

HEALTH NEEDS SELF-ASSESSMENT

Follow this flow chart. If you answer 'No' to all of the questions, no further action is required.
If you answered 'Yes' to any questions, please follow the instructions provided to you.

START

Q1 Will you be travelling to a tropical country or a country where vaccinations or preventative medication (for example, malaria tablets) are recommended?

YES

Individual Travel (e.g. study abroad/work activity): obtain necessary vaccinations from Occupational Health.

Group Travel (e.g. field trips): Advice and guidance on vaccinations will be provided by your UoM Coordinator

Q2 Will you be travelling to remote locations where you will be more than 24 hours from the nearest medical facility and/or a location where medical care is poor?

YES

You should ensure that you carry a sterile medical pack with you at all times during your activity and request that this is used in the event of an emergency.

Q3 Do you have any disabilities or additional support needs (including learning disability) for which you may require support or assistance during your activity?

YES

If you have not already done so, you should register with the University's Disability Advisory and Support Service (DASS).

You should also share the details of any disability support requirements with your UoM Coordinator so that they can provide the appropriate support and guidance for your activity.

Q4 Do you have an existing support plan with DASS?

YES

You should contact DASS and make an appointment to update your existing support plan to factor in your activity.

If you have not already done so, you should then share your support plan with your UoM Coordinator. They will work with you and your host organisation (if applicable) to determine the support that can be put in place.

Q5 Do you have any physical or mental health conditions that may impact upon your ability to undertake the proposed travel that require medical or other support?

YES

Q6 Do you have any pre-existing physical or mental health condition that is serious, unstable or difficult to manage, or are you recovering from a recent illness, hospitalisation, injury or surgery?

YES

NO

You should share the details of your physical or mental health conditions with your UoM Coordinator so that they can provide the appropriate support and guidance for your activity. Your UoM Coordinator will complete a referral to Occupational Health. With your permission, Occupational Health may consult with your GP.

If you do not wish to declare you can self-refer to Occupational Health to discuss your condition or seek advice. You should complete the Travel Health Needs Risk Assessment.

In order to be appropriately supported by the University, and also to be fully covered by the University's Travel Insurance policy (including any claim relating to your pre-existing condition), you must obtain a Fit to Travel Letter from a medical/health professional.

Individual and Group Travel: You should self-refer to your GP to secure a Fit to Travel letter and to check the legality of any medication you will need to take to your host country (if applicable).

Q7 Are you pregnant or is there a chance you could be pregnant?

YES

You should declare to your UoM Coordinator and complete the Travel Health Needs Risk Assessment in order to fully explore any implications of travel on pregnancy and obtain a Fit to Travel letter.

Done!

Ensure you complete the actions in the boxes if you have answered 'Yes' to any of these questions.