

**HEALTH ADVICE FOR OVERSEAS EXPERIENCE**

The School of Medicine does not offer, or require students to undertake overseas elective periods as part of a curriculum but we are aware a number of students independently organise experiences in areas where blood borne viruses (BBVs) and / or TB are common.

Students should be aware of the following:

1. Standard Infection Control Precautions (SICPs) are the basic infection prevention and control measures necessary to reduce the risk of transmission of infectious agent from both recognised and unrecognised sources of infection. They should be employed rigorously at all times. Gloves must be worn when exposure to blood and/or other body fluids is anticipated/likely. Full details of SICPs can be found at:

<http://www.nipcm.hps.scot.nhs.uk/>

2. Students can find advice on what diseases are prevalent and immunisations required for extended stays in areas from:

[http://wwwnc.cdc.gov/travel/destinations/list/?s\\_cid=cdc\\_homepage\\_topmenu\\_003](http://wwwnc.cdc.gov/travel/destinations/list/?s_cid=cdc_homepage_topmenu_003)

3. Students planning to go to an area where BBVs are common in the early phase of training should follow the guidance of experienced staff. It would be sensible to limit your role to one of observer and avoid high risk healthcare areas such as the operating department and obstetric units.

4. Excellent health advice for students undertaking overseas experience can be obtained from:

<https://www.fitfortravel.scot.nhs.uk/advice/general-travel-health-advice/hiv-post-exposure-prophylaxis-pep-information-for-travellers>

5. The risk of contracting a BBV can also depend on lifestyle choices you make e.g. decisions to use a condom during vaginal, anal or oral sex. Further information can be found:

<http://www.sexualhealthtayside.org/sexual-reproductive-health/>

6. Students are asked at the start of every academic year, as part of the self-declaration form "Have you any reason to suspect that you may have been inadvertently exposed to BBV or TB over the past year?" Students answering yes to this question will be asked to see a Pro Dean and maybe referred to Occupational health for further screening tests.