Risk behaviours and health problems in humanitarian travellers

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Humanitarian workers are known to be at high risk of having health problems

BUT data is still scarce

→ We aimed to assess risk behaviours and health problems in humanitarian travellers

**METHODS:**
- Retrospective observational study
- All humanitarians seen upon return
- Standardized medical form
- Multivariate analysis
- Jan. 1st 2018 – Dec. 31st 2021

**RESULTS:**
- 1529 Medical visits
  - 47 % woman
  - median age 37.2 years (IQR 31.7-44.3)
  - median mission duration 6 months (IQR 3-12)

Risk behaviour in 35.3 % :
- Exposure to schistosomiasis 12.4 % (187/1529)
- Reported unprotected sex 9% (138/1529)
- Exposure to rabies 3.7 % (56/1529)
- Accidental exposure to blood 2.9 % (44/1529)

Health issues in 60.4 % :
- Gastrointestinal 31.9 % (487/1529)
- Malaria * 15.5 % (237/1529)
  * 12.6 % (192) confirmed by RDT
  * 3.4 % (52) w/o RDT
- Respiratory infections 6.2 % (94/1529) **
  ** including 11 COVID-19
- Medical evacuations 1.2 % (19/1529)
- Hospitalizations 1 % (15/1529)
  (during travel)

**CONCLUSION:**

Humanitarian travelers encounter significant rates of health problems and self-reported risk exposure to infectious diseases is high. These findings can guide pre-travel consultations that should emphasize on reducing risk behavior as well as adherence to malaria prophylaxis.

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