



Tutorial for COMM 311
Occupational Health and
Travel Medicine



SCENERIO (1):

- A 40-year-old male, visits you for his annual check-up and complains of dyspnoea upon exertion and dry cough for 2 months.

He shows you his chest X-ray. He is worried about his illness.

- **Take a detailed focused history and give him appropriate advice/counselling.**

X-ray Report:

- Linear opacities and reticulo-nodular opacities at the bases more prominent on the left, obscuring the cardiac borders and diaphragm.
- **Diagnosis: Lung fibrosis (Interstitial lung disease)**





What is the next step in dealing with this patient?

History:

- **Social: Job, Marital state, Smoking**
- **Occupational details: (type, exposure, duration,**
- **Presenting complain: How long, aggravating factors of dyspnoea, any other associated symptoms,**
- **Brief past medical history: Any chronic illness, Drugs,**
- **Family history: Chronic diseases, similar illness, ...**
- **ICE**

Offer him appropriate Advice/Counselling

- Adequate information regarding cause of his illness
(Simple explanation for him)
- Preventive measures: reduce exposure, Face masks, ...
- General occupational measures: Place, ventilation, ..
- Referral for investigations and assessment: Like respiratory functions, CT lung, Referral to specialist, ...
- Follow up



SCENERIO (2):

- **Abdullah is a 56-year-old man known case of diabetes on insulin and oral medication. He came asking for advice as he planned to go to haj.**
- **How are you going to counsel him regarding travel to Haj?**



What is the next step in dealing with this patient?

History

- **Social: Job, Marital status, Smoking,**
- **Regarding his Diabetes: for how long, symptoms of hyper or hypoglycaemia, medication,**
- **Any other chronic diseases like HTN**

Which measures/advices are you going to discuss with him?

Measures regarding Diabetes

- **Medication: Oral or Insulin or both**
- **Personal identifiers: like medical card or band to identify that he is diabetic patient and taking such medications.**
- **Education: (regular and emergency medication, feet protection, checking glucose levels (Gluometer), alarming symptoms especially hypoglycaemia and what to do)**



What are other Protection measures?

- **From infection: to visit medical center**
- **Vaccination: like Influenza, meningococcal and recently for COVID-19)**
- **Fluids: avoid dehydration especially in summer**
- **Heat stroke: How to avoid? Avoid direct exposure, Umbrella (better white to reflect sun)**