



**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:

- Granulomatous and fibrotic changes seen
- Pneumoconiosis





## ?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, .....**
- **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)**