# Morbidity in elderly travelers during a short-term stay abroad, a prospective cohort study

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To determine frequency, duration and morbidity of (travel-related) health problems and/or exacerbations of underlying illnesses among Dutch travelers of 60 years and older visiting (sub)tropical destinations for a short-term stay to establish risk...

| | |
|---|---|
| **Ethische beoordeling** | Positief advies |
| **Status** | Werving gestopt |
| **Type aandoening** | - |
| **Onderzoekstype** | Observationeel onderzoek, zonder invasieve metingen |

## Samenvatting

### ID

NL-OMON26025

**Bron**
Nationaal Trial Register

**Verkorte titel**
ELDEST study

**Aandoening**

Older travelers, illness during travel and 4 weeks after return, co-morbidity, polypharmacy, hand grip strength and cognitive functioning before travel (Dutch: oudere reizigers, ziekten tijdens een reis en 4 weken na terugkomst, co-morbiditeit, polyfarmacie, handknijpkracht en cognitief denkvermogen voor vertrek)

### Ondersteuning

**Primaire sponsor:** Travel Clinic, Leiden University Medical Center, the Netherlands
**Overige ondersteuning:** - International Society of Travel Medicine (ISTM research award) - Travel Clinic, Leiden University Medical Center, the Netherlands

### Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

The main endpoints of the primary objective are the occurrence, duration in days and morbidity of an acquired illness during travel and four weeks after return. The focus will be on different type of health complaints:<br>
- Fever <br>
- Gastrointestinal<br>
- Respiratory <br>
- Dermatological <br>
- Cardiovascular <br>
- Genitourinary tract<br><br>

Other endpoints of the objective are: <br>
- Hand grip strength in kilograms before travel (vitality).<br>
- Patient-reported health before, during and after travel (SF-36 and Charlson Comorbidity Index).<br>
- Independence in activities of daily living (Katz-ADL).<br>
- Cognitive functioning before travel (6CIT).<br>

# Toelichting onderzoek

### Achtergrond van het onderzoek

People live longer in better health and are fit to travel at increasing ages. Various new risks can be faced during international travel due to age related health problems. Also comorbidities and accompanying polypharmacy can cause severe health problems, especially in elderly travelers. We therefore hypothesize that travelers of 60 years and older consulting pre-travel clinics and GP’s are not getting the tailored advice appropriate for their needs.

### Doel van het onderzoek

To determine frequency, duration and morbidity of (travel-related) health problems and/or exacerbations of underlying illnesses among Dutch travelers of 60 years and older visiting (sub)tropical destinations for a short-term stay to establish risk profiles characterized by vitality, health status and cognitive functioning.

### Onderzoeksopzet

- Before travel (grip strength, cognitive functioning, questionnaire 1, start diary)

- During travel (diary)

- After travel (after 1 week questionnaire 2, filling in diary until 2 weeks after return)

- After travel (4 weeks after return questionnaire 3, some travelers 8 weeks after return questionnaire 4)

**Onderzoeksproduct en/of interventie**

No intervention (prospective observational cohort study)

# Contactpersonen

## Publiek

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## Wetenschappelijk

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# Deelname eisen

## Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

A traveler is eligible for inclusion if all of the following criteria applied:

- 60 years and older;

- Planned travel to (sub)tropical destinations

- Travel duration of five weeks (35 days) or less.

- Ability to complete the questionnaires and diary;

- Ability to speak and read Dutch fluently;

- Ability to sign the informed consent form.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A traveler is not eligible for inclusion if one of the following criteria applied:

- 59 years or younger;

- Travel to non (sub)tropical destinations;

- Travel duration longer than 5 weeks (>36 days);

- Inability to complete questionnaires and diary;

- Visit to travel clinic is less than two weeks before departure.

- Inability to speak or read Dutch;

- Incapacitated travelers (e.g. due to dementia);

- Absence of written informed consent.

## Onderzoeksopzet

### Opzet

| | |
|---|---|
| Type: | Observationeel onderzoek, zonder invasieve metingen |
| Onderzoeksmodel: | Anders |
| Blindering: | Open / niet geblindeerd |
| Controle: | N.v.t. / onbekend |

## Deelname

Nederland

| | |
|---|---|
| Status: | Werving gestopt |
| (Verwachte) startdatum: | 11-07-2016 |
| Aantal proefpersonen: | 477 |
| Type: | Werkelijke startdatum |

## Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

**Wordt de data na het onderzoek gedeeld:** Nog niet bepaald

# Ethische beoordeling

Positief advies

| | |
|---|---|
| Datum: | 31-05-2016 |
| Soort: | Eerste indiening |

# Registraties

## Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 43674
Bron: ToetsingOnline
Titel:

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

| Register | ID |
|---|---|
| NTR-new | NL5734 |
| NTR-old | NTR5879 |
| CCMO | NL54793.058.16 |
| OMON | NL-OMON43674 |

# Resultaten

**Samenvatting resultaten**
https://doi.org/10.1093/jtm/taaa216