

Hajj - General Medical Advice

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Preparing for Hajj

- Practice Regular Walking for few wks prior
- Ensure pre-existing medical conditions are well controlled (Diabetes, Hypertension etc)
- Get a copy of summary of your Medical Hx and medications from your Dr.
- Take one copy with you and leave one copy with family member/friend in case needed

Essential Medications

- Take prescriptions medications in original container if possible
- Take 2 sets of your medication (with one week extra supply in each set), keeping one set separately in case if one is lost
- **Regulation 24** ticked on your script can let you to get more than 1 month of supply of medications at a time.

Make List of Generic name of medications with strength & dose (Easy to buy if needed)



Vaccinations for Saudi Arabia

- Flu & Meningitis would already had been done prior to Visa
- Expected to be up-to-date with basic vaccs
- Others recommended vaccinations are Hepatitis A, Typhoid (Both foodborne) & Hep B (Bloodborne)

General Measures to prevent spread of infections

- Single most important action to prevent spread of infections is to **WASH HANDS**
- Wash hands before & after meals and after using toilet etc (Remember to avoid using scented stuff in state of Ihram).

Respiratory Infections

- Symptoms of Upper Respiratory Tract Infection :
 - Sore throat, runny nose, cough —> “common cold”
 - If also high temperature, muscle aches + pains, headache —> “flu / influenza”
- *Can exacerbate ASTHMA, Emphysema*
- Symptoms of Pneumonia:
 - High Fever, Shortness of breath, Blood in phlegm, Chest pain (Symptoms in combination).
 - **SEEK MEDICAL ATTENTION EARLY**

Respiratory Infections.....

- **Treatment of Common Cold / Flu**
 - Plenty of fluid & Rest
 - Body aches - Paracetamol or cold + flu tablets [read instructions / warnings]
 - Nasal decongestant - avoid if have history of high blood pressure
 - Symptoms self resolve, Antibiotics do not help
- **Pneumonia:**
 - Needs Antibiotics and EARLY medical review
 - Especially if elderly or co-existing medical conditions

Travellers Diarrhoea

- Risk Factors:
 - Buying food street vendors
 - drinking tap water
 - sharing bathroom/living close proximity of infected individuals
- Prevention:
 - Hand Washing
 - Eat only washed , peeled fruits and vegetables
 - Eat only pasteurised dairy products
 - Avoid street vendors
 - Drink bottled water or Zamzam water where available.

Travellers Diarrhoea

- Symptoms:
 - Unwell feeling, Nausea, Vomiting,
 - Abdominal cramps and
 - Diarrhoea (+/-Bloody)
- General Treatment:
 - **Wash hands** before/after meals & after toilet use.
 - Drink rehydration fluid like **Hydralyte**
 - To reduce diarrhoea -- Take **Imodium/Gastro-stop** – one after each loose motion, Maximum 6 in 24 hours
 - For tummy pain -- **Buscopan** 10mg 1-2 tablets as required upto 4 times a day &/OR Paracetamol.

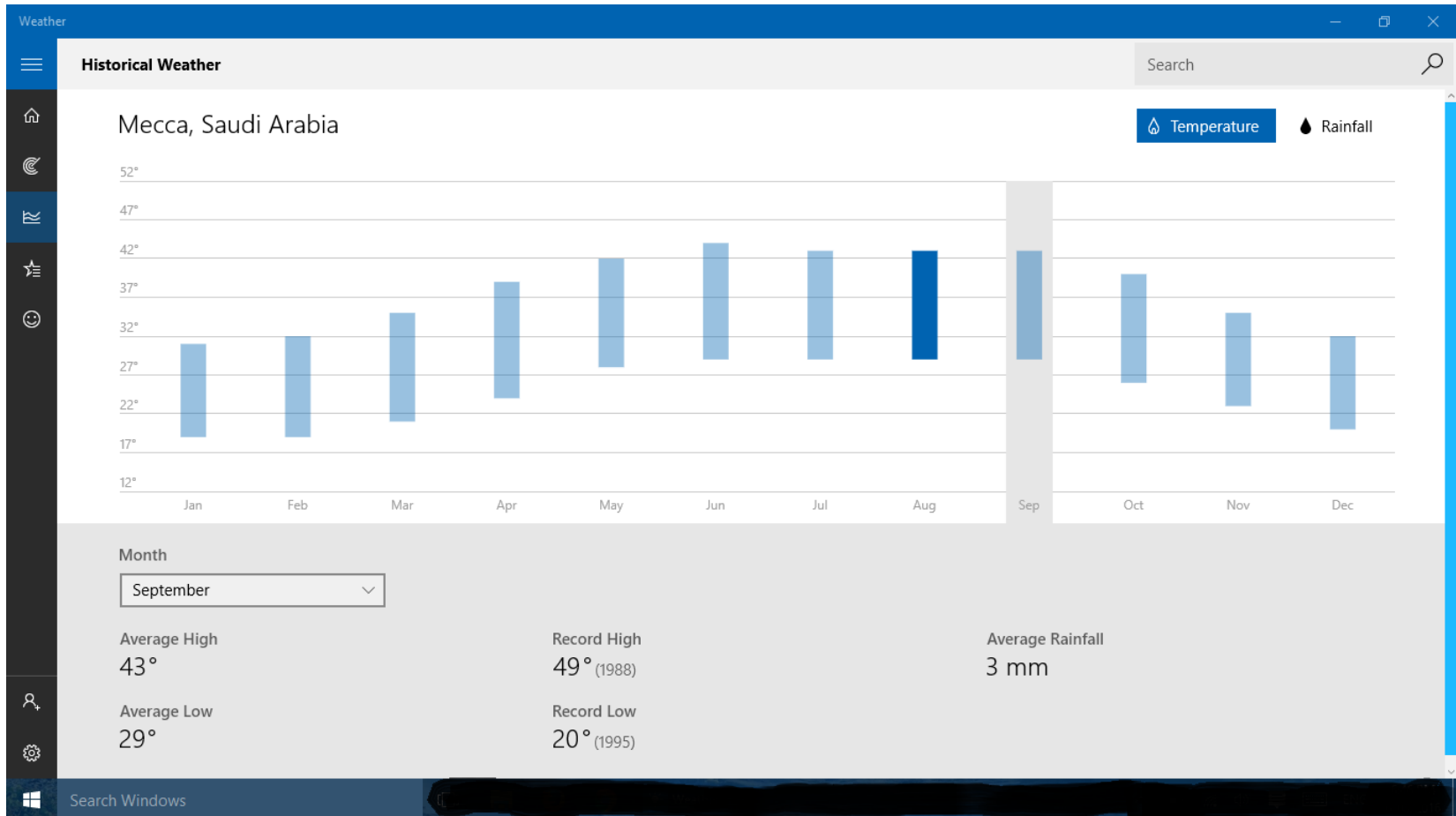
Travellers Diarrhoea

- Seek URGENT Medical Advice if :
 - Vomiting continues and concerns on Hydration
 - Fever persists after first 24 hours
 - Bloody diarrhoea (Any)
 - Abdominal cramps continues/worsens
- Signs of Dehydration
 - Mouth & Lips are dry
 - Decreased urine output
 - Sunken eye,
 - Light headedness, Rapid pulse

Other Infections -- BloodBorne Hepatitis B, C etc

- Hepatitis B, C spread through blood products
- Ritual of Hajj -- shave head & Open Ihram
 - Only use licensed barber
 - Insist and watch for new blade being opened OR
 - Buy your own blade

Climate in Saudi Arabia



Climate in Saudi Arabia



Heat Exhaustion & Heat Stroke

- Hard to imagine in Perth esp in this weather— Just remember the few hottest day in Perth and that is about the daily day time temperature in August/September in Mecca & Medina
- **VERY SERIOUS AND could be LIFE THREATENING CONDITIONS**
- **KNOW THE SIGNS AND WARNINGS - TO HELP YOURSELF AND OTHERS**

Heat Exhaustion & Heat Stroke

- Who is at more risk?
 - Elderly > 65 yrs
 - Young children / babies
 - Pregnant, breast feeding mothers
 - People with existing medical conditions
 - Heart disease, high blood pressure → on fluid/diuretic, beta-blocker medications
 - Obese

Heat Exhaustion & Heat Stroke

- **Heat Exhaustion** – body temp 37-40 degrees
- **Heat Stroke** – Body temp above 40 degrees
- **Symptoms**
 - Fatigue - extreme tiredness
 - Due to Loss of fluid + loss of salts
 - Faint + dizzy
 - Headache
 - Nausea, vomiting
- And collapse + confusion = Heat Stroke

Heat Exhaustion & Heat Stroke

- Recognise and treat Heat Exhaustion early to prevent HEAT STROKE.
- **Treatment:**
 - LIE THEM FLAT ON FLOOR
 - Move person to cool / shaded area
 - Cool their body
 - Provide them with fluid to drink
 - Seek URGENT Medical attention

Heat Exhaustion/Stroke Prevention

- **Keep up intake of fluids**
 - Drink plenty of water
 - Avoid tea / coffee / soft drinks
- **Avoid direct exposure to heat as much as possible**
 - umbrella to minimize direct contact with sun
- **Eat regular, light meals. Eat plenty of fruit and vegetables**
- **Watch out for others who might need assistance**
 - Elderly, sick, frail

People with Diabetes on Insulin

- Consult your GP/Specialist before you go
- Be extra vigilant for your blood sugars as stress & simple common infections can imbalance control.
- Always Carry Glucose monitor (especially if on Insulin) and light snack + sugary food
- Look after your feet well
- **During any illness,**
 - monitor blood sugars more frequently
 - reduce but do not stop your insulin and
 - seek Medical Advice early

Feet Rashes/Blisters

- Lot of walking + hot & dry weather = Risk of Feet rashes and Blisters
- **Prevention**
 - Comfortable, good quality footwear
 - Apply moisturiser frequently (Unscented in state of Ihram)
 - Inspect feet regularly
- **If develop Blister**
 - Cover with dressing,
 - keep is clean and dry and it will self resolve.

Soft Tissue Injuries / Sprains

- Commonest at ankle joint from twisting
- Injury → Pain and later Swelling & bruising
- Treatment -- RICE
 - R:Rest – injured area
 - I:Ice application 5-10minutes, 4-8x/day, 24-48 hrs – help to reduce swelling
 - C:Compression with bandage (?? in state of Iharm) – help to reduce swelling
 - E:Elevate – help to reduce swelling
- Immediate swelling/any concerns – seek medical Advice

Summary

- Your health is a blessing - look after it
- Starting preparing now
 - Get in shape, see your GP, pack your medications
- Maintain good personal hygiene
- Avoid being exposed directly to the sun
- Stay well hydrated
- Use good footwear
- If unwell - seek medical attention early