

# Traveling Doctor - The What, The Why, and The How

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2014

# Disclosures

- No financial relationship to Disclose

# Goals and Objectives

## Travel Medicine for the Primary Care Provider - Objectives

- Providers will leave this lecture inspired to perform Travel Medicine, gain Insight into Global Health, and it's benefits both Domestic and Abroad
- Providing insight into Global Health and understanding why it benefits our medical practices, and enhances our cultural competency.
- Enhance cultural competency, and allow the clinician to walk into the clinic encounters with greater perspective.

# Who I am

Dr. Daniel Omire-Mayor is a Double Board Certified Family Medicine Physician. He obtained a B.S. in General Science: Life Science Option at Pennsylvania State University followed by a Master's of Science in Health Promotion Management from American University, as well as a Masters of Business Administration from University of Maryland Global Campus.

Lastly, he obtained his Doctorate from Lincoln Memorial University: Debusk College of Osteopathic Medicine, and is currently helping develop the next generation of Doctors by serving as current Clinical Faculty for Georgetown University School of Medicine. He is a Fellow of the American Academy of Family Physicians, serves as Medical Director at Vydration Medical Spa in Maryland and Chief Medical Officer of Mobile Medical Application "Fitmoji".

**What is Travel Medicine, and  
What can you see?**

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# Travel Medicine

- Focuses on the diagnosis, prevention, management, and identifying of health issues from an international and global perspective for travelers to and from international region or locations.
  - Branching outside of your local country, or county of origin or practice
  - While often associated with the underserved, impoverished, and indigent on an international/global scale, this may not always be the case.

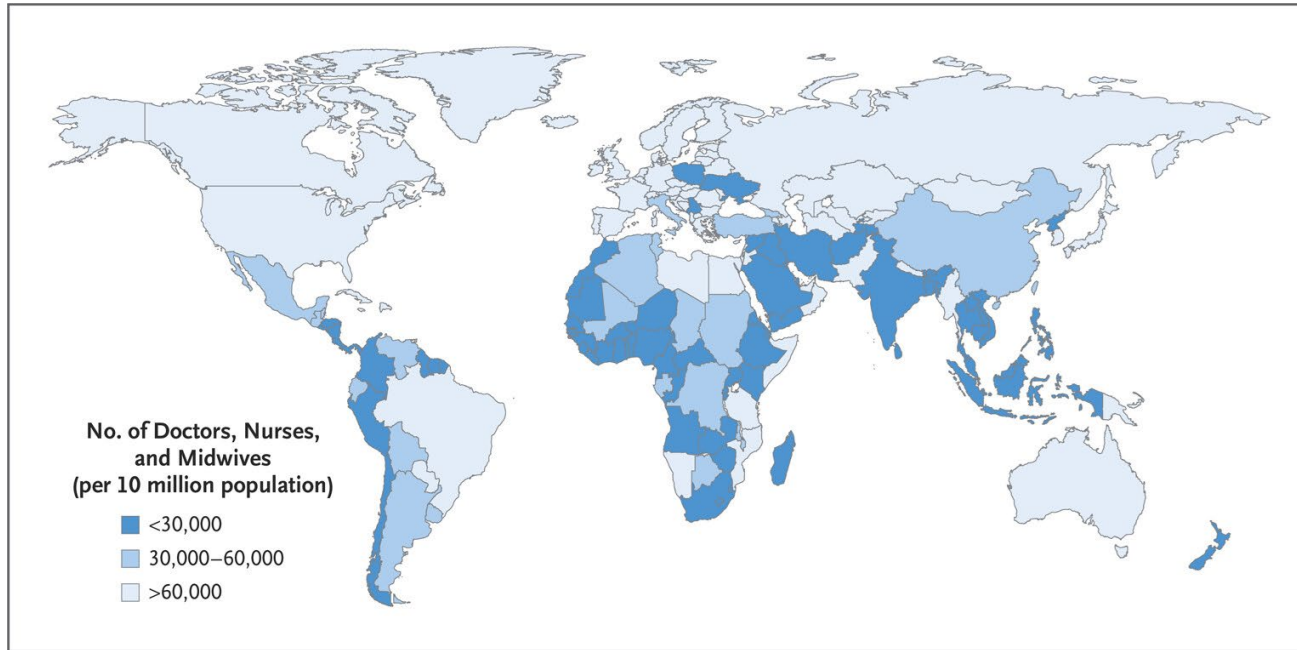
# Travel Medicine

- Basic Concepts - Assemble a team
  - Team gathers in remote location and the travel to mission sites using variable modes of transportation including train, plane, car, bus, boat, or even yes canoe!
  - Team
    - Domestic
      - Usually involves local decision makers or health care professionals, translators, volunteers
    - Then from abroad
      - Clinicians: Nurses, NP's, PA's, Dentists, Specialists (OB/GYN, Foot, General Surgery, Eye etc), and Primary care Doctors
      - Volunteers: Mom's, Dad's, Wives, Children, Church Group Members
      - Gather from all over the globe/country to meet in a specified location, and then the adventure begins
      - Housing can be a Buddhist Monastery, Hotel, Orphanage, Dorm, Hostel, or Tent (if you're adventurous)
      - Equipment - a mix of what is brought by the team, donations, and resources available locally

# Why Take Part in Travel Medicine

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# Travel Medicine



NEJM, 2014

# Travel Medicine

- The height of the pandemic in 2020 showcased that lack of healthcare services or knowledge of targeted healthcare concerns of those traveling to and from low income countries can lead to increased mortality amongst our patient populations.
  - BMJ Global Health

# Travel Medicine

## The Health Worker Brain Drain

The shortage of health care workers is becoming a crisis in low-income countries around the world

**57 countries**

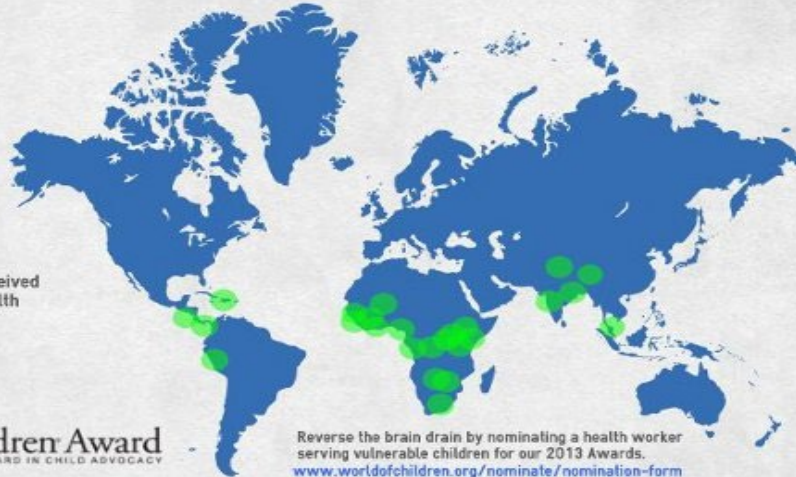
are considered by the WHO to have critical health worker shortages

**2:10,000**

is the average doctor to population density ratio

**24**

of these 57 countries have received aid from World of Children Health Award Honorees



**World of Children Award**  
SETTING THE GOLD STANDARD IN CHILD ADVOCACY

Reverse the brain drain by nominating a health worker serving vulnerable children for our 2013 Awards.  
[www.worldofchildren.org/nominate/nomination-form](http://www.worldofchildren.org/nominate/nomination-form)



## **You are IN NEED! - Numerous global CDC/NIH maps will show you.**

 Global Health Resource Need: Confirmed by CDC/NIH maps showing decreased availability of healthcare resources.



Benefits of Travel Medicine Competency:



Enhanced management of returning travelers.



Improved prophylactic/postexposure treatment and vaccination.

(Annals of Internal Medicine, 2023)

Can be domestic  
and International



**What can you see?**

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# Haiti and Dominican Republic (It all started with DCOM)

- Haiti - Venous ulcer, Thyroid Goiter, Uveitis
- Dominican Republic - Hashimotos Thyroiditis

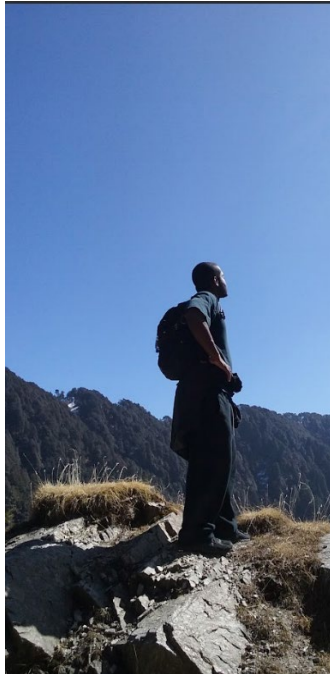


# Travel Medicine - The Need

- Primary Care's Knowledge base and expertise is not only enhanced by Travel Medicine, but competency in identifying concerns from those recently traveled, or those recent emigrated or immigrated is better enhanced through Travel Medicine (BMJ, 2025)


# Himachal Pradesh, India

- India - Chronic Cervical/Thoracic Somatic Dysfunction, Black Eschar and Gangrenous Toes







# Travel Medicine - The Need

## — DEFINITION & PREVENTION

- Ease of transportation has made Travel Medicine a routine part of life.
- Key Functions
  -  Pre-travel health assessments: Evaluate medical history, itinerary, risks. (BMJ, 2025)
  -  Preventive medications: Anti-malarials, prophylactic antibiotics.
  -  Guidance on: Hygiene practices, food safety.
  -  Guidance on: Vector-borne disease prevention (repellents, clothing, nets).
  -  Monitoring: Early outbreak identification for public health safety.

## — ROLE OF THE PCP & IMPACT

- Role of Primary Care Physicians (PCPs)
  -  Personalized consultations, ensuring vaccination compliance.
  -  Managing pre-existing conditions during travel.
  -  Guiding post-travel care for illnesses (malaria, dengue).
  -  Educating on risks and self-care.
- **IMPACT** (Parid et al, 2025)
  - Applies preventive medicine principles: Vaccination, disease prevention, education.
  - Prevents cross-border transmission of infectious diseases.
  - Strengthens global health security.

# Delta State, Nigeria

- Nigeria - Dementia, Malaria



# Travel Medicine - the Need

The Lack thereof **knowledgebase** of travel medicine has shown a decrease in ability to **identify and mitigate risk** for travelers to the and from the country, and how to **manage targeted and region specific risk**.

*(Ibisola, B. A., Alao, A. O., & Adeniyi, B. (2026)*



# Song Saa Private island, Near Sihanoukville, Cambodia/ Thailand Gulf

- Cambodia - Stasis Dermatitis, Lumbar dysfunction



# Warsaw, Poland( Ukrainian Refugees)

- Ukraine - Fugue State, Depression

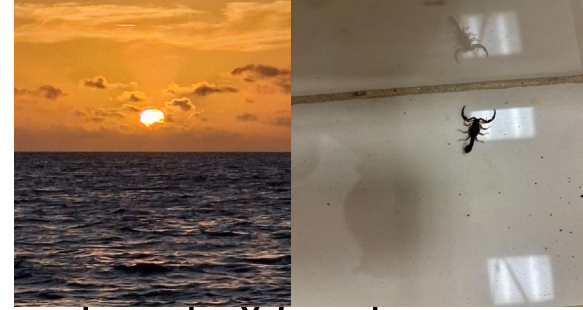


# Travel Medicine - the Need/ Lessons Learned

- Travel Medicine can play a critical role in future pandemics. This done by:
  - Better Competency at swift Detection of disease.
  - Better Global readiness
  - Understanding the role of travel in disease spread
  - Being advocates for vaccines
  - Understanding socioeconomic consequences, and community engagement (Enitan et al, 2024)

# Roatan/Guanaja, Honduras

- Honduras - Genetic Disorder (breeding), Epilepsy, Edema, Fragile X Syndrome, Malaria, Sand Fleas, Sand Flies, Sea Lice, Home Birth (Umbilical Band), Cerebral palsy w/ seizure disorder, Pelvic Dysfunction



# San Raymundo, Guatemala

- Surgeries: Mastectomies, Hernia Hemorrhoids, Cholecystectomy
- Primary/Urgent Care: Joint injections, DM, HTN, Kidney Stones, Parasites, Drawfism,, Abscesses, Cushings, Chicken Pox



# Appalachia

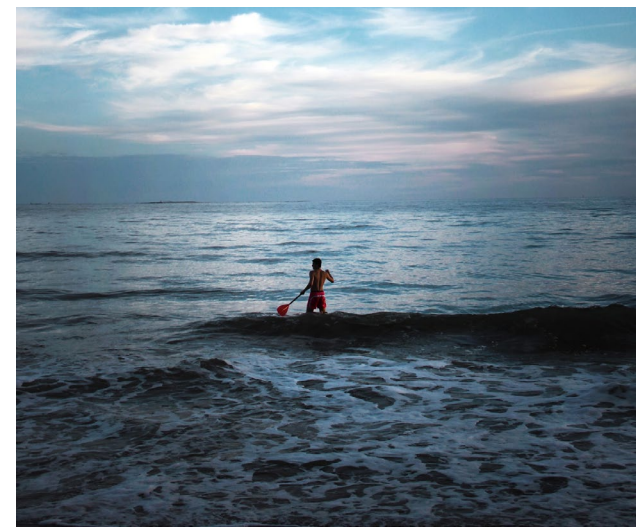
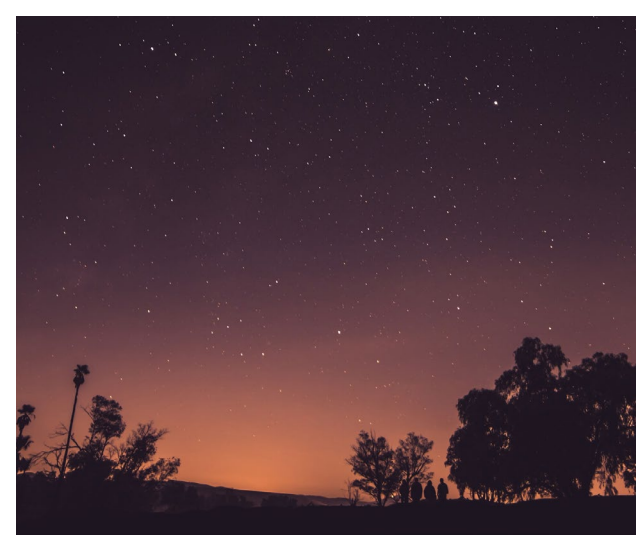
- Hoarding, Health insecurity





Embrace the Culture, enhance your competence.

Experience gives you Wisdom. Increase your Emotional intelligence.





There are methods to make it affordable - donations (Gofundme, Churches), grants (making a difference



No red tape, no quality metrics, **JUST MEDICINE**

# Why take part in travel medicine

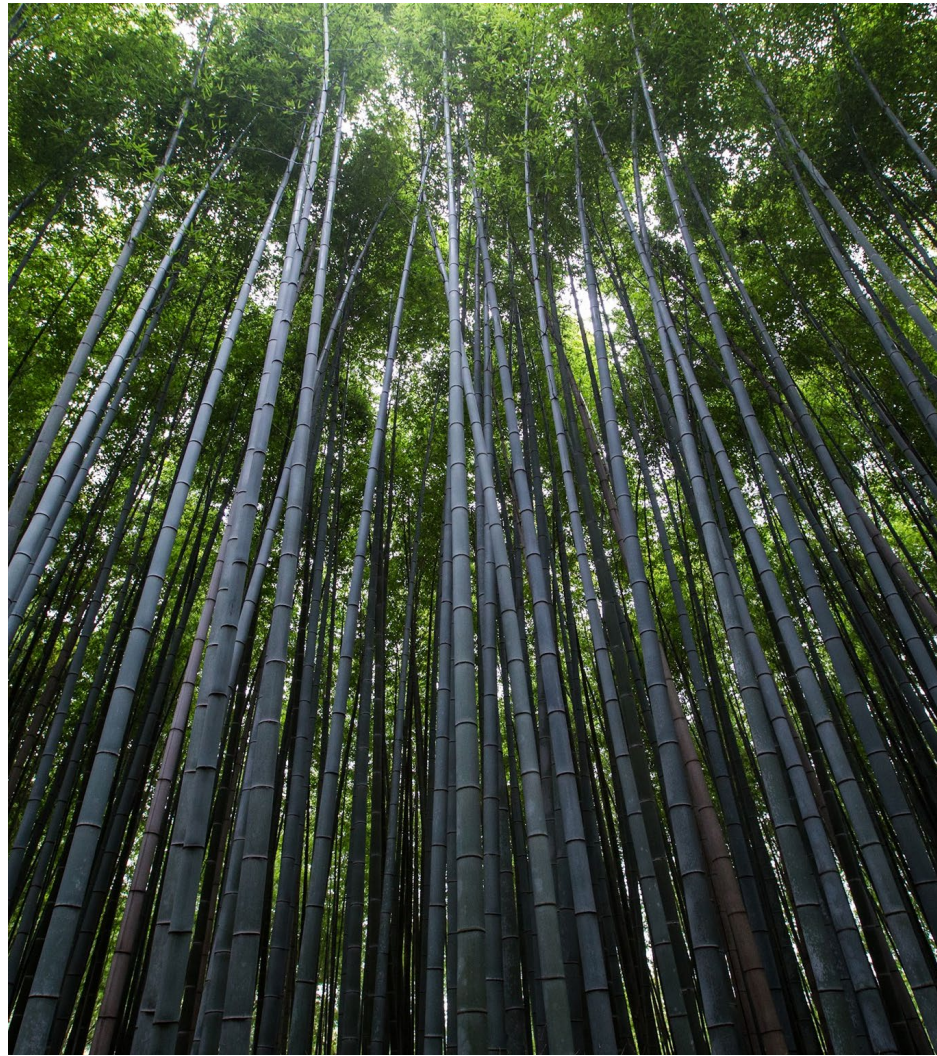
- Experience a new culture, and appreciative community
- Come back more culturally competent
  - Our World and country is a melting pot; the more you see, the greater your ability to appeal to those you serve.
- Treat yourself to a life - changing experience

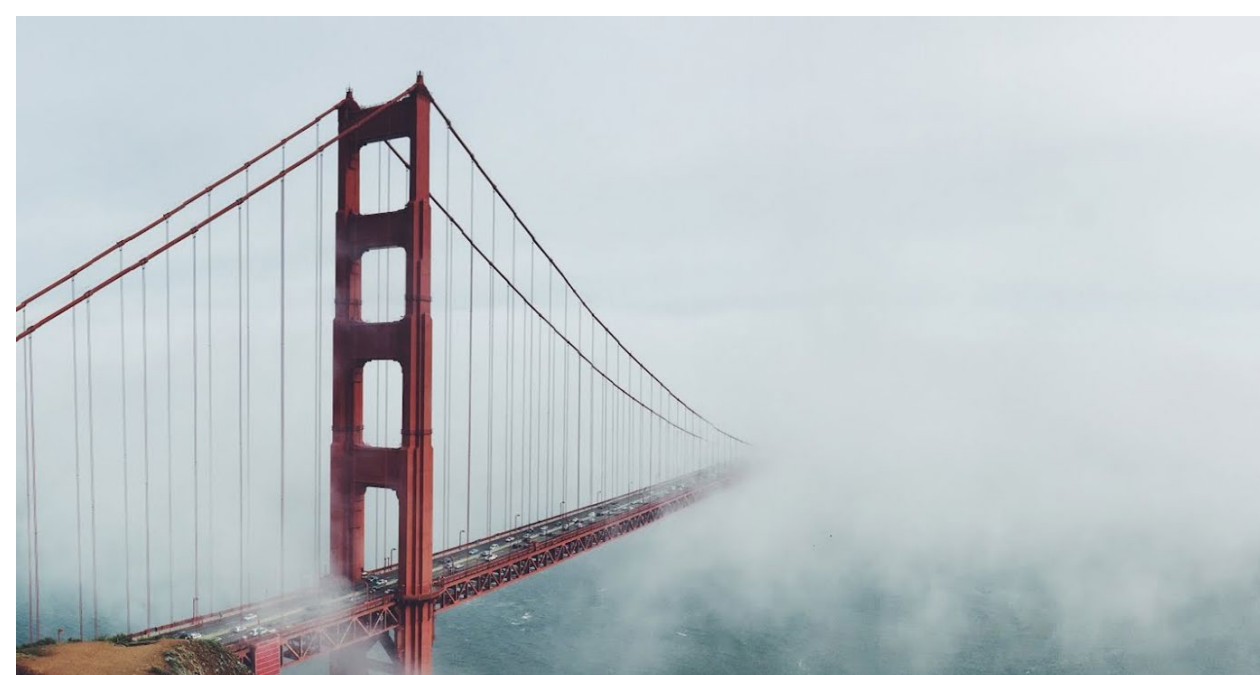
**How do you do it?**

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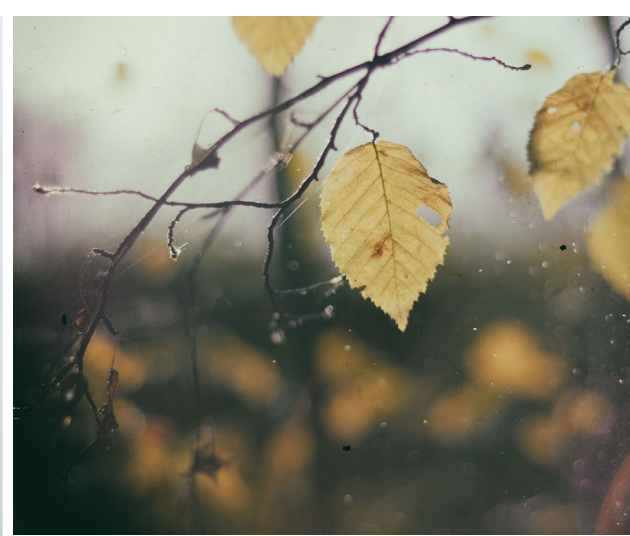
Residency Rotations,  
Medical School Rotations  
Sabbatical, Personal  
Leave, and more.

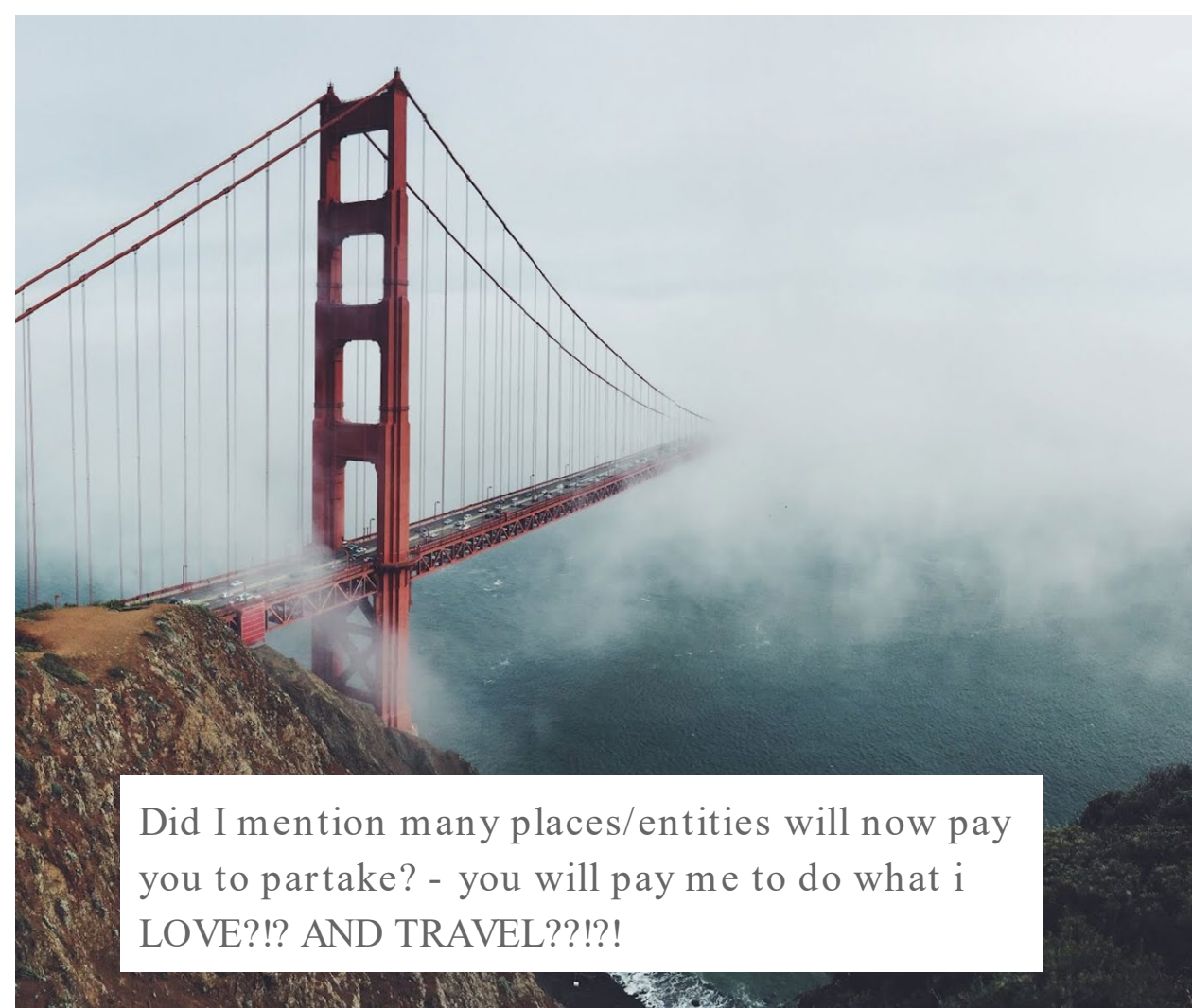




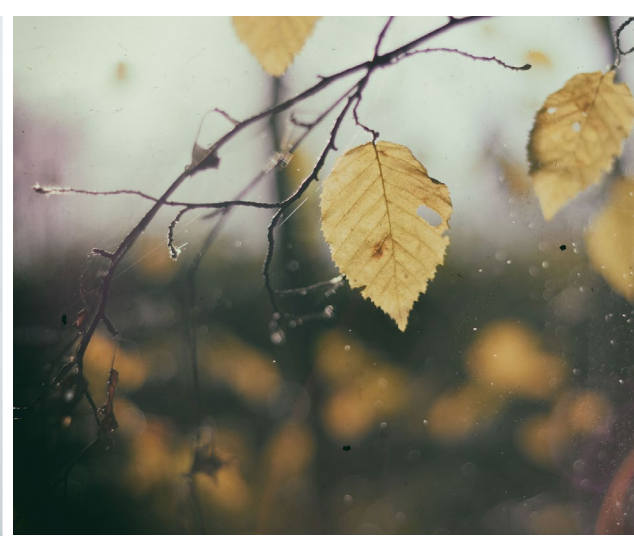
Many Associations offer collaborations, some even for CME, Clinical rotation credit.

Some popular ones - International Medical Relief, Making a Difference Foundation, but I have used smaller groups Partners for Global Health, Refuge international, Himalayan Health Exchange, Appalachian Service Project.





Did I mention many places/entities will now pay you to partake? - you will pay me to do what i LOVE?!? AND TRAVEL??!?!?



# **Who Should take Part in Travel Medicine?**

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## Who should take part in Travel Medicine

- Everyone!!!!
- Clinicians, and non clinicians alike.

# Key Points

- Key Points
  - Travel Medicine enhances clinical and cultural competency
  - The need is verified by documented research
  - Travel Medicine is applicable to the work we do domestically

**Questions?**

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