



International Society of Travel Medicine

Promoting healthy travel worldwide

Established 1991

TRAVEL MEDICINE News

Jan 2022

2022

living life
again





Peter Leggat,
President, ISTM

PRESIDENT'S MESSAGE

It is sunny, hot and humid here in Australia as I write this President's Message for the first edition of Travel Medicine News of 2022. For many of our members in the Northern hemisphere, it is cold and, in some places, snowing. We are also entering the third year of the global COVID-19 pandemic and virtually all of our membership and staff have been affected in some way. Opportunities for travel have been limited in many places, but medical science has made significant advances in COVID-19 testing, primary vaccination, vaccine boosters, and treatment to enhance our public health response to this virus. Many of our members have been directly involved in these developments and the response to COVID-19.

At this time, I want to express appreciation to our ISTM leadership, members, and staff, as well as the ISTM Foundation, who have been

committed to rolling out our various ISTM activities, many of which are currently virtual. It has been a time to successfully adopt online technologies for our conferences, examinations, and professional education activities, which has really enhanced ISTM's capabilities. I feel that there will be opportunities to undertake more activities face-to-face once again very soon. Next year, we will be hosting our 18th Conference of the International Society of Travel Medicine (CISTM18) in Basel during 21-25 May 2023. If you have not yet seen the excellent [video presentation](#) from our Local Organizing Committee, it is worth a look.

Going forward into 2022, the ISTM should see us formally apply for 501(c)3 status from the Internal Revenue Service in the US, which will allow the ISTM to function as a professional society and as a foundation. Congratulations to Jodi

Metzgar on her formal appointment as ISTM Executive Director for 2022. We are also conducting an external operational review of the ISTM and our consultant is speaking with many of our leaders. GeoSentinel has reviewed and enhanced its leadership and it will continue to play an important role in the life of the ISTM. In addition, the ISTM website is being redesigned, which will make life easier for all members visiting this website. The ISTM's official publication, the *Journal of Travel Medicine*, has been forging ahead under the leadership of Annelies Wilder-Smith and her team. The journal now attracts an impressive impact factor of 8.490.

On the basis of travel guidance from the World Health Organization, International Civil Aviation Organization, and national public health services, such as the US Centers for Disease Control and Prevention, we are seeing travel

recommencing in many areas of the world and the outlook is very positive. Many of our members are contributing to enhancing travel medicine clinic capacity and response during this time. We owe much and send a big thank you to our front line health professionals, who have been involved and continue to be involved in the COVID-19 response. There is still much to do.

While the year 2021 has been dominated by the effects of COVID-19, we are making tremendous progress against the pandemic. Travel medicine will be more important than ever in assisting travelers as we travel again. I am optimistic for the future of travel medicine as we enter 2022.

Peter Leggat,
President, ISTM

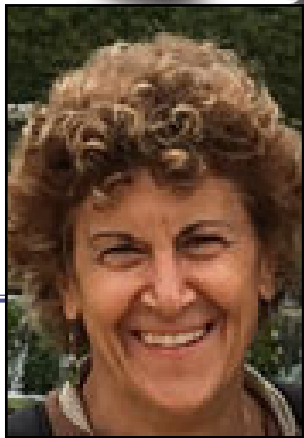
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Nancy Pietroski,
Editor-in-Chief, *Travel Medicine News*

We've Lost So Much, But Let's Keep Our Sense of Awe

As I take over the helm as Editor-in-Chief of TMN, I'd like to acknowledge what many of us have lost in the past two years, but hopefully strike a positive note.

An article in the [New York Times](#) from late November resonated with me: in it, the author reflects on why the current crop of space tourists may not experience the same awe as ordinary folks from their highly anticipated travel that comes at a most dear cost (an exception may be found in Netflix' Countdown: Inspiration4 Mission to Space). Yes, space travel may arrive affordably for some of us in the future and it will be awesome, but right now, we need to focus on recapturing awe in our terrestrial pursuits, which have been curtailed cruelly by a virus.

Yes, there is the aw[e]ful right now – that a microscopic particle can kill and maim, part the waters of morals and ethics, wreak social, economic and mental devastation and loss on mankind, and affect many more disproportionately than others. We wish the numbers do lie, but they don't. There is also the awful destruction and impact wreaked by climate change, adding to the planet's woes. But awe still remains: the awe of love, the awe

of discovery, the awe of learning, the awe of service to others, and hopefully soon, the awe of safe, comfortable, and unrestricted travel.

On a personal note, I recently fulfilled a decades long dream of moving to the Pacific Northwest of the US, to the magical mountainous and riverine town of Bend, Oregon, to realize my passion of living smack in the middle of nature. I was delighted to recently join Shoreland Travax as a medical editor, and feel privileged to be working with Dr. David Freedman and his esteemed team. So, 2021 was very gratifying for me, despite all of the challenges. But it was challenging of its own accord, as our family said final goodbyes to our parents who passed away (not from COVID-19) within 3.5 months of each other, at the ripe ages of 96 and 95. They lived through some of the most trying times of anyone alive now, but told us repeatedly that absolutely nothing compares to this pandemic, and the incendiary friction and mistrust among great swaths of the population.

About *Travel Medicine News* – we'd like to apologize for the tardiness of this "end-of-year" issue which usually posts in December, but many of our contributors are frontline healthcare workers who are just burnt out, or everyone has been trying to make up for the lost past two years by celebrating the holidays in earnest in case another clamp down happens. Starting in 2022, we are going to try something else – an issue in January for contributors to reflect on the previous year, then an issue in late May/early June, because in CISTM years, leadership roles change (ISTM

President, Counselors, Committee Chairs, Professional Group Chairs, Interest Group Chairs, CISTM Chairs), and this will be a chance for those leaving to reflect on their tenure and for incoming leaders to outline their plans. A fall issue will cover whatever remains to be reported.

Read on for words from our leaders, about ISTM's programs, and think about joining a committee or group. For those of you who have renewed your annual ISTM membership, thank you! And for those who have let yours lapse during the pandemic (membership has almost halved), restore your faith that travel will return soon, along with your beloved and sorely missed travel clinic, and please renew! And keep those discussions coming on TravelMed - it was refreshing to see in early December a lively discussion about a stingray injury. It felt so...back to normal.

Sandra Grieve has moved on from Editor-in-Chief of TMN to bigger and better things as Chair of the POC. We thank her for her warm and comforting manner (like a nice cup of tea) and exemplary leadership as EIC. We expect exciting things in the coming years under her leadership of the POC – see her note below. We also welcome Luis Furuya-Kanamori as Associate Editor of TMN. And thanks to Whitney Alexander and the rest of the Secretariat for all of their continued hard work and patience. You'll see this mentioned quite a few times in this issue, but please welcome Jodi Metzgar as ISTM's Executive Director! And congratulations abound for special recognition winners Jane Chiodini and Dipti Patel, and for

David Freedman, President-Elect of ASTMH.

Things will get awesome again.

Nancy Pietroski,
Editor-in-Chief, *Travel Medicine News*



Welcome new TMN Associate Editor, Luis Furuya-Kanamori

Dr. Luis Furuya-Kanamori is a medical graduate from the Universidad Peruana Cayetano Heredia in Peru with a dual Master degree (Epidemiology and Public Health) from the University of Queensland, and a PhD from the Australian National University (ANU). Currently, he is a National Health and Medical Research Council (NHMRC) Fellow and Senior Research Fellow at the University of Queensland Centre for Clinical Research. His research focuses on identifying more efficient use of current drugs and vaccines in travelers, and to improve meta-analytical methods for research synthesis.



29, 30, 31 March 2022

Online Exam administered by ProctorU

ISTM will offer its 21st Certificate of Knowledge™ in Travel Medicine examination on three separate days: 29 March, 30 March and 31 March 2022. The exam is being offered at varying times to allow people in different time zones to take the exam comfortably. You may register for one of the March exam dates listed below. The exam will be administered online the following dates and (approximate) times:

Tuesday, 29 March 2022 04.00 EDT

[Check the 29 March exam time in your time zone.](#)

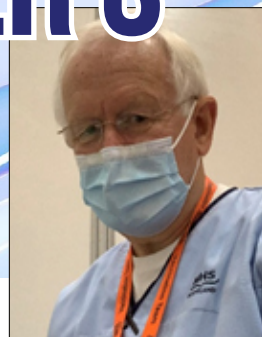
Wednesday, 30 March 2022 16.00 EDT

[Check the 30 March exam time in your time zone.](#)

Thursday, 31 March 2022 10.00 EDT

[Check the 31 March exam time in your time zone.](#)

SECRETARY TREASURER'S *report*



Mike Jones, Secretary-Treasurer

Some good news on ISTM finances and Atlanta – between Delta and Omicron

With great pleasure I add my congratulations to Jodi Metzgar on her confirmation as Executive Director of ISTM with effect from 1st January 2022. Jodi has worked tirelessly since her appointment as Acting Executive Director in March 2020 in the most difficult of circumstances. ISTM owes both Jodi and past President Lin Chen a huge debt of gratitude for their courageous leadership.

At the Membership Assembly during our Virtual CISTM in May, I estimated that net assets at the end of the last financial year at 30th June might be as high as \$2.3 million and I am delighted to confirm that our auditors, Fulton and Kozak, have confirmed the final confirmed figure is \$2.346 million, an increase of \$822,000 over the year, and to a level not seen for 5 years. This improvement is despite a further but thankfully more modest decline in membership over the last year. The turn-around reflects courageous decisions to invest in on-line platforms for the Travel Medicine Course, the CTH Exam, and CISTM17, the generous support of the pharmaceutical industry for CISTM17, application to the US Government for Payroll Protection Grants, initiated by Jodi, and COVID-19 imposed reduction in travel expenditure.

There are however no grounds for complacency. We run a two year financial cycle, with each alternate

year characterized by lower income and higher expenditure, followed by each biennial CISTM year during which we expect to see an increase in net income. We still need to be prudent with expenditure and ensure that net assets further recover to a safe level.

At 09.00 on 10th December, I attended an airport site for a same day PCR, received the result at 20.20, and entered the result on the VeriFLY App, used by AA and BA, which was finally approved at 23.30. I left home for Edinburgh Airport at 07.30 the next morning. It was worth the hassle and I sailed through Edinburgh, and London Heathrow airports with no problems, arriving in Atlanta that evening. Mine was the first visit to Atlanta by an ISTM leader since Lin Chen and I visited in January 2020 to manage the resignation of Di Nickolson. Our current President, Peter Leggat, cannot yet travel beyond the boundaries of Australia.

It was a busy week. On 13th December, Jodi and I met with Dan Soles, our auditor, and on Tuesday 14th with Todd Weiland, our investment manager, at his office in Buckland. At our staff meeting on 15th December at the Alpharetta GA site, it was wonderful to be able to meet face- to-face with Jodi, Whitney Alexander, and for the first time, Carol Tinnie, and Hannah Emetulu. Elena Axelrod and Aisha Rizwan were coping with family issues which prevented them attending. We also each spent valuable time with Danny Ripps, of Gabai Strategic Advisors, who flew in from New York as part

of his operational review of ISTM, conducting back-to-back interviews. Finally on Thursday and Friday 16th-17th December, it was a privilege to attend meetings with the GeoSentinel Leaders, Michael Libman and David Hamer. On Thursday 16th Dr. Brad Connor, former ISTM President and now President of the independent funding agency, the GeoSentinel Foundation, with which ISTM has an MOU, also joined us. Ralph Huits, confined to the Netherlands by COVID-19, joined us by Zoom as did members of the CDC staff.

My return journey overnight on Saturday 18th was not as smooth with COVID-19 affecting ancillary staffing at US and UK airports. A reduction in cleaning staff at the Atlanta airport caused a two hour delay in the departure of my flight, and reduced baggage handling staff at London Heathrow mislaid my hold bag which arrived three days later. Omicron has injected further confusion into the recovery of the travel industry and our work as Travel Health Specialists.

In a few days, I return to COVID-19 vaccinating here in Midlothian and am looking forward to a visit to Basel in February for the Scientific Program Committee of CISTM18. The ISTM Executive Board met remotely on 12th January and, we hope, face-to-face in Madrid in May.

Warm greetings to all our members.

Mike Jones
Secretary-Treasurer

11-12 February 2022

Virtual Travel Medicine Review and Update Course

ISTM produces the Travel Medicine Review and Update Course each year. The 2022 Virtual Course date is 11-12 February 2022. Due to COVID-19 outbreak and greater accessibility to the course worldwide, the ISTM Executive Board has decided to change the format for the Course to a virtual format. The course agenda and presentations remain similar, providing a thorough update and review of the Body of Knowledge for the practice of travel medicine.

Course Agenda

View the course agenda [here](#).

Course Speakers

Chair: Elizabeth Talbot
Elizabeth Barnett
Lin Chen
Gerard Flaherty
David Freedman

David Hamer
Michael Jones
Aisha Khatib
Sarah Kohl

Sheila Mackell
Camilla Rothe
Mary Louise Scully
Henry Wu



International Panel on Malaria

Dipti Patel (United Kingdom), Patricia Schlagenhauf (Switzerland), Steve Schofield (Canada), and Mike Starr (Australia), Moderator: Francesco Castelli (Italy)

International Panel on Yellow Fever Vaccines

Jane Chiodini (United Kingdom), Salim Parker (South Africa), Jenny Visser (New Zealand), and Leo Visser (the Netherlands), Mary-Louise Scully (United States of America), Moderator: Yen Bui (Canada)

Additional Commentator-Moderators

Christina Coyle (United States of America), Camilla Rothe (Germany), Gerard Flaherty (Ireland), David Shlim (United States of America)

Course Description

The Travel Medicine Review and Update Course is designed to review the ISTM Body of Knowledge for the Practice of Travel Medicine and to highlight recent developments in Travel Medicine. The curriculum will cover topics relevant to physicians, nurses, and other health care professionals who provide medical care and advice to travelers, expatriates, and migrants.

Sessions offered will include principles of immune response, risk assessment, and a travel vaccine overview. The expert faculty will present topics including adventure travel, bites and envenomation, cases, food and water exposures, ill returning travelers, risk assessment, malaria, special travelers, vaccines, and vectors. The care of special groups such as pregnant women, pediatric travelers, immigrants, VFR travelers, diabetics, and immunocompromised hosts will also be discussed. Recent developments and advances in travelers' diarrhea, immunizations, malaria medications, emerging infectious diseases, and navigating COVID-19 will be highlighted.

Participants will have ample opportunity to interact with the faculty through interactive sessions and informal discussions.



Elena Axelrod



Whitney Alexander



Hannah Emetulu

NEWS FROM THE SECRETARIAT

The Secretariat celebrated many accomplishments in 2021 including ISTM's first virtual course, exams and congress. Our team was dynamic and swift in efforts to pivot during the pandemic. We are encouraged by worldwide vaccination efforts and look forward to reinstating in-person activities.

Planning is in place for CISTM18 in Basel, Switzerland 21-25 May 2023. Please save these dates and plan to join us! The theme for CISTM18 is "Dawn of a New Era in Travel Medicine." David Hamer, Scientific Program Committee Chair is working diligently with Co-Chairs Eric Caumes, Camilla Rothe, and Associate Chairs Colleen Lau and Miguel Cabada to offer a dynamic and rich Scientific Program. We are planning to offer a hybrid meeting with a virtual component for those unable to meet in-person.

ISTM's popular Travel Medicine Update and Review Course is being offered 11-12 February. The 2022 course is a live, virtual course with fresh and engaging content from leading Travel Medicine experts. In addition to speakers, the course will also have international panels on yellow fever and malaria. Read more about the course, accreditation and how to register on the website [here](https://www.istm.org/cistm18). All course components will be available to registrants for review on ISTM's Learning Management System for 12 months following the course.

ISTM will also be offering the 21st Certificate of Knowledge™ Online Examination on Tuesday, 29 March, Wednesday, 30 March and Thursday, 31 March 2022. We are offering the exam online at varying times to accommodate international time zones. Read more about the exam and how to apply on the [website](https://www.istm.org/cistm18).

For those unable to take the CTH® Exam online, an in-person exam will be planned when it is safe to meet in large groups.

Finally, I am excited to announce that I have accepted the role as Executive Director at ISTM. It has been my pleasure to serve in the role of Acting Executive Director and I look forward to continuing to lead the Society in this role. I am delighted that travel has begun, and look forward to seeing many of you in person soon.

Wishing us all a healthy and prosperous 2022!



"Planning is in place for CISTM18 in Basel, Switzerland 21-25 May 2023. Please save these dates and plan to join us! "

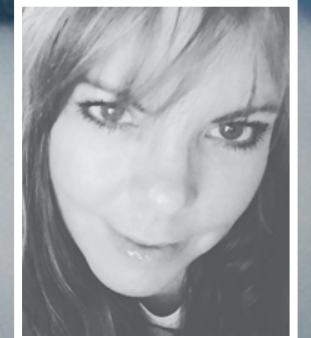


The Secretariat's phone system makes it easier than ever to contact staff directly. Our office number has remained the same (+1.404.373.8282). Please use this extension guide below:

- 1** Membership and General Society information, Press "1" or dial extension 1006
- 2** Whitney Alexander, Marketing, Press "2" or dial extension 1001
- 3** Carol Tinnie, Programs, Press "3" or dial extension 1002
- 5** Elena Axelrod, Accounting, Press "5" or dial extension 1000
- 6** Aisha Rizwan, GeoSentinel, Press "6" or dial extension 1005
- 7** Hannah Emetulu, GeoSentinel, Press "7" or dial extension 1004
- 8** Jodi Metzgar, Executive Director, Press "8" or dial extension 1007



Aisha Rizwan



Carol Tinnie



Jodi Metzgar
Executive Director



GeoSentinel

Michael Libman,
Principal Investigator



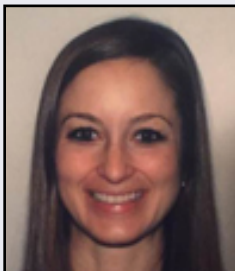
David Hamer,
Surveillance Lead



Ralph Huit,
Research Lead



Kristina Angelo,
Epidemiologist on behalf of the CDC



In May 2021 we were full of optimism that COVID-19 was evolving into a relatively well-behaved nuisance that would allow a resumption of travel activities to levels which would allow us to get back to our real jobs in travel and tropical medicine. Ah well, as someone recently quipped, today's date is actually Monday, March 680th, 2020, COVID standard time.

Nevertheless, we are using the lull in fevers and rashes to work on building up GeoSentinel's research infrastructure and portfolio. To this end, we have set up a new Scientific Research Committee, with Karin Leder as chair. Now that the Network will be able to fund research projects from our cooperative agreement, as well as via donations from the GeoSentinel Foundation, we needed a mechanism to evaluate the scientific merit of project proposals objectively and transparently. The committee will have input from CDC and ISTM delegates as well as GeoSentinel members experienced in research and, as needed, outside content experts. The first round of letters of intent have been received, and invitations to submit full proposals will be sent out shortly.

Our ability to fund projects has been greatly enhanced through a fantastic fundraising effort by the GeoSentinel

Foundation, Inc., led by Brad Connor, with assistance from David Hamer, Phyllis Kozarsky, and Robert Steffen. Many of the donations are unrestricted, and others have been directed towards research in specific areas such as COVID-19 and insect-borne infections. Up to now, most of the donations have come from the United States. We would be very happy to hear from others who have leads or connections to other potential donors in other parts of the world.

Many of our sites have struggled these past 2 years, as acute post-travel illness has become a rarity. Many of our Network members have been called on to provide pandemic-related services desperately needed by their hospitals and communities. Human and other resources have been pulled from our clinics. Stress and fatigue have made it hard to think about our plans for when the worst is over. Yet I am heartened by the many discussions we have had with sites individually, with site directors remaining overwhelmingly enthusiastic and optimistic that they will be able to regain most of their activities as soon as circumstances become more favorable. Several sites have managed to maintain remarkable levels of activity, often related to their work with migrants, which has not been impacted to the same extent.

A few of our sites have closed because their directors have moved on to new challenges, and we take this opportunity to thank them for their great help and contributions over many years: Sarah Borwein in Hong Kong, Stefan Hagmann at Northwell, New York, and Anne Terry in Seattle. We also would like to express our gratitude to some of our long serving stalwarts who have decided that the time has come to pass on their mantles to younger colleagues, including Rogelio Velez-Lopez in Madrid and Mogens Jensenius in Oslo.

On the other hand, now that we have our new funding and new directions, we are exploring options for new sites. Sites with the resources and expertise to participate in our upcoming research plans are an important priority. However, we also remain interested in sites having a geographic location or catchment which can add to our surveillance proficiency (e.g. Eastern Europe, North Africa, South Asia, etc.). One new site we expect to join shortly will be Heidelberg University, a highly regarded institution involved in travel and tropical medicine, under the directorship of Claudia Denking. Please let us know if you or any of your colleagues are working at sites that might fit this bill.

Like many others, our recent efforts have shifted to include COVID-19. One study looking at biomarkers associated with severe outcomes in COVID-19 infections has completed patient enrolment. Lab analyses

are proceeding, and data analysis will hopefully commence soon. Our COVID-19 Sentinel Surveillance study, looking at the prevalence and epidemiology of imported COVID-19 is just beginning enrollment. We have also been advancing rapidly with a project that departs from our usual clinic-based focus by looking at imported COVID-19 in a large cohort of US Major Soccer League players and their contacts in North America who tend to travel regularly to play in their home countries or elsewhere.

We are also updating protocols for our more traditional work in travel medicine, including projects started before COVID-19, looking at outcomes of severe imported illnesses, pathogen discovery and advanced diagnostics for febrile illnesses, and neurocognitive sequelae of malaria. We hope that many of our sites can use this time to prepare to enroll in the near future.

Finally, on behalf of the GeoSentinel leadership and the entire network, I would like to wish you all a happy and academically prosperous new year, which will surely be better than this last one. The silver lining of our recent travails is that there is lots to look forward to.

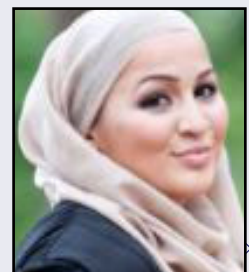
Michael Libman

On behalf of the Office of the Principal Investigator for GeoSentinel: David Hamer, Ralph Huits, Kristina Angelo, Phyllis Kozarsky, Aisha Rizwan, Hannah Emetulu

Hannah Emetulu,
GeoSentinel Data and Network Coordinator



Aisha Rizwan,
GeoSentinel Program Manager



Phyllis Kozarsky,
Special Advisor on behalf of the CDC





Rebecca Acosta,
Chair



Sarah McGuinness,
Leadership Council



Sarah Kohl,
Leadership Council



Dipti Patel,
Leadership Council



LAUNCHING
THIS YEAR

ISTM Website TASK FORCE

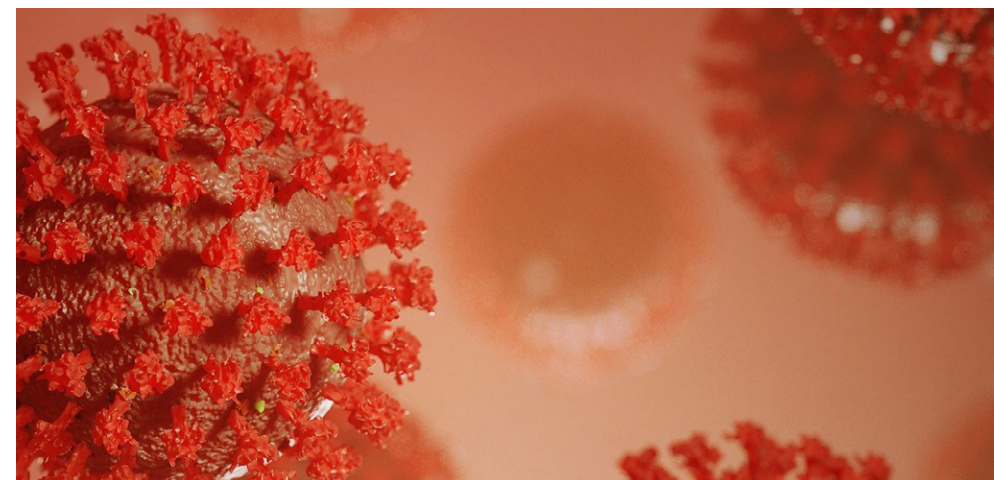
New ISTM Website in Development!

We are excited to announce that a new ISTM website is in the works! The goals are to improve the look, functionality, and user experience of the website including additional means to engage and inform the public about travel medicine. This project was initiated in 2019 when the Digital Communications Committee (DCC) submitted an extensive report on the current ISTM website functionality and user experience including the results of a memberwide survey. The recommendation of the DCC was to plan for a full update of the website and the Executive Board (EB) supports this important initiative.

The pandemic put a pause on the plans until early 2021 when a Website Task Force was formed to assist with this project. The Task Force consists of members from the EB (Rebecca Acosta, Chair), and the Leadership Counsel including the Chairs of the DCC (Sarah McGuinness) and PEC (Sarah Kohl), and Dipti Patel; Rudy Zimmer is involved as a liaison with the Publication Oversight Committee. The project and administration are also being actively

supported by the efforts of the ISTM Secretariat staff. During 2021, the Website Task Force worked with the secretariat to finalize the selection of a website design firm and the initial stages of the project are now underway. We hope to have the new website ready to launch in 2022. Stay tuned!

Rebecca Acosta,
Website Task Force Chair



COVID-19 TASK FORCE

Update and sign-off

The ISTM COVID-19 Task Force's tenure ended in May 2021 after having worked with the Executive Board on several initiatives, including two membership surveys, to assist the Society in responding and adapting to the first year of the COVID-19 pandemic. The Task Force suggested that, owing to the ongoing pandemic, each level of the society, all of its activities and initiatives integrate and maintain a COVID-19 "lens" and consideration for as long as necessary.

A final activity of the COVID-19 Task Force has been to complete the second membership survey (opened during the first quarter of 2021) to gauge the ongoing impact of the pandemic on our members and their practice of travel medicine. Our preview indicates that this representative group of survey respondents plans to renew their membership and aim to return to a more normal professional engagement with the specialty as international travel begins to rebound. However, many of our members continued to be practicing at a level of 25% or less compared to pre-

pandemic levels when the survey was open. Most of the survey respondents miss in-person meetings and value the sense of community afforded by being a member. A majority are very supportive of the on-line and virtual professional and learning opportunities, including the popular COVID-19 webinars that the society has provided during the pandemic. A report has been prepared for the Executive Board and plans are underway to share the findings with the membership and more broadly in early 2022.

It was our honor to have supported the ISTM in responding to the initial phase of the pandemic. Although everyone had hoped that we would be seeing the start of the post-pandemic era by early 2022, we are heartened and encouraged by the vibrancy and resilience of the ISTM and our members as the pandemic moves into its next phase.

We wish everyone a Happy and Healthy New Year.

Rebecca Acosta, United States of America

Gerard Flaherty, Ireland

Jenny Visser, New Zealand



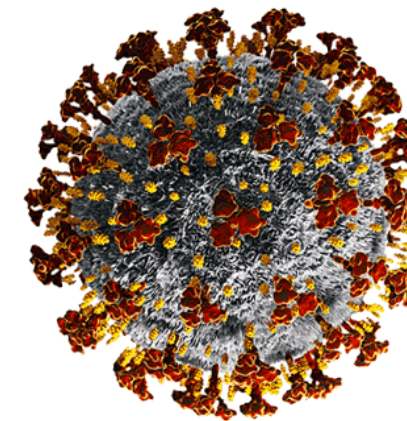
Rebecca Acosta,
United States of America



Gerard Flaherty,
Ireland



Jenny Visser,
New Zealand





Professional Groups

NURSING

Due to the ongoing COVID-19 pandemic there continues to be disruptions affecting domestic and international travel. The impact of this on travel medicine has been significant, but there has never been a time where travel medicine has been more important.

Travel medicine practitioners are required to have an even greater level of knowledge of, the COVID-19 burden of disease, medical resources at destination, border entry and airline requirements, and limitations of insurance. It has been a very challenging time to navigate this information that has been continually changing.

During 2021, new members were elected to the NPG steering committee. We also farewelled Heather Connor as Chair, Lisa Lynch Jones, and Ruth Anderson, who contributed enormously to the NPG over the past few years. Please review the NPG page on the ISTM website for further details about our steering committee

members and feel free to reach out to any of us.

On behalf of the NPG and the wider nursing community, we would like to extend our congratulations to Jane Chiodini, former NPG Past Chair, who was awarded a Member of the Order of the British Empire (MBE) in the UK New Year's Honours for "Services to Training and Development in Travel Medicine".

A number of NPG members contributed to and attended the virtual CISTM17 in 2021. CISTM18, to be held in Basel, Switzerland in 2023 presents opportunities for our group to advance travel medicine nursing practice. In the meantime, we look to forward to continuing to engage with members.

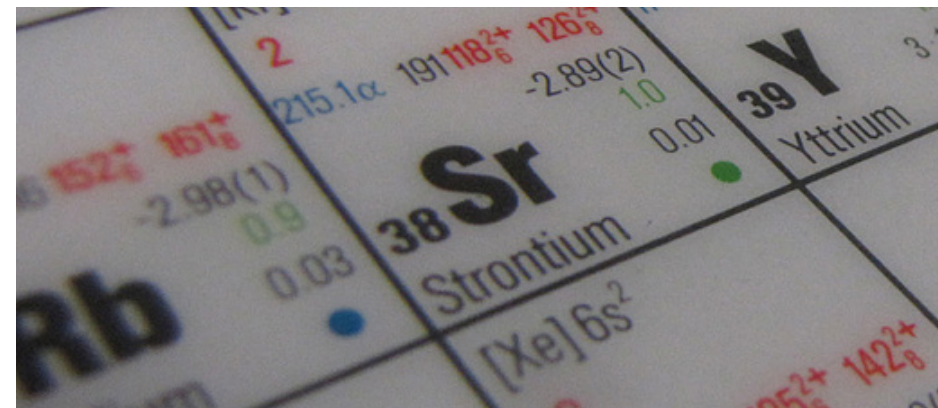
Caroline Nash,
Chair,
NPG Steering
Committee



Calling All MEMBERS

Get connected with ISTM Professional and/or Interest Groups!

Learn more [here](#).



PHARMACIST

Pharmacists Professional Group (PPG) Council members Sherilyn Houle, Derek Evans, and Patricia Schlagenhauf-Lawlor, along with librarian Caitlin Carter, recently published a review article on the benefits and risks of ayahuasca use among travelers. Ayahuasca is a psychotropic drink made from the Amazonian vine Banisteriopsis caapi, containing beta-carboline alkaloids and the hallucinogen N-N-dimethyltryptamine (DMT). While the proportion of travelers to the Amazon region that consume ayahuasca is unknown, tourist-focused websites offering spiritual experiences including ayahuasca use exist, as do case reports of negative experiences following its use among travelers. The aim of this review was to identify and summarize the literature on the safety and effectiveness of ayahuasca among recreational users.

The review summarized the findings of 39 publications identified in November 2019 following comprehensive searches of PubMed (MEDLINE), Ovid Embase, Ovid International Pharmaceutical Abstracts, LILACS, Scopus, and Web of Science. Included articles were organized into 4 themes: (1) Case reports and case series; (2) The use of ayahuasca for depression or grief; (3) The use of ayahuasca and other psychiatric or neuropsychological outcomes; and (4) Studies examining ayahuasca use and physiologic outcomes.

Ayahuasca use was found to be associated with a risk of both psychiatric and non-psychiatric events including

hallucinations, agitation or aggression, vomiting, seizure, and rhabdomyolysis, with five fatalities reported in the literature following ayahuasca use. Open-label studies assessing ayahuasca use in depression found favorable results persisting across 21 days. Ayahuasca was also found to influence the MINDSENS scale for mindfulness, with mixed results observed for impact of ayahuasca on cognitive function and creativity, and benefits observed for measures of self-acceptance and overall wellbeing. The article also reminds clinicians about the potential for drug interactions with ayahuasca, particularly concerning concurrent use with drugs that have serotonergic potential (e.g., selective serotonin reuptake inhibitors, tricyclic antidepressants), dextromethorphan, dopamine agonists (e.g., levodopa), lithium, trazodone, and triptans, among others.

The article was published in the November/December 2021 (Volume 44) edition of the journal *Travel Medicine and Infectious Diseases*.

Sherilyn Houle,
ISTM
Pharmacist
Professional
Group



Meetings and Conferences

» **Northern European Conference on Travel Medicine (NECTM)**

Rotterdam, the Netherlands
8-10 June 2022
https://mkon.nu/nectm_8

» **American Society of Travel Medicine & Hygiene ASTMH 2022 71st Annual Meeting**

Seattle, Washington,
United States of America
30 October – 3 November
2022
<https://www.astmh.org/annual-meeting/future-meetings>



Interest Groups

EXPEDITION AND WILDERNESS MEDICINE

The ISTM Expedition and Wilderness Medicine Interest Group is mainly committed to providing a professional forum for ISTM Members interested in this special field of travel medicine.

In the past year, under the guide of our immediate Past Chair Travis Heggie, we have been present at the CISTM17 with a pre-conference workshop in which we have dealt with a lion attack in the Okavango Delta, tick encounters while trekking in Italy, a case scenario from Antarctica, and rabies risk management on expeditions and extremely remote situations.

We also presented to all participants in the virtual workshop the charter of this newly settled Interest Group, setting up the basls to continue our commitment in the field of expedition and wilderness medicine.

It has been just a taste of what we want to do in contribution of what our Society already offers to its members. Our wish for the future - immediate and further - is to meet periodically (taking the advantage of what the digital world has taught us mainly during these pandemic years) to discuss of cutting-edge topics in this fascinating field and, of course, to put

on a juicy program for the forthcoming meetings of our Society.

We do really wish our Interest Group grows more and more with many other members joining (as always, you don't need to be an expert, but only a person who wants to be part of a mission) and hope we are eventually able to meet again in person soon!

Wishing healthy travel to you all!

Andrea Rossanese

Expedition and Wilderness Medicine Interest Group Chair



MILITARY TRAVEL

Dear all, I hope you are safe and sound despite the current new surge of COVID-19 cases. I just would like to welcome our new leadership council member, Vijayakumar Santhanalakshmi (V.S.) Srikanth, a young military physician from India.

Our interest group leadership are still actively looking for a fifth member. So please, do not hesitate to reach us if you (or a colleague of yours) are interested.

Kind regards

Olivier Aoun,
*Founding Member,
Military Travel Interest Group*



RESPONSIBLE TRAVELER

Over the last year, the global pandemic has slowed travel and tourism down to a standstill at points, allowing us to take the time to reevaluate and rethink the impact that travel has had not only on our profession, but also on environments and communities around the world. Carbon emissions plummeted, natural landscapes recovered, noise pollution dissipated, and hidden wildlife emerged – but on the flip side, conservation dependent on tourism protection fees suffered, illegal activities such as poaching increased with lack of enforcement and scarcity of tourists, and involved stakeholders and tourism sectors suffered huge economic and job losses. Now, more than ever, there is a need to examine the impact that we as travelers have on ecosystems, economies, populations, and future generations. We, as responsible travel professionals and stewards of travel medicine, should take advantage of this unique moment in time to address some of the greatest systemic challenges caused by the acceleration of travel and tourism in recent years. As we emerge from the pandemic, sustainability and responsibility needs to be interwoven and embedded within the framework of travel medicine.

The Responsible Travel Interest Group this year developed infographics on ways to reduce the “health impact” of a traveler – the beneficial or detrimental influence that can be had on another person or community, expressed as a measure of medical resources potentially used due to illness or injury while abroad. From measuring carbon footprints, to health resource utilization, to contributing to increasing antimicrobial resistance, to ethical and behavioral considerations such as vaccine hesitancy, to serving as vehicles for the spread of disease and fueling a global pandemic, we want to highlight the “health footprint” that a traveler can have, how it can be measured, and how it can be addressed and mitigated as part of the pre-travel consultation.

We are also in a climate emergency. Concomitantly, we want to understand

and be aware of the consequences that climate change can have on our travelers and vice versa. In July 2021 the Responsible Travel Interest Group in collaboration with the ASTMH Clinical Group held a webinar discussing *Climate Changing the Landscape of Tropical & Travel Diseases: Past, Present & Future* which garnered over 600 registered attendees. There is a great opportunity to combine the overarching framework of the Sustainable Development Goals (SDG) with this group's mandate. Our projects this year will focus on how responsible travel relates to and has a role in each SDG - such as climate action, life below water, responsible consumption, decent work and economic growth, reduced inequalities, sustaining cities and communities, and developing partnerships for the goals.

We will endeavor to focus this year on promoting education and ethical travel choices, alongside guiding principles of social responsibility and responsible tourism practices. Our goal is to take this unique opportunity to create a more sustainable future for destinations, communities, and travelers, while promoting responsibility and awareness through a collaborative travel medicine platform. As the pandemic evolves and we recover, so must we reassess, discourse innovative solutions, and adapt our practices and choices to ensure a more sustainable travel future that generations to come can benefit from, experience, and enjoy.

If you are inspired, interested, and have ideas to share, consider joining us as a member of the Responsible Travel Interest Group. And best wishes for a happier and healthier new year.

Dr. Aisha Khatib
*Chsir,
Responsible Travel Interest Group*



Catherine Ebelke

STUDENT TRAVEL ABROAD

Warmest Greetings from the Student Travel Abroad Interest Group!

2021 was a quieter year in many regards for STA due in large part to the significant decrease in student international travel coupled with the absence of in-person ISTM meetings, which are often very energizing and fruitful for our group.

Notable events for our STA group include:

- A decision was made to bring the joint STA/CDC study to a close at the end of 2021. We hope to bring you follow-up in 2022.
- We plan to pick up on a project we started before the pandemic focusing on the development of some useful tools for both travelers and clinicians. We started a student traveler checklist for clinicians. The checklist concept is not new but is utilized widely in many fields with positive effects (as so well illustrated by Atul Gawande in his book, [The Checklist Manifesto: How to Get Things Done Right](#)). This idea is something we could share with clinicians broadly including those who don't usually render care for students.

STUDENT TRAVEL ABROAD
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- We bid a very fond and gratitude-filled farewell to doctors Anjali and Neal Silva of University of Virginia, who are retiring from their travel medicine work at UVA and from their roles with STA. They were founding STA members and their contributions over the years are greatly appreciated. Wishing you both all the very best, Anjali and Neal!

We are always actively seeking new members and ideas for STA activities and involvement. Please be in touch with Julie and Catherine any time with any thoughts - we'd love to hear from you!

Wishing everyone a healthy, peaceful 2022!

Julie and Catherine

Julie Richards
Chairs, Student Travel Abroad



Congratulations

to David Freedman
as ASTMH President
Elect!

Dear Colleagues,

Please join me in congratulating and celebrating colleague David Freedman on his appointment as the President-Elect for the American Society of Tropical Medicine & Hygiene (ASTMH). David served as the Secretary-Treasurer at ISTM from 2005-2013 and has been an active member and contributor to our Society for many years including but not limited to GeoSentinel activities, contributing papers to the *Journal of Travel Medicine* (JTM), and providing expert advice on travel medicine matters when needed. We wish him all the best in this appointment!

Peter Leggat

to Peter Leggat
on his appointment as the
Knight of the Order of St. John

Peter has been recognized for his longstanding contribution to community service and his professional career with his appointment as a Knight of the Order of St. John. This Royal Order of Chivalry was first instituted by Queen Victoria and Queen Elizabeth II is the current Sovereign Head of the Order. This is a significant honor within the British Commonwealth and beyond, and recognizes outstanding contributions to the Order of St. John over a sustained period, including participating in leadership roles.

I warmly invite you to read the [media release](#) by James Cook University.

Mike Jones



Members and ISTM Leaders IN THE NEWS

Congratulations to ISTM
Fellows Jane Chiodini and
Dipti Patel

It gives me enormous pleasure to congratulate two of our Fellows on their awards in the Queen's UK New Year's Honours, both of whom have made a massive contribution to travel health development and education.

Jane Chiodini, MBE, MSc, RGN, RM, FFTM RCPS(Glasg) FISTM, QN, becomes a Member of the Order of the British Empire. Sandra Grieve wrote this summary of Jane's considerable achievements and I am grateful for her permission to reproduce this.

Jane, who completed her nurse training at St George's Hospital, London, has been a tireless ambassador for the practice of travel medicine since her interest in the specialty began in 1990. Her focus has been mainly on education, training and mentoring nurses engaged in travel medicine, particularly those in General Practice, the main providers of travel health services in the UK. She continues to teach, write, and develop tools to support nurses in practice, and with her love of technology, moved with the times into e-learning and developing her own comprehensive website.

The culmination of this work has been recognized by the award of Member of the Order of the British Empire

(MBE) for "Services to Training and Development in Travel Medicine", in the UK New Year's Honours.

Jane has held roles in various travel medicine Societies and organizations, including Chair of the ISTM Nurse Professional Group and the award of FISTM. She chaired the Royal College of Nursing (RCN) Travel Health Forum, now incorporated into the Public Health Forum, and was co-author of the first Standards and Competence Guidance for Nurses in Travel Health. Jane recently demitted office as Dean of the Faculty of Travel Medicine at the Royal College of Physicians and Surgeons of Glasgow RCPS (Glasg), the first nurse to hold the position. In her personal life, Jane is supported by her husband and family. Perhaps less well known is that she is talented in craftwork and has a love of musical theatre, each of which continue to offer her pleasure in her scarce free time.

We extend our sincere congratulations to Jane for this well-deserved recognition of her work.

Dr Dipti Patel, OBE, MB,BS, MRCP, FRCP, FFOM, FFTM RCPS(Glasg), FISTM, LLM, Dip RCOG is awarded the Order of the British Empire

Dipti is Director of the National Travel Health Network and Centre (NaTHNaC), UK and Chief Medical Officer at the UK Foreign and Commonwealth Office (FCO). She is a Consultant in Occupational

Medicine and a travel medicine physician. She is also Honorary Lecturer in Population Health, Health Services Research and Primary Care within the School of Health Sciences at Manchester University.

She was previously a Non-Executive Director at the Health Protection Agency, the Director of Clinical Services at the Medical Advisory Service for Traveller's Abroad, a Consultant Occupational Health Physician for the BBC, and Honorary Clinical Senior Lecturer in Occupational Medicine at the Kent Institute of Medicine and Health Sciences. She is Associate Editor for *Travel Medicine and Infectious Diseases*, and co-editor of *The ABC of Occupational and Environmental Medicine*.

Dipti's contribution to travel medicine has been huge, she has been a frequent lecturer at CISTMs and she has a special interest in complex travelers, travel health education, medico-legal issues, and occupational travelers. We are delighted that she also became an FISTM in the Fellows Class of 2021.

Mike Jones

COMMITTEES

EXAMINATION COMMITTEE

ISTM Exam Committee update

The year 2021 has been busy for the Exam Committee. For the first time ISTM proposed an online exam, first in March, with around 190 candidates and then in October with around 40 candidates. The committee had to check that all conditions for security and applicability were fulfilled and some members tested the system online before the exam day. The online exams take place over a few days so that people from different time zones can attend easily. Both exams went uneventfully. As usual, the Exam Committee met in numerous virtual meetings to prepare for the exams and then to discuss the results and the health check reports from the psychometricians.

In 2021, 50 new questions also were written and many others reviewed to complete our question bank. This meant distant meetings of the members both by time zones (4 groups) and then one together.

In 2022 we will prepare a new form for the next exams, an online exam in spring, and if possible an in-person exam in September in Atlanta, GA, USA. We will use this opportunity to do some more question writing and reviewing with a committee meeting at the same time as the exam in Atlanta.

Also in 2022 we will plan a standard setting process with Alpine to check the quality of our question bank.

Pierre Landry,
Chair,
Examination
Committee



PUBLICATIONS OVERSIGHT COMMITTEE

I send you greetings of the season and I am pleased to present this report for the Publications Oversight Committee (POC). Thanks to Gerard Flaherty for his continued support during the transition period, and we wish him success in his role as President Elect.

We thought, perhaps prematurely, that 2020 was a year like no other but here we are looking back at 2021 and wondering when life as we knew it will return. As I write this, the new highly transmissible Omicron variant, first reported by South Africa, is running amok round the world and causing concern for already stretched health services.

Following evidence that immunity waned after two COVID-19 vaccine doses, a marathon booster vaccination program was initiated to offer added population protection. Once again, the coronavirus was in charge of the Festive Season, but hopefully you managed to meet with friends and family.

Global travel had a yo-yo, up-down, stop-start year again. Countries issued their requirements for entry and departure with travelers aware that advice could change in an instant, so they must be prepared for the unexpected. Traveling abroad has become a major logistical exercise in planning, with extra costs incurred for testing, and loss of income when quarantine is required. It's testimony to the human spirit that despite the challenges, people still want to connect with family and friends based abroad or indeed to just "get away". We are mindful of the effect that COVID-19 and endless restrictions have had on people's mental health. Homeschooling children was difficult for many as was the constant disruption to families when quarantine was required.

The ISTM members have risen to the challenge of sharing research and writing evidence-based articles to support practice. The *Journal of Travel Medicine* (JTM) continues to publish high quality articles on travel-



COMMITTEES

continued from previous page

related topics including COVID-19, and the impact factor continues to rise. Under the leadership of the JTM Editor-in-Chief, Annelies Wilder-Smith, her team of editors and the editorial board, collections of related articles have been published and warmly received. <https://academic.oup.com/jtm/pages/collections>. The pandemic has changed many things and as Gerard reported last year, when looking to the future, it is likely that current approaches to publishing will continue to evolve and appear in a different guise to the erstwhile more traditional methods. A third party is in early discussions with the ISTM, JTM editors and the Oxford University Press (OUP), to present articles in varying alternative multimedia formats, thus allowing wider access while retaining the integrity of the authors and the JTM.

We welcome the new ISTM President and Executive Board, and look forward to working with them. I am grateful to my POC colleagues and long-standing members, Charles Ericsson, Rudy Zimmer, Joseph Torresi, and Effrossyni Gkrania-Klotsas, each of whom has agreed to continued involvement.

Multiple activities continue behind the scenes with each member going beyond amazing and all in a personal capacity, no mean feat during the pandemic. Nancy Pietroski has willingly taken up the role of Editor-in-Chief of *Travel Medicine News* (TMN) and continues to monitor the TravelMed Listserv. Nancy is well-versed in the publishing world and we welcome her continued support. On POC's behalf, Rudy has become a valuable contributor to the ISTM Website Task Force, currently in operation. We also welcomed two new POC members. Jakrapun Pupaibool (Jak) from the USA, now the POC representative, within the Digital Communications Committee (DCC), and Luis Furuya-Kanamori from Australia, now TMN Associate Editor.

As the POC is involved in every area of the Society, working collaboratively with other ISTM committees is important and invaluable.

Meeting in person remains impossible, but thanks to technology we can meet online and put a face to a name. Thanks to Whitney Alexander, Jodi Metzgar, and the ISTM Secretariat, time zones are managed as conveniently as possible.

If you would like to consider joining the POC, have a look at our Charter and get in touch. <https://www.istm.org/content.asp?contentid=202>

"Do not write merely to be understood. Write so you cannot possibly be misunderstood."

Robert Louis Stevenson 1850-1894

Sandra Grieve,
Chair, Publications Oversight Committee

PROFESSIONAL EDUCATION COMMITTEE

The Professional Education Committee (PEC) continues to innovate to meet the needs of our members during these challenging times. The online Travel Medicine Review and Update Course returns February 11 & 12 under the guidance of Dr. Elizabeth Talbot. In addition to a thorough review of the body of knowledge, expert panels will convene to discuss regional differences in the approach to malaria and yellow fever.

We have enjoyed a robust webinar schedule from subject matter experts covering all facets of COVID-19 and dengue in 2021. Next year, thanks to the hard work of Dr. Yen Bui, we will enjoy a well-rounded assortment of webinars ranging from pediatric travel, rabies, and the impact of COVID-19 on travel.

A new subscription email course of Challenging Cases in travel medicine was launched by Derek Evans. You may enroll to have these thoughtful

cases delivered by email, with a follow-up expert opinion discussing options in care.

The PEC is quite busy developing more learning modalities. Look for exciting additions to the suite of educational opportunities in the coming year.

Sarah Kohl
Chair,
Professional
Education Committee



SPECIAL RECOGNITION COMMITTEE

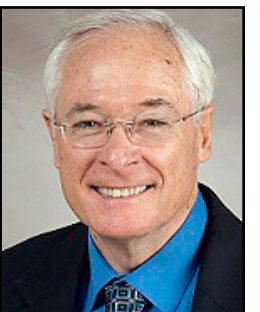
I urge all members to consider application for fellow status in ISTM. The criteria are published on the ISTM website [here](#). Fellow status is reflective of work done in ISTM. It is not reserved for academicians or those holding high ISTM political office, but it is expected that applicants have participated in committee or interest group work either as members or in leadership roles.

I also urge our interest groups to consider recognizing exceptional productivity by creating their own awards.

If anyone has questions about applying for fellow, emeritus or distinguished fellow status, please feel free to contact me.

The SRC members look forward to the post-COVID-19 period when we can honor our awardees in person!

Charlie
Ericsson,
Chair, Special
Recognitions
Committee





The *Journal of Travel Medicine* has had a tremendous year.

We continue to receive high quality manuscript submissions, the majority of which are still related to COVID-19. Thanks to much hard work by our Editorial Board and the popularity of our published manuscripts, our Impact Factor rose to 8.490.

In addition to several dedicated Issues on COVID-19, JTM published three collections in 2021:

- Travelers' Diarrhea
- The Older Traveler
- Mental Health and Well-Being for Travelers and Migrants

Serving ISTM through JTM,

Annelies Wilder-Smith,
Editor-in-Chief, Journal of Travel Medicine

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The ISTM would like to thank the tireless work of the JTM Editorial Board for their continued support and commitment to the JTM.

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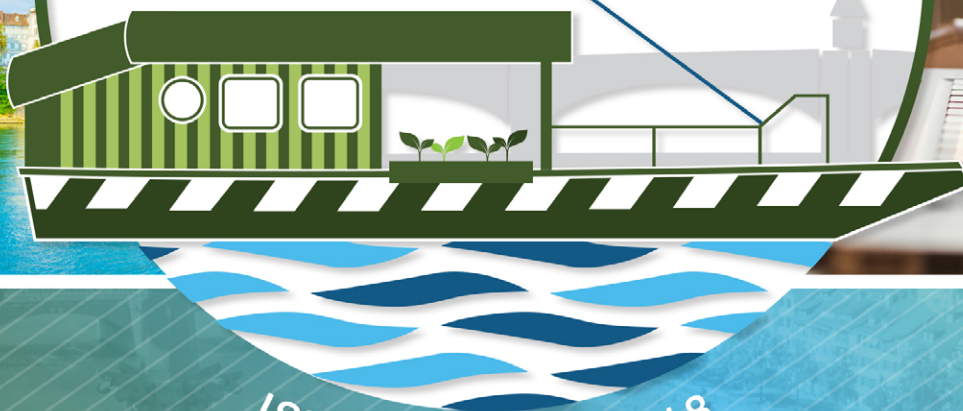


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