

Peritoneal Dialysis Travel “Tool Box”

Bobbie Knotek and Laurie Biel

Travel gives us joy, expands our lives and affords us much-needed relief from our everyday activities. For our patients on peritoneal dialysis (PD), however, travel can be a reality check. Not only do the patients have to make normal travel arrangements, they face additional challenges both before and during their travel. Patients on PD are responsible for arranging delivery dialysis supplies and equipment transported to their travel destination(s). They are accountable for maintaining their prescribed dialysis regimen in a safe and timely manner while traveling via car, bus, train, plane or boat. Lastly, if they require emergency medical care, they must put themselves in the hands of unfamiliar personnel who may have little or no knowledge of how to care for a person on PD.

As PD nurses, we have an obligation to ensure that travel for our patients is as easy, safe and trouble-free as possible. To achieve this, our nursing interventions should focus on: (a) providing patients with the knowledge they need to incorporate traveling into their lifestyles; (b) facilitating informed, timely, and organized travel planning by the patients and their PD nephrology teams; (c) maintaining the continuity and integrity of PD therapy during travel, while at the same time incorporating aspects of critical thinking and flexibility; and (d) safeguarding the patient's physical and mental health

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Patients on peritoneal dialysis (PD) face many challenges when traveling, but these challenges can be minimized by pre-travel education, organization, and planning. PD nurses play an important role in helping patients on peritoneal dialysis understand that travel can continue to be a part of their lives and in helping them prepare for, plan, and organize their travel experiences.

and well-being.

Several excellent articles are available that offer advice to PD patients who wish to travel. Accessing these articles, however, requires acquiring and copying several publications printed over the last 8-10 years. Our aim in writing this travel article is to consolidate current knowledge about PD travel into practical tools that can be easily modified to complement facility-specific policies and procedures. It is our hope that the organizational and educational tools included in the PD Travel “Toolbox” will assist you in encouraging your patients to travel. The components of the “Toolbox” are described below.

Components of the “Toolbox”

Travel Resources. There are many travel resources available to PD patients, including articles and books, travel services and agencies, tools for locating dialysis facilities in the U.S. and abroad, international travel resources, and specialized sources of information for disabled travelers are highlighted in this resource (see Table 1).

How and when travel information is presented to your patients will always be up to your discretion and judgment. The authors suggest that travel options be introduced to patients during initial dialysis training to reinforce the concept that they can still live full and active lives after starting dialysis. Another benefit of introducing travel options early in the course of PD training is the identification of patients who have travel plans

in the near future. By identifying these patients early in training, you will have an opportunity to incorporate needed travel education into PD training sessions and clinic visits. For patients who feel overwhelmed during PD training, discussions about travel can be limited to a brief overview. Additional travel education can be provided for these patients either during clinic visits or when the patient indicates a desire to travel.

Peritoneal Dialysis Travel Checklist. The *PD Travel Checklist* facilitates organization and documentation of travel planning, communications, and interventions by PD nurses. The checklist allows you to “chart” travel interventions by entering initials, dates or checkmarks in the blanks. Once the checklist is initiated and placed on the patient's chart, any member of the PD staff can assess the patient's travel status, support travel interventions, and update the checklist. The checklist can be downloaded from www.nephrologynursingjournal.net.

Uniform ESRD Transient Peritoneal Dialysis Form. This form provides a uniform format for capturing and conveying medical and dialysis information to other caregivers, in the event the patient requires medical or dialysis care while traveling. The *Uniform ESRD Transient Peritoneal Dialysis Form* was developed by the Forum of ESRD Networks and the National Kidney Foundation (NKF). The form can be downloaded from the NKF web site at www.kidney.org/professionals/

CNSW/resources/ESRD_peri.pdf. Suggestions for supplementing the *Uniform ESRD Transient Peritoneal Dialysis Form* with medical and dialysis information not currently on the form are included in the *Peritoneal Dialysis Travel Checklist*.

Letter of Medical Necessity.

The *Letter of Medical Necessity* can be completed by the PD nurse and signed by the patient's physician. It will verify the patient's need to carry dialysis supplies, dialysis machinery, syringes, and medications (prescription and controlled drugs). The PD nurse's name and clinic phone number are included on the letter in case additional verification is needed. The letter can be downloaded from www.nephrologyjournal.net, modified to meet individual needs, and printed on the PD facility's official letterhead paper.

Peritoneal Dialysis "On the Road" – How to Travel with Peritoneal Dialysis

A how-to guide for traveling with PD, this patient education booklet is designed to help patients become more independent and self-sufficient, while teaching them how to assume more responsibility for travel planning. The booklet, with a 14-point font print size, "clumping" of topics, extra white space, and colorful clip art illustrations provides travel information to patients in an easy-to-read format. The full-sized booklet may also be downloaded from www.nephrologyjournal.net. The booklet was designed to be photocopied double-sided in color or black and white. Several interactive sections are included in the booklet to stimulate discussions between PD nurses and their patients. You are encouraged to modify, personalize and copy the booklet for your PD program. Brief descriptions of the booklet's sections follow.

The *Plan Ahead Travel Checklist* uses a step-by-step approach to help PD patients make travel plans. The checklist simplifies travel planning for patients by organizing related actions into sections. The checklist walks

patients through travel planning from notifying the PD nurse of travel plans and working to locate a back-up PD clinic, through transporting supplies to a destination, to investigating financial coverage for medical and dialysis care during travel.

Questions to Ask Your PD Nurse

suggests travel questions the patients can discuss with the PD Nurse. The purpose of these questions is to stimulate "what-if" discussions between PD nurses and their patients. If any of the questions suggest actions or practices that conflict with a facility's policies, they can be deleted or changed before the booklet is copied for patient distribution.

Packing Lists for Carry-on and Checked Luggage remind the patient to pack needed dialysis and medical supplies. The checklists divide the supplies into two categories, carry-on and checked baggage, depending on their importance, their ability to be replaced, their portability, and security clearance procedures. Suggestions for traveling with a cyclist and cyclist supplies are included in this section.

PD Travel Do's & Don'ts includes short, concise descriptions of activities that could adversely impact the patient's health. This section could be used as a problem-solving exercise, in which the patient is asked to examine unsafe activities and respond with safer, alternative actions.

What To Do For PD Problems "On the Road" lets you provide your PD patients with facility-specific procedures for handling common PD problems. As you fill in the blanks, you can tailor the directions to accommodate individual patient needs and abilities.

"Tips" for World Travelers highlights special considerations that need to be discussed with patients who will be traveling outside the United States, including dialysis and medical care, food and water safety, language barriers and insurance coverage and limitations for travel outside the U.S.

The *Wallet Travel Card* form can be cut out of the book and folded to fit in a wallet or purse. One side of the card has space for medicines and

medicine allergies. The other side of the card has a place to write the names and contact information for Home and Back-up PD clinics and staff members. You can also indicate who the patient's first contact should be in the event of a medical and/or a dialysis emergency (i.e., your PD clinic, the back-up PD clinic, 911, etc.).

Special Instructions From Your PD Nurse and Doctor was left blank to allow you and the patient's physician room to write personalized information and instructions for the patient.

My Notes and Phone Numbers is a free space for the patient to write notes and phone numbers.

Conclusion

Saint Augustine tells us "the world is a book and if you never travel, you've only read one page." By teaching your patients how to travel successfully, PD nurses are giving them more than the gift of independence and self-sufficiency – you are giving your patients the ability to read more than just that "one page!"

Author Dedication by Bobbie Knotek: *This article is dedicated to a former PD patient named T.B. who lives on in my heart. T.B. was a 28-year-old man with kidney failure and retinopathy secondary to diabetes, who was one of the first blind patients in the early 1980's to learn how to do CAPD exchanges without assistance. His overwhelming passion in life was going to the racetrack to "bet the horses." After learning to do his own CAPD exchanges, he traveled by himself to horse races all across the country. I never knew when I would get the next phone call from him, telling me he was planning to fly to a racetrack in California or Florida! By making it possible for him to travel independently, we gave something back to him that had been missing in his life for many years – we gave him back his "wings."*

References/Resources

Baxter Healthcare Inc. (2004). *Lifestyle: Travel*. Kidneywise community (Online). www.kidneywise.com/community/lifestyle/travel/index.asp

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Travel Resources*

Articles (listed in recommended order)

Traveling With Kidney Disease. Includes sections on PD and HD. This article was previously published in the American Association of Kidney Patients' *Renalife* magazine. www.aakp.org/AAKP/RenalifeArt/2003/traveling.htm.

Travel Tips: A Guide for Kidney Patients. Compiled by the National Kidney Foundation. www.kidney.org/atoz/index.cfm (search for Travel Tips).

Dialysis Around the World. Published in the National Kidney Foundation *Family Focus Newspaper*, Spring 2001 issue. Includes advice on traveling from a nephrologist and dietitian and a PD Travel checklist for patients. www.kidney.org/patients/pfc/backissues.cfm.

www.kidneywise.com/community/lifestyle/travel/index.asp - Excellent on-line articles about PD and travel.

Shaw, B. (1998). Advice for Dialysis Facility Personnel and Patients on How to Arrange Treatments Prior to Travel. *Dialysis and Transplantation*, L-3, 1998.

Smirnov (1998). Transient dialysis. *Dialysis and Transplantation*, 28(6), 333-334.

Lore, G. (2001). Balancing patient health and safety with vacation jaunts around the world is the goal of Dialysis at Sea Cruises. *For Patients Only*, 4(1), 15-20.

Munschauer, C.E. (2001). Enjoying travel while protecting your vascular access and the PD catheter. *For Patients Only*, 14(1), 21-23.

Brochures & Books

Management of Diabetes During Intercontinental Travel. Available free from The Diabetic Traveler, P.O. Box 8223 RW, Stamford, CT 06905; (203) 327-5832.

2001 International Travel Health Guide, 12th Edition by Stuart R. Rose, MD. Download a chapter free from the table of contents and read or print PDF file or purchase book from website at www.travmed.com/thg/travel_health_guide.htm.

Travel Services (listed in alphabetical order)

Dialysis Travel and Vacations – This company specializes in dialysis cruises organized by STC Travel and Scripps Dialysis Centers in San Diego. www.dtv.tierranet.com

Island Dialysis – Owned by International Dialysis, a division of Fresenius Medical Care. This company offers PD support services on the islands of St. Lucia, Barbados, and Puerto Rico. The company will also arrange airline reservations, accommodations, and ground transport. 800-408-6031; www.hditravel.com.

Medical Travel, Inc. – Cruises and land vacations for adults and children on all forms of dialysis. www.medicaltravel.org/dialysis/destinations.htm.

Travel at Sea – www.dialysisatsea.com.

Vacation Kidney Center of the Rockies – Camp provides dialysis and post-transplant care in a vacation setting at the Snow Mountain Ranch, YMCA. (970) 887-2152.

Locating a Dialysis Facility (listed in alphabetical order)

Dialysis Facility Compare. www.medicare.gov/Dialysis/Home.asp. The purpose of this website, developed by Medicare, is to provide information people and their families can use to choose a dialysis facility. When the name of a specific dialysis facility is entered, this site gives information about the facility's ownership, location, size, anemia management, outcomes, and patient survival. Users can search for dialysis facilities by state, county, city, zip code or facility name. Proximity searches are now available when searches are made on city or zip code. In addition, a search can be narrowed to specific services offered by dialysis facilities.

Dialysis Finder. www.dialysisfinder.com. Can help locate dialysis units in the United States. Enter address or start with a zip code or the name of a city or state and a map pops up with the names and locations of dialysis units closest to the entered address.

Travel Resources* (continued)

Forum of End Stage Renal Disease (ESRD) Networks. www.esrdnetworks.org. Forum web site identifies location of all 18 ESRD Networks. ESRD Network Patient Service Coordinators may be able to offer assistance if there is difficulty locating a back-up PD facility for a patient.

www.gambrohealthcare.com/gambro/travel.cfm - Listing of Gambro clinics in the United States and other countries.

Global Dialysis. www.globaldialysis.com. Offers links to 10,240 dialysis centers in 115 countries. Also provides links to travel businesses that cater to people on dialysis (travel agents, accommodations, tours, cruises, travel insurance and kidney patient associations world-wide). Note: Phrase cards in a number of languages can be downloaded from this website.

"The List," published every year by *Dialysis and Transplantation*, includes the names of dialysis facilities that offer dialysis services for people who travel. Available at www.eneph.com/thelist/index.asp or can be ordered for \$15.00 from *Dialysis and Transplantation*, (800) 442-5667.

National Listing of Medicare Providers Furnishing Kidney Dialysis and Transplant Services (Stock # 017-060-00602-1). Published by the Centers for Medicare & Medicaid Services. This listing includes all Medicare approved dialysis and transplant facilities in the U.S. A copy can be obtained by calling (202) 512-1800, from www.cms.hhs.gov/esrd/8e.pdf or by writing to:

Superintendent of Documents
U.S. Government Printing Office
PO Box 371954
Pittsburgh, PA 15250-7954

Nephron. www.nephron.com/usacgi.html. Locate a dialysis facility anywhere in the U.S. Includes maps and driving directions to facilities.

Patient Travel Service. Assistance in locating a dialysis facility in the United States. Provided by Fresenius Medical Care. Call 1-800-634-6254.

Renal World. www.renalworld.com. Has international listings of dialysis centers in cities and countries around the world.

Resources for Travelers With Disabilities (listed in alphabetical order)

www.emerginghorizons.com. Emerging Horizons is a consumer-oriented magazine focusing on accessible travel for people with disabilities.

www.mennotravel.com. Resources for travelers with disabilities, including hotels, car/van rentals and airport information.

International Travel (listed in alphabetical order)

AT & T Language Line. (800) 628-8486. Can help remove language barriers if a medical problem arises in another country. The translation service costs between \$4.00 to \$7.00 per minute depending on the translated language.

www.mtstravel.com/inqui/index.html. Click on "Easier Street to a Passport" for a description of how to obtain a passport. Describes how to obtain a passport in the normal time frame and in a short time frame.

<http://travel.state.gov/foreignentryreqs.html>. Best source for obtaining up-to-date visa requirements for travel to other countries.

http://travel.state.gov/passport_services.html. The Bureau of Consular Affairs Passport Agency web site provides comprehensive information about applying for, or renewing, a passport. Passport application forms can be downloaded from this site.

www.travmed.com. Resources for international travelers, including a World Medical Guide, required and recommended immunizations, and a medical checklist.

**Providing these resources does not constitute either an endorsement or a recommendation of provided services by the authors or the Nephrology Nursing Journal. The authors recommend you ask for "personal reference" contact phone numbers to verify satisfaction with services, particularly in the case of lodging, travel agents and cruise lines.*

Peritoneal Dialysis Unit Travel Checklist

Patient: _____

1. Interview Patient About Travel Plans

- Destination & Estimated Travel Dates _____
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- Destination & Estimated Travel Dates _____
- Estimated Date of Return to Home PD Unit ___ / ___ / ___
- Transportation Method - *check all that apply:*
 Car Train Plane Bus Boat Cruise Ship
 Other _____
- Type of Lodging - *check all that apply:*
 Hotel RV Tent Hostel Bed & Breakfast
 Other _____
- Give patient the Travel Resource sheet and encourage them to "check out" the Web sites. If the patient doesn't have Internet access or doesn't know how to use the Internet, suggest the patient ask the staff at the public library, city recreation center or senior center for help in looking up Web sites.

2. Locate Back-Up PD Unit (Refer to Travel Resources)

3. Contact Back-Up PD Unit To Determine:

- Availability of back-up PD unit during patient's travel dates.
- Medical bills and charges patient will have to pay if seen by back-up PD unit.
- Acceptable methods of payment for charges (*check, cash, cashiers check, travelers checks, etc.*).
- Brand of dialysis supplies used by the back-up PD unit.
- Back-up PD unit's ability to furnish dialysis supplies to the patient in an emergency.
- Required medical records & diagnostic tests for transient PD patients - *check all that apply:*
 - Standing orders
 - Problem list (*last 6 months*)
 - Medication record (*home and in-center medicines*)
 - Short term care plan (*most recent within _____*)
 - EKG
 - Long term care plan (*current year*)
 - Current H & P (*within _____*)
 - Last (3) PD clinic records
 - Advance Directive
 - Chest x-ray (*within _____*)
 - Monthly lab (*within _____*)
 - HbsAg status-Date _____ (*need +/- status or antibody titers?*)
 - Most recent adequacy report
 - Most recent PET
 - TB test (*within _____*)
 - Most recent psycho-social evaluation
 - Most recent nutritional assessment
 - Copy of recent dialysis supply order
 - Copy of self EPO training sheet (if applicable)
 - Progress notes (*within _____*) () MD () RN () RD () SW
 - Vaccine status: () Hepatitis B series
 () Influenza within last 12 mo.
 () Pneumococcus within last 5 years
 () Other _____
 - Other _____
- Preferred method of receiving Medical records - *all that apply:*
 - PD back-up unit requires records be faxed or mailed prior to granting back-up status.
 - Patient carries records & gives to nurse or Dr. if visit to back-up PD clinic required.

Peritoneal Dialysis Unit Travel Checklist (continued)

4. Make 2 Copies Of Medical Records & Paperwork

- Complete Uniform ESRD Transient Peritoneal Dialysis Form
Download form at www.nephron.com/usaforms.html
- Add information to Uniform Transient PD Form (*as applicable*).
 - Patient Information Section
 - Patient or family cell phone numbers
 - Patient or family e-mail and fax numbers
 - Significant co-morbidities (*diabetes, heart disease, etc.*)
 - Referring Dialysis Unit (Back-Up PD Unit) Information
 - Who to contact in an emergency after clinic closes
 - After hour phone number or pager number
 - Current Treatment Orders
 - Date PD catheter placed
 - If peritonitis within past 6 months – organism(s) and antibiotic therapy
 - If exit site infection within past 6 months – organism(s) and treatment
 - CAPD
 - Date dialysis prescription last modified
 - Use of nighttime exchange device
 - Usual drain time
 - Frequent occurrences of fibrin or blood-tinged drain bags
 - CCPD
 - Date dialysis prescription last modified
 - Volume and dwell time of last bag fill exchange and daytime exchange(s)
 - Length of time patient is dry during 24 hours
- Complete blank pages in PD Travel Book - *Insurance/Medicare, PD unit phone #, special instructions, etc.*
- Complete Letter of Medical Necessity. *Copy on facility letterhead.*
- Give patient a copy of medical records & paperwork and advise to keep records with him/her at all times.
- Suggest patient tell travel companion(s) about medical needs and where medical records/paperwork will be kept during travel.

5. Patient Education - Dialysis Supplies & Equipment (*Refer to PD Travel Book*)

- What the patient needs to know about shipping dialysis supplies to destination:
 - Advance notice is required to ship supplies (*amount of notice varies with location*).
 - Name of contact person who will accept delivery of supplies.
 - Supply delivery to the location (*hotel, residence, business, campground, cruise ship, etc.*).
 - Street address needed – cannot deliver to a P.O. Box.
 - Storage of supplies.
- Traveling with supplies and equipment:
 - Letter of Medical Necessity.
 - Patient should pack his/her own supplies, if possible. *If a spouse or friend packs dialysis supplies, something important might get left at home.*
 - Review packing list for carry-on luggage.
 - Review packing list for checked luggage.
 - Carry 3 days worth of dialysis supplies to guard against travel or shipment delays.
 - Storage and use of dialysis related medications (*EPO, Heparin, antibiotics, etc.*).
 - Syringes should not be packed in carry-on luggage – they should be packed in checked luggage.
- Traveling with a cyclor:
 - Patient should call ahead to make sure that accommodations have properly grounded outlets.
 - Pack grounded extension cord.
 - If traveling outside continental U.S., patient should research the type of electrical outlet adapter required.

6. Patient Education – Medications

- Review current medicines with patient:
 - Keep medicines in original containers.
 - Include generic name(s) of controlled drug(s) on Letter of Medical Necessity.
 - Ask physician if patient should rearrange medication schedule if traveling to a different time zone.
- Pack enough medicine for entire trip plus extra 5-7 days supply. *For long trips, advise patient to talk to pharmacist about the best way to fill prescriptions while traveling.*
- Pack medicines in carry-on bag or purse.
- Ask physician to write an extra set of prescriptions using generic drug names. *Advise patient to carry the extra set of prescriptions with medical records.*

Peritoneal Dialysis Unit Travel Checklist (continued)

- () Review safety of over-the-counter (OTC) drugs and OTC drugs that the patient should not take.
- () If patient has a history of anaphylactic reactions to bee stings, insect bite or food allergies, discuss need for Epinephrine kit with physician. Teach patient how to use kit.
- () If patient is diabetic:
 - Pack enough insulin, syringes and testing strips for entire trip.
 - Pack glucose monitor in carry-on luggage.
 - Pack glucose tablets or hard candy in purse or carry-on luggage.

7. Patient Education – Dialysis Responsibilities During Travel

- () Incorporating dialysis prescription into day-to-day travel plans:
 - Discuss type of travel and how to arrange exchanges around travel.
 - Emphasize the need to continue prescribed dialysis prescription during travel to stay healthy.
- () Discuss the need to weigh the risks of doing exchanges in an unsafe or cramped area compared to waiting to do the exchange in a safe, clean area.
- () Instruct patients **NOT** to warm dialysis bags in hot water or microwave.
- () Advise patients **NOT** to hang dialysis bag on sharp hooks or nails because of the danger of puncturing bag.
- () Fluid balance:
 - Review wet and dry parameters.
 - If patient is traveling to a warmer or colder climate, discuss how this may affect fluid balance.
- () Exit site care:
 - Stress keeping exit site clean/dry, especially if traveling to a warmer climate.
 - Emphasize need to observe exit site closely during travel for symptoms of infection.
- () Medic-Alert Bracelet – if patient doesn't have one, recommend ordering a bracelet with this information:
 - Peritoneal dialysis patient
 - Co-morbidities
 - Medication allergies
 - Written in 2 languages if traveling outside U.S.
- () Disposal of PD waste fluid and bags while traveling. *Consult local government if traveling outside U.S.*
- () When to contact PD unit or back-up PD unit nurse or physician:
 - In the PD Travel Book, indicate who should be contacted in specific situations.
 - Discuss likelihood that PD back-up unit procedures may differ from what the patient is used to, and suggest dialogue the patient could initiate with PD back-up unit staff to reassure himself that procedures are being done "safely."

8. Patient Education – Skill Training/Reinforcement For Patient and Back-Up Partner

In case patient gets ill during trip and is unable to perform own dialysis.

- () Manual exchanges for cycler patients
- () Practice putting the cycler together, taking it apart and re-packing it into shipping box.

For the cycler patient whose cycler is being shipped to destination by supply company.

- () Tubing change
- () Problem solving
- () Emergency instructions
- () Other _____

9. Patient Education - Dialysis Expenses During Travel

- () In the U.S., this will vary depending on primary insurance coverage (Medicare, Medicaid, private insurance, or HMO)
 - If Medicare is primary – 80% of the Medicare allowable cost for treatment will be covered if travel is in U.S. or its territories.
 - Patient is responsible for the remaining 20% of the Medicare allowable cost for treatment.
 - If patient has secondary insurance, it may pay the 20% not covered by Medicare. Patient may need to pay the 20% "up front" and bill the insurance company for the amount paid.
 - Patients with private insurance or HMO should call insurance company to verify benefits while traveling.
 - Letter stating private insurance or HMO will pay for treatment at a back-up PD unit may be necessary.
 - HMO may not pay for treatment outside the coverage area.
 - Most Medicaid programs will not pay for treatment outside the home state.
 - If applicable, advise patient to contact health insurance and assess need for travel health insurance.

Peritoneal Dialysis Unit Travel Checklist (continued)

- () Outside the U.S:
 - Medicare will not pay for any dialysis treatment or medical charges incurred outside the U.S. or its territories.
 - Many private insurance companies will not pay for dialysis treatments or medical charges incurred outside the U.S./territories.
 - Patients with private insurance should call their insurance company to determine whether or not insurance will pay for dialysis treatments or medical charges incurred outside the U.S.
 - If applicable, advise patient to contact health insurance and assess need for supplemental travel health insurance.

– 10. Miscellaneous Travel Tips

- () Review unit-specific policy on swimming and bathing (*if applicable*).
- () Pacemaker patients should ask their heart doctor about safety issues while traveling.

– 11. International Travel

- () Access to back-up PD unit and dialysis supplies:
 - Determine cost of obtaining supplies – is it cheaper to buy supplies/equipment at destination or to pay shipping costs.
 - Need for box of sterile gloves (*some international countries wash and reuse gloves*).
- () Access to adequate medical care.
- () Electricity and need for electrical outlet adapter.
- () Travel paperwork:
 - Passport and Visa - Pack copy of passport application and extra photos
 - Current Drivers License
- () Health issues – Ask appropriate nephrology team member(s) to counsel patient on:
 - Assessing water quality and safety – if water is unsafe, discuss:
 - Dialysis procedure handwashing – Using bottled water or waterless antiseptic hand cleaner instead of tap water.
 - Avoiding use of ice in drinks (if ice is made from untreated water).
 - Need to drink bottled water and not to drink untreated water.
 - Brushing teeth with bottled water.
 - Avoiding foods (vegetables, salads) washed in local water.
 - Physician's opinion on need for polio and Hepatitis A immunizations.
 - Types of foods that should be avoided.
 - Native food choices.
 - Insect precautions.
 - Infectious diseases common to travel area and prevention measures.
 - Need for antibiotics and/or anti-diarrhea medications.
 - Research recommended immunizations - *Some immunizations may not be safe for dialysis patients.*
 - If traveling to a TB risk area, ask physician if patient should have a PPD skin test prior to travel, with a repeat PPD test upon returning to screen for TB exposure.
 - If on transplant list, will health-related issues at destination (possible exposure to diseases) affect transplant eligibility.
- () Communication:
 - AT&T Translation Services (800-628-8486); service costs about \$4.00-\$7.00 per minute.
 - Translation cards with important phrases in English and destination language (*see www.globaldialysis.com for pre-made translation cards*).
 - Translation book.

Uniform ESRD Transient Peritoneal Dialysis Form (continued)

**Patient-Specific Information
(Synopsis of Unique Characteristics of Patient's Treatments)**

Allergies: _____

Unusual reactions or needs: _____

Average B/P _____ Mobility: _____ Ambulatory _____ Non-Ambulatory _____ Ambulatory with assist

Special needs or circumstances relative to transient visit: _____

Vascular access: _____ Yes _____ No Type: _____

Location: _____

Special Dietary Considerations

Fluid Restriction _____

Enclosures: Check Indicates Information Sent from Home Facility

____ Standing orders _____ Advance Directive, if applicable

____ Problem list (last 6 months) _____ Current H&P (within 1 year)

____ Medication record (home and in-center) _____ PD last 3 clinic records

____ Most recent psycho-social evaluation _____ Long-term care plan (current year)

____ Patient care plan (most recent within 6 months) _____ Most recent nutritional assessment

____ Copy of RX supply _____ Copy of self-EPO training sheet

____ Progress note (past 3 months to current) _____ MD _____ RN _____ RD _____ MSW

Diagnostic tests _____ EKG _____ CXR (within 2 years) _____ Laboratory profile (within last 30 days)

____ HbsAg status _____ Positive _____ Negative _____ Date ____ / ____ / ____ Vaccine Series Complete _____ Yes _____ No

____ HBsAB status _____ Positive _____ Negative _____ Date ____ / ____ / ____

____ Insurance information, carrier name & address current copies (front & back) of the following:

____ Medicare card _____ Co-insurance card(s) _____ Other (specify) _____

____ Method I _____ Method II

Transplant List Information (if Applicable) for Seasonal Patients Only

LRD _____ Cadaver

Transplant facility name and address _____

Contact Person _____ Phone _____

Special Instructions

PATIENT IS NOT ACCEPTED UNTIL OFFICIAL NOTICE IS RECEIVED FROM RECEIVING UNIT

Signature _____ Title _____ Date: ____ / ____ / ____

(Referring unit person who completes this form)

Note: Reprinted with permission from The National Kidney Foundation.
Available at www.kidney.org/professionals/CNSW/resources/ESRD_peri.pdf

Letter of Medical Necessity

Date: ____ / ____ / ____

To: Whom it may concern

Regarding: Need to Carry Medical Supplies

From: _____
Patient's PD Physician

_____, a Peritoneal Dialysis patient at
Patient's Name

_____, is authorized to carry the
Name of Peritoneal Dialysis Clinic

following medical supplies:

- Syringes**
- Needles**
- Dialysis Supplies**
- Dialysis Fluid Bags** – *To maintain sterility, dialysis fluid bags must remain in original plastic wrapper and should not be opened.*
- Cycler in carrying case** – *The cycler is a machine that is connected to tubing and dialysis fluids to provide daily dialysis.*

Cycler brand and model

Medicines _____

If you have any questions, please call _____
Peritoneal Dialysis Nurse

during business hours at: ____ - ____ - ____
Peritoneal Dialysis Clinic Phone Number



Peritoneal Dialysis "On the Road"

How to travel with Peritoneal Dialysis

Bobbie Knotek, RN, BSN, CNN, CPHQ
Laurie Biel, RN, BSN, CNN



This book belongs to: _____

Insurance and Medicare Information

Social Security # _____ - _____ - _____

Medicare # _____

Private Insurance: Yes No

Insurance Company _____

Group # _____ Policy # _____

Name of Insured Party _____

Phone # to Verify Insurance _____ - _____ - _____

Customer Service Representative for Supplies

Name _____

Phone # _____ - _____ - _____

Dialysis Supply Company: Baxter Fresenius

PD Machine Repair Phone # _____ - _____ - _____

(for machine problems/repairs)

PD Clinic Phone Numbers

Name - Home PD Clinic _____

Clinic Phone # _____ - _____ - _____

Name of PD Nurse _____

Name of Doctor _____

Name - Travel (Host) PD Clinic _____

Clinic Phone # _____ - _____ - _____

Name of PD Nurse _____

Name of Doctor _____

Peritoneal Dialysis (PD) & Travel

"Now that dialysis is a part of my life, will I still be able to travel?"

YES! Many people on peritoneal dialysis travel for business and pleasure. It will take planning to arrange travel - but if you and your PD Nurse work together as a team, you can travel almost anywhere!

Planning is the **KEY** to successful travel . . .

so, when **YOU** start making plans to travel,

Talk to your PD Nurse!



To make your travel as successful and problem free as possible, use the **Travel Tools** in this booklet to help plan your trip:



- Plan Ahead Travel Checklist
- Questions to ask YOUR PD Nurse
- Packing lists for carry-on & checked luggage
- PD travel *Do's & Don'ts*
- What to do for PD problems "On the Road"
- "Tips" for World Travelers
- Wallet Travel Card
- Special Instructions from your PD Nurse and Doctor

Plan Ahead Travel Checklist

1. When you FIRST start planning your trip:



- Give yourself plenty of time to plan your trip.
- Start planning 4-6 weeks ahead of time for U.S. travel.
- For travel outside the U.S., start making your travel plans 12 weeks before you plan to leave.



2. Call your PD Nurse as soon as you know your travel dates.

Your PD nurse can:

- Find a PD clinic close to your travel destination that will provide back-up medical and dialysis care for you during your trip.
 - Ask the back-up PD clinic questions about charges, supplies and records:
 - What charges will you be asked to pay if you are seen by the back-up PD clinic?
 - What type of dialysis supplies does the back-up PD clinic use?
 - What medical records will the back-up PD clinic need to provide you with dialysis or medical care?
 - Make copies of your medical records and travel paperwork.
 - Give you a Letter of Medical Necessity explaining why you need to carry dialysis supplies, dialysis machine(s), syringes, and medicines with you.
 - Give you tips to make traveling with PD as easy and problem free as possible, including:
 - How to schedule exchanges around travel.
 - How to keep your fluid intake and weight in balance while traveling.



3. Give your PD Nurse this information when you call:

- The dates you plan to leave and return from your trip.
- How you plan to travel (car, bus, train, plane or ship)





- How you plan to get dialysis supplies to your travel destination. *Will you carry them with you or have them shipped ahead of time to your destination?*
- Address and phone number where you will be staying during your trip. *If you plan to travel to several locations, let your nurse know how long you will be at each location.*
- Current insurance and/or Medicare information. *Your nurse needs to know about any changes in your insurance or Medicare coverage.*
- Your current mailing address (if it has changed).
- Your home and cell phone numbers.

4. If you plan to ship dialysis supplies to another city, state or country:



- Call the customer service representative who orders your dialysis supplies. He/she will make arrangements to ship your supplies.
- Before calling the customer service representative, contact the person who will be receiving your supplies to make sure the delivery address is correct.
- *The address cannot be a PO box. It must be a physical address.*
- If supplies are ordered on short notice, you may be asked to pay delivery costs.
- For travel inside the United States, call your supply representative **at least 30 days** before you leave.
- If you are traveling to Hawaii or Alaska, call your supply representative **at least 30-45 days** before you leave.
- For travel outside the United States, call your supply representative **at least 60-90 days** before you leave.
- Ask to have supplies delivered 1 week before your arrival.
- Give your representative the name of the contact person who will be receiving the supplies.
- Tell your representative where you would like your supplies delivered and whether the address is a house, hotel, campground, etc.





- *If supplies will be delivered to a hotel, give your supply representative the hotel reservation or confirmation number, as well as the name on the reservation.*
- Ask the supply representative to make sure the hotel reservation or confirmation number is written on the outside of the boxes. This will help assure that the hotel staff store your supplies under your name.

- Call the person who will be receiving the supplies to tell them what supplies are being shipped and when the supplies will arrive.
- *Before you leave town, call the person accepting your supply delivery to make sure the supplies have arrived.*

- If you need supplies shipped to more than one location, make two copies of your travel schedule. Keep one copy and mail, email or fax a copy to your customer service representative. For each destination, include:



- When you plan to arrive and leave.
- Delivery address and name of contact person accepting your supplies.

- If you use a cyclor for dialysis and plan to fly, take a train, bus or cruise ship → ask your PD Nurse if, instead of carrying your cyclor with you, you could arrange to have a cyclor shipped to your destination.

If your PD nurse says shipping a cyclor is a good idea, ask your supply representative: 1) is a cyclor available? and 2) what shipping charges would I be responsible for?

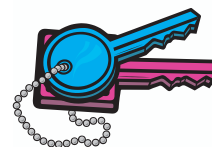
5. If your PD supplies will be shipped to a hotel or campground, call the manager to discuss the supply delivery:

- Ask to speak to the person who will be accepting your PD supplies.
- Make sure the person understands the size of the delivery, especially the number of boxes.
- Explain that PD supplies need to be stored in a clean, dry, inside storage area, but supplies do **NOT** need to be refrigerated.

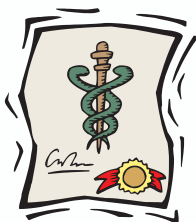


- Request a message be put into computer or posted so hotel staff members will know where the PD supplies are stored.

- Ask where the supplies will be stored and ask to make sure you can get to the supplies when you arrive. *If the supplies will be locked in a closet or storage room, ask that the key be available when you arrive.*
- Ask where the supplies should be delivered (loading dock, etc.).
- Ask if the hotel charges a holding fee for accepting and storing supplies.



6. Find out if your health insurance pays for dialysis, medical and hospital bills during travel.



- If you plan to travel to a **different city or state** and you belong to an HMO - call your HMO and ask if they will pay for dialysis and medical bills outside your coverage area. *If no → ask if you can buy supplemental insurance.*
- If you plan to travel **outside the United States** and you have commercial insurance or belong to an HMO - call your insurance company to ask if they will pay for dialysis and medical bills. *If no → ask if you can buy supplemental insurance that will cover your medical expenses.*
- If your insurance or HMO pays dialysis, medical and hospital bills during travel, will you need a referral to be able to receive care?
If yes → do you need a referral number or a letter verifying benefits?
- If Medicare is your primary insurance and you are traveling in the United States or U.S. territories, Medicare will pay for 80% of the expected cost for dialysis, medical and hospital bills. *You will be responsible for 20% not paid by Medicare. Some clinics also charge "administrative fees."*
- *Medicare does not pay for medical or dialysis care outside the U.S. or its territories. You will be responsible for medical bills outside the U.S.*
- If you have Medicare and secondary insurance, ask the insurance company if it will pay the remaining 20%. Some insurance companies ask you to pay the 20% when you receive care and then bill them.
- If you have Medicaid, be aware that most state Medicaid policies will not pay for travel outside your state.

7. If on a transplant list, tell your Transplant Coordinator you will be out of town, your travel dates, and contact information.



Questions to Ask Your PD Nurse



Dialysis questions:

- If I don't have a scale, how do I decide which solutions to use to control my weight?
- If I can't do an exchange safely in the middle of a travel day, can I make it up by doing an extra exchange the day before or after I travel?
- During long airline flights or train trips, can I do a partial fill exchange instead of the usual volume (for comfort)?
- Should my traveling partner learn (or re-train) to do exchanges or dressing changes before we travel in case I get sick and can't do my dialysis?
- If I am traveling to another time zone, will this affect my dialysis schedule?
- What should I do if I have a problem with my cyclor?
- What if I run out of supplies or my supplies are lost or damaged?
- What should I do with any leftover dialysis solution bags?



Other questions:

- What do I say if the PD Nurses at the back-up clinic use different procedures than my clinic Nurses?
- If I travel to a different time zone, will that change how I take my medicines?

My Travel Questions:



Packing List for Carry-On Luggage

If you are traveling by plane or train, pack these supplies in a small trunk or suitcase. Carry them with you onto the plane or train.

___ Pack a carry-on PD "Travel Kit" with everything you need for 1-2 exchanges. *If you get stranded in an airport/train station for a long period of time, you will still be able to do your dialysis.*

- Dialysis solution bags
- Clamps (if needed)
- Alcohol based hand cleaner
- Travel IV pole or over door clothing hook
- Disconnect caps (if needed)

___ Extra transfer set (for cyclor – pack cyclor tubing & drain bags).

___ Supplies for 1-2 exit site dressing changes & tape.

___ Heating pad to warm bags.

___ Blood pressure cuff.



___ Paperwork - carry these papers with you **at all times!**

- Insurance and/or Medicare card.
- Copy of the medical records (from your PD Nurse).
- Wallet Travel Card with medicine list & phone numbers.
- PD Travel Booklet.
- Letter of Medical Necessity from your Doctor (*for dialysis supplies, meds*).

___ Medicines – pack enough medicines for your trip, plus 5-7 extra days.

Pack medicines in their original bottles.



- For long trips, ask your pharmacist how to fill prescriptions while traveling.
- Ask your nurse if any of your medicines need to stay cold (Epogen, Aranesp). If yes, ask your PD nurse for directions on the best way to keep the medicines cold.
- Carry an extra set of prescriptions. (Ask the doctor to write the generic names on the prescription).
- If you use other medicines, such as Heparin or Mupiricin, pack these with your medicines.

___ If you have diabetes, pack your glucose monitor, monitoring strips and glucose tablets or hard candy.

Do not pack syringes in carry-on bag if flying.



___ Dialysis machine (if you use a cyclor, UV Flash, etc.).

- Do not check the cyclor (or other dialysis machines) at the baggage counter. Plan to carry it with you onto the plane or train. *Cyclors and other machines can be damaged with handling or by baggage carousel.*
- *You can check the stand for cyclor, tubing and other dialysis supplies into the baggage compartment. If they are boxed correctly, they should not be damaged during shipping.*
- Call the airline or train company ahead of time to see if you need to make special arrangements to carry-on the cyclor (or another dialysis machine).
 - ➔ Ask if you can store your cyclor in the first class closet. If you get permission to do so, ask the representative to fax a letter to you stating this arrangement has been approved.
 - ➔ When you speak to the airline staff at the check-in counter, explain that you have pre-arranged with reservations to hand carry the cyclor.
 - ➔ If the first class closet is not available, ask if you can check your cyclor at the gate and pick it up as you leave the plane.



Packing List for Checked Luggage

If you are traveling by train or plane, pack the following supplies in a suitcase or trunk and check them at the baggage area.

___ Extra masks.

___ If you use syringes and needles and you will be flying, pack syringes and needles in checked baggage. **Do not carry syringes and needles onto plane.**

___ Spring scale (or another way of weighing bags).

___ Extra transfer set.

- ___ 2 days of dialysis solution – pack a mix of the solutions you usually use.
Call your destination before you leave - if your supplies have been delivered, you may not need these extra cases. If in doubt, check with your PD Nurse.
- ___ Dressing change supplies and tape for exit site care.
- ___ An extra copy of the completed Wallet Travel Card that lists your medicines, medicine allergies and phone numbers for your home and back-up PD clinics.
- ___ Other item: _____
- ___ Other item: _____
- ___ Other item: _____
- ___ Other item: _____
- ___ Other item: _____
- ___ Other item: _____



**Pack your own dialysis supplies and medicines!
(if you can)**

If a spouse or friend packs your dialysis supplies, something important might get left at home.



PD Travel DO's and DON'Ts



1. **DO** talk to your PD nurse about how to schedule exchanges while you are traveling.

2. **DON'T** do dialysis exchanges in unsafe or in dirty locations (like gas station bathrooms)!



3. **DO** wait to do the exchange until you arrive somewhere safe and clean. You don't want to miss an exchange, but waiting to do the exchange will help prevent peritonitis. *It's better to be safe than sorry!*

4. **DO** ask your PD Nurse about scheduling exchanges when traveling long distances in the car.



→ If you will be traveling all day, ask your PD Nurse if you should delay your exchanges until you reach your destination.

→ Your PD Nurse may want to teach you the safest way to do a dialysis exchange in the car. *Always ask your PD Nurse before doing car exchanges.*

5. **DON'T** heat dialysis bags in a microwave oven.

→ Microwave heating damages the dialysis fluid. Also, fluid heated in a microwave has "pockets" of very hot fluid that can burn the peritoneal membrane.



6. **DON'T** warm dialysis bags in a sink or pan of hot water.

→ *Tap water often has germs that can cause peritonitis.*



7. **DO** try these suggestions for warming your dialysis bags "on the road".

→ If you are driving, warm your bag by a sunny car window or put the bag under your legs while you are sitting in the car.

→ You can also wrap 1-2 hot water bottles in a towel and place them in the bottom of a small cooler. Put your bags on top of wrapped water bottles.

8. **DON'T** hang the dialysis bag on a sharp hook or nail during your dialysis fill time (if you are doing a manual exchange). If the dialysis bag gets a hole from a hook or nail, germs can get in the bag and cause peritonitis.

9. If you are traveling by plane or train – **DO** call the airline or train customer service department and ask these questions:

- How many suitcases or boxes can I carry onto the plane or train?
- How many suitcases or boxes can I check into the baggage compartment?



- Is there an extra charge for carrying or checking extra suitcases or boxes?
- Are there size or weight limits for carry-on or checked boxes or suitcases?
- Is there a clean, private area in the airport or train station where I can do a dialysis exchange if there is a long layover or a delay? *For example – an airline frequent flyer club or office area.*

10. **DON'T** lift heavy suitcases (including your carry-on PD supply bag or your cyclor machine) into the overhead bin or storage area in a plane, train or van.



11. **DO** ask someone to help you lift heavy luggage or supplies.

12. **DO** warn anyone who handles your dialysis machinery (cyclor, UV Flash, overnight exchange device) that it is fragile medical equipment and needs to be handled **carefully**.

13. **DO** ask for extra help (if you need it) getting on and off the plane or train.

14. When making hotel reservations, **DO** ask the hotel these questions:

- Does the hotel have an elevator?
- Can you reserve a 1st floor or handicapped accessible room (if you need it)?
- Does the hotel room have a refrigerator (for storing medicines)?



What to do for PD problems “On the Road”

Ask your PD Nurse to fill in the boxes below



Hole in PD tubing
Hole in PD catheter
Bloody drain bag
Cloudy drain bag
Abdominal pain
PD fluid won't drain
Contamination
Other

If you are admitted to the emergency room or hospital:

- Don't let anyone **except a PD Nurse** do **anything** to your PD catheter or tubing!
- If anyone else wants to do **anything** to your PD catheter or tubing, call your home PD Nurse **OR** the back-up clinic PD Nurse to ask if this is OK.
- *Before you leave for your trip, ask your PD Nurse to teach the person traveling with you how to do your dialysis treatments (in case you get sick during the trip and can't do your own dialysis).*
- When you are discharged from the emergency room or hospital, ask for a copy of the medical records, including lab results, x-ray reports, EKG, etc. and admission and discharge summaries.





"Tips" for World Travelers



If you are planning a trip outside the United States, find out as much as you can about the country or area where you plan to travel. Talk with these people to gather your information – use the questions and "tips" below as a guide.

PD Doctor	Dietitian	Medical insurance company
PD Nurse	Social Worker	Dialysis supply representative
Local librarian	Country's embassy	U.S. Consulate

Dialysis Care

- Is there a PD clinic close to where you will be traveling?
- If so, what type of PD supplies does the clinic have?
Ask your PD clinic if you can take a box of sterile gloves with you in case you need a sterile dialysis procedure. Some countries still reuse sterile gloves.



- If you are traveling to an area where the weather is hotter, will you need to use different strength dialysis bags to keep from getting too dry?
- **In hot weather, keep your exit clean & dry and watch closely for signs of an exit site infection.**

- If you use a cyclor for dialysis, what type of electrical outlet adaptor is recommended for operating medical equipment?
- Are there rules for bringing medical equipment into the country?
- How long will it take for your dialysis supplies to "clear" customs? (In some cases, it could take several days)



- If you need to ship dialysis supplies outside the U.S., how much will it cost? *In most cases, you will have to pay the cost. It may be cheaper to buy your PD supplies in the country you're visiting.*

Medical Care

- If you have diabetes, will you be able to buy your prescribed insulin and syringes in the country you're visiting or do you need to bring enough supplies for the whole trip?
- Do you need to take protection against any insects (mosquito repellent and mosquito nets for your bed)?
- If you use glasses or contact lenses, pack an extra pair and a copy of your glasses or contact lens prescription.



- Wear a Medic Alert bracelet or necklace with your current medical information.
- Should you bring antibiotics or anti-diarrhea medicines?
- If you take legal narcotics or controlled drugs (like sleeping pills), ask the pharmacy to label the bottle with the drug's generic name. Keep the medicine in that bottle and include name of medicine on the Letter of Medical Necessity.
- What immunizations (shots or vaccinations) and medications are required or recommended for travel to the country? Do you have to show proof of shots to enter the country? Check with your PD nurse or nephrologist before getting any immunizations as some may not be safe for people with kidney disease.



Food & Water Safety

- Is it safe to eat the food and drink the water **OR** do you need to take extra care?
- If water **might be unsafe**, don't drink or eat:
 - Untreated tap water or ice made from untreated tap water.
 - Water mixed in drinks.
 - Locally bottled or uncapped bottled water.
 - Ice cream from sidewalk vendors.
 - Raw fruit or vegetables peeled by someone else, including lettuce or salads.
- Don't drink water from streams, ponds or wells.
- Don't eat raw or undercooked eggs, shellfish, fish or meat.
- Ask your dietitian which other foods or drinks are and are not safe to eat.



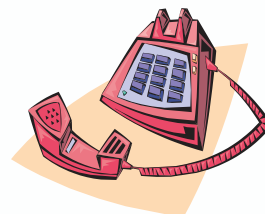
Other Details

- Do you need a passport or visa to enter the country?
Also plan to take a copy of your passport application, your birth certificate and a current driver's license.
- What language is spoken? If you don't speak the language:
 - Pack a translation book.
 - Make translation "flash cards" with important medical, dialysis and common phrases in both English and the spoken language.
 - Ask your PD nurse for the phone number of the AT&T Phone Translation Service (there is a cost for this service).



Home PD Clinic - Doctor - PD Nurse			
Clinic	Name		
	Address		
	Phone Number		
Doctor	Name		
	Daytime Phone		
	Evening/Night Phone		
	Other (Phone or Pager)		
PD Nurse	Name		
	Daytime Phone		
	Evening/Night Phone		
	Other (Phone or Pager)		
Back-Up PD Clinic - Doctor - PD Nurse			
Clinic	Name		
	Address		
	Phone Number		
Doctor	Name		
	Daytime Phone		
	Evening/Night Phone		
	Other (Phone/Pager)		
PD Nurse	Name		
	Daytime Phone		
	Evening/Night Phone		
	Other (Phone or Pager)		
<table border="0"> <tr> <td style="vertical-align: top;"> <p>For a MEDICAL problem while traveling, call this person FIRST:</p> <p><input type="checkbox"/> 911 or local emergency #</p> <p><input type="checkbox"/> PD Nurse – your Home PD clinic</p> <p><input type="checkbox"/> PD Nurse on call – travel clinic</p> <p><input type="checkbox"/> Your kidney doctor</p> <p><input type="checkbox"/> Doctor from travel clinic</p> </td> <td style="vertical-align: top;"> <p>For a DIALYSIS problem while traveling, call this person FIRST:</p> <p><input type="checkbox"/> PD Nurse-your Home PD clinic</p> <p><input type="checkbox"/> PD Nurse on call-travel clinic</p> <p><input type="checkbox"/> Your kidney doctor</p> <p><input type="checkbox"/> Doctor from travel clinic</p> </td> </tr> </table>		<p>For a MEDICAL problem while traveling, call this person FIRST:</p> <p><input type="checkbox"/> 911 or local emergency #</p> <p><input type="checkbox"/> PD Nurse – your Home PD clinic</p> <p><input type="checkbox"/> PD Nurse on call – travel clinic</p> <p><input type="checkbox"/> Your kidney doctor</p> <p><input type="checkbox"/> Doctor from travel clinic</p>	<p>For a DIALYSIS problem while traveling, call this person FIRST:</p> <p><input type="checkbox"/> PD Nurse-your Home PD clinic</p> <p><input type="checkbox"/> PD Nurse on call-travel clinic</p> <p><input type="checkbox"/> Your kidney doctor</p> <p><input type="checkbox"/> Doctor from travel clinic</p>
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My Notes & Phone Numbers





The authors want to acknowledge the following resources that were invaluable in the development of this booklet:

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