

Policy on Post-Exposure Prophylaxis for Student Traveling Abroad

Purpose

To provide education on standard precautions and blood borne pathogen exposures including post-exposure prophylaxis and emergency contact information when traveling abroad.

Protocol

- All students are required to make an appointment with Student Health or their own PCP to review required immunizations for that country, to discuss other required medical prophylaxis issues, and to discuss the post exposure prophylaxis (PEP) protocol. The students will receive hand outs on PEP.
- Standard precautions (universal precautions) education will be reviewed as well as length of time, types of procedures, and level of medical care the student will be involved with while traveling abroad.
- High risk countries will be identified by prevalence rates of HIV infection (2% or higher) or countries who have trends toward rapid increases in prevalence of HIV infection.
- For high risk countries that are identified, the PEP will be reviewed and the student will be given post exposure medications including Truvada, one tab daily combined with Kaletra, two 200/50 mg tabs twice daily for a seven day course. The drug interactions, side affects, and the patient's medical history will be reviewed. The indications for taking the medications will also be reviewed including assessing the level of risk for the exposure. Drug information sheets will be distributed.
- Emergency medical provider contacts will be given to the students and they will be instructed to contact one of them prior to taking the medications. The medical history for the student as well as all pertinent history regarding the exposure of the source patient should be given to the emergency contact either by phone or e-mail. The medications should be started, if possible, within three hours after the exposure.
- The emergency contacts can also be used for any other medical issues that arise while traveling abroad.
- For the high risk exposures where the PEP medications are used, the student should return in 3 to 5 days and be reevaluated in the Student Health Center at the University Campus for further follow up for testing and counseling.
- Depending upon where the students are traveling they are encouraged to take some of their own standard precautions materials including gloves, masks and face shields.
- The student will be given a prescription for the medications which should be filled at the first floor pharmacy on the University campus. Student health will be billed for the prescriptions. The medications should be returned to Student Health if not used during the rotation. The medications will be in a tamper proof sealed packet.