerns encountered along the way. The most important ones include pain relievers or analgesics. It's always good to have something handy to relieve a headache, **sore muscles**, toothache or menstrual

pain. Painkillers containing acetylsalicylic acid, paracetamol (in some countries known as acetaminophen) or ibuprofen should be in every first aid kit. Blister packs are preferable, because loose or **effervescent tablets** may absorb moisture from the atmosphere and become ineffective.

It is diarrhoea that most often takes the enjoyment out of the trip. So, it is important to include something like Loperamide. It is also advisable to take enough oral rehydration therapy. Electrolyte Replacement Solutions: Oral rehydration solutions or packets of electrolytes can be beneficial in order to **replenish** minerals, salts and body fluids lost due to diarrhoea, vomiting, or excessive sweating; they help to prevent dehydration. Antihistamines such as loratadine can be useful to treat allergic reactions, insect bites, or hay fever symptoms.

For those prone to **motion sickness**, medications such as dimenhydrinate can help alleviate symptoms of nausea and vomiting, particularly on boats or long car rides.

Unfamiliar food and travel can also cause acute **constipation**. Laxatives can be used short term; they come as suppositories,

## Serie English for PTA

Weitere Folgen der Serie

### Ausgabe

- 01/2024 Antibiotics
- 03/2024 Hypertension
- 05/2024 Analgesics
- 07/2024 Travelling Medication**
- 09/2024 Ophthalmics
- 11/2024 Dermopharmacy

Alle Artikel finden Sie unter [das-pta-magazin.de/heftarchiv](http://das-pta-magazin.de/heftarchiv).

tablets or syrups. Constipation is best prevented with a high-fibre diet and plenty of fluids

Those with a tendency to suffer from acidity such as *heartburn* or a burning sensation after consuming spicy or sharp-tasting food and drink should add an antacid to their kit.

Additionally, consider including basic first aid supplies in the travel kits such as adhesive bandages and tape, gauze pads, *tweezers* and scissors for minor injuries and emergencies.

### Well-Prepared for the Sun

Finally, packing a broad-spectrum sunscreen with a high sun protection factor (SPF) is of the *utmost* importance in order to protect against sunburn and reduce the risk of skin damage from prolonged exposure, especially in sunny destinations or during outdoor activities.

The components of a first aid kit are largely a matter of personal choice but expert advice is essential. With this in mind, it is a good idea to suggest that the customer does a first aid refresher course before setting out. In an emergency, fast action can save lives. One last piece of sound advice concerning nutrition, especially for trips to tropical areas, is the old rule: „Boil it, cook it, peel it or forget it!“ \*

Jane Funke ist geborene Britin und erstellt als Native Speaker gemeinsam mit Apothekerin Hannelore Gießen seit vielen Jahren die Serie „English for PTA“, die sich mit klassischen OTC-Themen befasst.



# Veno SL® 300

Gegen Besenreiser und Venenschwäche



## MIT LEICHTIGKEIT DIE SCHWERE LOS!

- Bei **Venenschwäche** und **Besenreisern**
- Beugt **Flüssigkeitsansammlungen** im Gewebe vor
- Verbessert die **Durchblutung**
- Gegen **geschwollene, schwere Beine**

**Veno SL® 300, 300 mg Hartkapseln. Wirkstoff:** Troxerutin. **Zusammensetzung:** 1 Hartkapsel enthält 300 mg Troxerutin, Povidon, Magnesiumstearat (Ph. Eur.) [pflanzlich], Talkum (Ph. Eur.), hochdisperses Siliciumdioxid (Ph. Eur.), Gelatine, Farbstoffe E 127, E 132, E 171, E 172. **Anwendungsgebiete:** Zur unterstützenden Behandlung exsudativer Prozesse, Kapillarfragilität bei Erwachsenen. **Gegenanzeigen:** Überempfindlichkeit gegen Inhaltsstoffe. **Nebenwirkungen:** Erkrankungen des Gastrointestinaltrakts: Sehr selten: leichte Magen-Darm-Störungen. **Erkrankungen des Immunsystems:** Sehr selten: allergische Reaktionen wie Hautreaktionen, Flush (Gesichtsrotte) oder Kopfschmerzen. Die Symptome klingen nach Absetzen des Präparates rasch ab. **Stand:** November 2021. URSAPHARM Arzneimittel GmbH, Industriestraße 35, 66129 Saarbrücken, [www.ursapharm.de](http://www.ursapharm.de)

# Dialogue

PTA: Good afternoon, can I help you?

**Customer: Yes, please. I'd like some help with what goes into a travel first aid kit.**

PTA: Yes, of course. Do you have a specific destination in mind?

**Customer: I'm going on a 28-day tour of Laos, Vietnam and Cambodia.**

PTA: Wow, that sounds great! Have you arranged an appointment with a travel medicine specialist?

**Customer: No – is that necessary?**

PTA: It's a good safety precaution. Your **itinerary** will be reviewed, required immunization checked and preventative measures discussed to avoid getting diseases transmitted by insects.

**Customer: So, I may need vaccinations?**

PTA: Just a moment, please, I'll check for you. Yes, immunization against hepatitis A, tetanus, diphtheria and **rabies** is generally recommended. Where special risks are involved, even more vaccinations are indicated – perhaps a prophylactic malaria medication, too.

**Customer: Okay, when should I see the specialist?**

PTA: This depends on your **current** vaccination state but you should **reckon with** at least six to eight weeks ahead of your trip. You have to

allow time for your body to build up its protection.

**Customer: Right, I'll organize that immediately. What else do I need?**

PTA: Diarrhoea is the most frequent problem, so you'll need something for that and rehydration salts as well. Painkillers such as ibuprofen, paracetamol or aspirin are a must and maybe oral antibiotics in case of ear, nose, throat or urinary infections. Your doctor would have to prescribe those. Do you get travel sickness?

**Customer: Not normally but various types of transport are included in the tour.**

PTA: Then, I'd take a medicine for that to be on the safe side. A **hand sanitizer** containing at least 60% alcohol or antibacterial handwipes are useful, as are water purification tablets.

**Customer: I have no intention of drinking water that isn't bottled.**

PTA: Good. Stay clear of ice cubes, **diluted** drinks and raw foods. The chances of them being contaminated is quite high.

**Customer: Yes, hopefully our tour guide will help us with those.**

PTA: You should take sufficient **insect repellent**. For your planned trip, you will need an active ingredient that we abbreviate DEET. I don't usually recommend that in Europe because of

its toxic potential but in tropical countries with a considerable risk of malaria its effectiveness **outweighs** the other aspects. You aren't pregnant, aren't you?

**Customer: No, I'm not pregnant and there are no infants traveling with us. Many thanks for your explanation. Can you show me some sunscreen that is suitable for the climate in south east Asia?**

PTA: Certainly. Good, then the other things you'll need are an antiseptic wound cleaner, **dressings** and what

goes into a regular first aid kit: gauze, tweezers, scissors, disposable gloves, face masks and a digital thermometer.

**Customer: I have most of those at home. Can we assemble all the other things you mentioned?**

PTA: Yes, of course. We'll start with Ioperamide for diarrhoea.

## Vocabulary

| English              | Deutsch                             |
|----------------------|-------------------------------------|
| to tailor            | auf etwas oder jemanden zuschneiden |
| carry-on luggage     | Handgepäck                          |
| prescription         | Rezept, Verordnung                  |
| to assemble sth.     | etwas zusammenstellen               |
| sore muscles         | Muskelkater                         |
| effervescent tablet  | Brausetablette                      |
| to replenish         | wiederauffüllen                     |
| motion sickness      | Reisekrankheit                      |
| constipation         | Obstipation, Verstopfung            |
| heartburn            | Sodbrennen                          |
| tweezers             | Pinzette                            |
| utmost               | äußerte(r,s), allergrößte(r,s)      |
| itinerary            | Reiseplan, Reiseverlauf             |
| rabies               | Tollwut                             |
| current              | gegenwärtig                         |
| to reckon with s.th. | mit etwas rechnen                   |
| hand sanitizer       | Handdesinfektionsmittel             |
| diluted              | verdünnt                            |
| insect repellent     | Insektenschutzmittel                |
| to outweigh          | überwiegen                          |
| dressing             | Wundauflage, Verband                |

[das-pta-magazin.de/englisch](https://das-pta-magazin.de/englisch)

Listen and repeat: Unter diesem Link oder über den QR-Code können Sie sich den Dialog anhören, um die Aussprache der englischen Fachbegriffe zu üben.

