

**NHS Fife Occupational Health & Wellbeing
OH Clinical Screening tool; Following Overseas Elective, Visit or Travel**

Name:

Date of Birth:

Address:

Email address:

Day Time Telephone Number:

University

St Andrews University

Following the assessment an outcome form will be sent to the Pro-Dean.

**Country or Countries where
elective/ travel was undertaken
(include the dates of stay/visit for
each country):**

Please complete the assessment over leaf. Once completed, please send a copy of your form to NHS Fife Occupational Health directly by emailing: Fife.occhealth@nhs.scot. This confidential questionnaire will only be opened by occupational health staff.

Screening Questions Following return from Overseas Elective/ Visit/ Travel

Name:.....

D.O.B:.....

Exposure to Pulmonary Tuberculosis (TB)

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Were you in close contact with anyone diagnosed with pulmonary TB in the course of your work or social life? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Did you visit any of the countries listed on Table 1 of this document for more than 12 weeks?
(use link below to WHO document using Table 1: High Incidence countries (estimated incidence rate of 40 per 100,000 population or greater)

https://www.gov.uk/government/publications/tuberculosis-tb-by-country-rates-per-100000-people | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you worked in a clinical setting in any of the countries listed on page 3 for 4 weeks or longer? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Since your placement have you had: | | |
| • A cough which has lasted for more than 3 weeks? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Produced sputum containing blood? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Unexplained weight loss? | <input type="checkbox"/> | <input type="checkbox"/> |
| • Night Sweats? | <input type="checkbox"/> | <input type="checkbox"/> |

Note

- If your visit was of a shorter duration but you are concerned that you might be immuno-suppressed please tick the box ☐
- If you are suffering from any of the symptoms listed above you must not attend University/placement/work before being assessed by Occupational Health.

Contamination Injury/Incident

During your elective/visit did you?

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. Sustain any sharps injury from any used needle/surgical or dental instrument? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Receive a splash of blood/bloodstained fluid into a mucosal area e.g. mouth, nose, eye or broken skin? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Receive a blood transfusion or undergo any surgical/medical or dental procedure? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Engage in unprotected sexual intercourse and/or share needles/syringes/injecting equipment? | <input type="checkbox"/> | <input type="checkbox"/> |

Note

If you have received any prophylactic treatment please provide details below:

Name (print)

Signature:

.....

.....

Countries with high prevalence of TB (WHO) >40 per 100,000 population:

What Is Tuberculosis (TB)?

Tuberculosis is an infectious disease, which can affect any part of the body but usually affects the lungs. The infection is passed on from human to human through secretions and droplets (e.g., from coughing) which are inhaled. Sharing cups, cutlery, etc. does **not** pass it on.

Signs and Symptoms of Tuberculosis

- a cough, lasting three weeks or more – with or without sputum (phlegm);
- coughing up of blood;
- fevers or night sweats;
- unexplained loss of weight, or in children, failure to gain weight;
- constant tiredness and lethargy;
- unexplained breathlessness;
- loss of appetite;
- in children, tuberculosis can cause a range of vague symptoms, including behaviour change.

If you have any of the above listed symptoms, please arrange to see your General Practitioner (Doctor).

If you work in the NHS and think you could be at risk from exposure to TB, or if you have any further questions or concerns, please contact Occupational Health on 01592 729401.

TB CAN STILL BE A VERY SERIOUS DISEASE BUT CAN BE TREATED AND IS CURABLE

For more information about TB for yourself, your family and friends you can contact the following agencies.

NHS helpline 0800224488

or visit these web sites:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/tuberculosis-tb>

Please retain this information sheet for your own records

Blood Borne Viruses (BBVs) Information On Return From Overseas Electives/ Travel

If whilst on your elective/travel you have sustained a contamination injury and/or had reason to believe that you have undertaken activity which places you at risk of contracting a BBV **you will require further assessment and advice from Occupational Health.** The following is intended as general information only.

Transmission of BBVs

These infections can be passed from person to person in different ways, including sexual contact, sharing injecting equipment and injuries where there is a transfer of blood or other body fluid.

Until the risk assessment has been fully completed and OH and/or specialist advice has been provided it is recommended that:

- You use condoms
- You do not donate blood

BBVs cannot be transmitted by kissing, shaking hands, sharing cups or toilet seats.

The table below shows the risk of acquiring a BBV based on exposure type and where the source (the person whose bodily fluid was involved) is **known** to be infected with that virus.

In those situations where the source is 'low risk' i.e. source not known to have one or more BBVs, the risk is likely to be considerably less.

	Needlestick Injury	Mucocutaneous exposure i.e. inside mouth, eye
HIV +ve source	1 in 300	1 in 1000
Hepatitis C +ve source	1 in 30	
Hepatitis B +ve source	1 in 3	

Human Immunodeficiency Virus (HIV)

HIV attacks the immune system and gradually causes damage. This can mean that a person infected with HIV is at risk of developing serious infections. When a person develops certain illnesses or cancers they are said to have developed AIDS.

There is no cure for HIV. It can be passed via unprotected sexual contact. However, advances in treatment mean people with HIV can expect a near normal life expectancy. The body fluid of people on adequate antiviral treatment that suppresses HIV activity is likely to represent a reduced infectious risk compared to the figures quoted in the table above.

The HIV virus can be found in blood, genital fluids and breast milk, but saliva, vomit and faeces would not be considered infectious unless blood is visible, or the saliva is from a person who has just had dental treatment.

Hepatitis B

Hepatitis B is a virus that causes damage to the liver. Many infected people have no symptoms, but others may have flu-like symptoms, with jaundice and sickness. Most adults will permanently clear the virus within a few months. Hepatitis B becomes a chronic infection when the infection persists longer than six months. Chronic Hepatitis B can lead to scarring of the liver and liver cancer. Chronic Hepatitis B cannot be cured but treatment is available that can manage the disease. It can be passed via unprotected sexual contact.

Hepatitis C

Hepatitis C is a virus that causes damage to the Liver. Around one in three people who will become infected will clear the virus by themselves. However, most people go on to develop chronic Hepatitis C. This can cause severe liver damage which can lead to liver scarring and potentially cancer. There is no vaccine to prevent Hepatitis C, but effective treatments available which can cure up to 80% of those chronically infected. Rarely, it can be passed via sexual contact.

Exposure prone procedure (EPP) work e.g. surgery, A&E, maternity/ labour ward etc

If you have been unlucky to sustain a contamination injury there will be no restriction on your EPP work activities during the period of follow-up, except in the highly unlikely event that you test positive for a BBV. If this occurs your practice will be restricted pending further tests/therapy whilst preserving your medical confidentiality. However, it is possible that healthcare workers with a BBV who are receiving or have received adequate therapy for their infection may, if certain criteria are met, be able to resume or continue work that involves EPP.