

## The purpose of the USRAP Pre-embarkation Check (PEC), conducted 24-72 hours before travel, is to:

- Ensure fitness to travel/fly
- Identify any communicable disease
- Ensure refugees and V93 applicants with significant medical conditions (SMCs) are stable for travel; with medical travel arrangements in place and medications available as outlined in [Supplemental Guidance for Performing the Overseas Medical Examination of Refugees](#)
- Provide presumptive parasite treatment (where recommended)

PEC Step	Review health assessment forms/DS forms and SMC forms.	Take patient history.	Measure vital signs.	Conduct full physical exam, including skin and hair.	Give presumptive parasite treatment.	Document.
<b>Who Should Conduct This Step</b>	Physicians and nursing staff	Physicians; nurses can take an initial history, but it should be reviewed by physician/s	Nursing staff; ensure physician/s has reviewed	Physicians	Physicians or nursing staff; ensure doses are cross-checked by both	Physicians
<b>Actions</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review DS forms/medical forms for past history (ideally <math>\geq 1</math> week in advance of PEC)</li> <li><input type="checkbox"/> If SMC case--see <a href="#">specific guidance</a></li> <li><input type="checkbox"/> Check DS-3025/vaccine records to ensure two age-appropriate doses of MMR/measles vaccine have been given</li> </ul>	<p>Check for:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Status of existing medical conditions</li> <li><input type="checkbox"/> Recent illnesses, clinic visits, or hospitalizations</li> <li><input type="checkbox"/> Current signs and symptoms of illness, such as: Fever Cough Sore throat Diarrhea (watery or bloody) Vomiting Rash Weakness Body aches</li> <li><input type="checkbox"/> Any other items of concern</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Weight</li> <li><input type="checkbox"/> Height (&lt;18yo)</li> <li><input type="checkbox"/> For &lt;18yo: <i>Determine nutritional status by calculating WFL (weight for length) or BMIZ (BMI Z-score), either by plotting <a href="#">on WHO growth chart</a> or <a href="#">by using WHO tables</a>; <a href="#">compare measurements to previous exam</a></i></li> <li><input type="checkbox"/> For pregnant refugees: Determine nutritional status using MUAC</li> <li><input type="checkbox"/> Temperature</li> <li><input type="checkbox"/> Respiratory rate</li> <li><input type="checkbox"/> Heart rate</li> <li><input type="checkbox"/> Blood pressure</li> <li><input type="checkbox"/> O2 saturation</li> </ul> <p><i>If anemia, cardiac/lung conditions, shortness of breath, and for all children &lt;5 yo</i></p>	<p>Check the following at minimum:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Skin exam (at the very least—examine trunk, face, and extremities, including hands and feet) to check for rashes, exanthems, scabies</li> <li><input type="checkbox"/> Hair exam to check for lice; also check nape of neck and behind ears</li> <li><input type="checkbox"/> Oropharyngeal exam (looking for enanthems, exudates)</li> <li><input type="checkbox"/> Cardiac and pulmonary auscultation (also observe respiratory effort)</li> <li><input type="checkbox"/> If child with upper respiratory symptoms, ear pain, or fever: Check ears and tympanic membranes</li> </ul> <p><i>If signs or symptoms of illness are found on history, vitals, or physical—a full physical exam is needed.</i></p> <p><i>Consider whether any exam findings affect fitness to fly.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Conduct pregnancy testing (<a href="#">female refugees</a> aged 15-50)</li> <li><input type="checkbox"/> Provide pretreatment counseling</li> <li><input type="checkbox"/> Treat following <a href="#">USRAP schedule</a></li> </ul> <p><i>All doses should be directly observed either by panel or by IOM unless explicitly advised otherwise by IOM.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Update DS and PDMS forms with: <ul style="list-style-type: none"> <li>• New history</li> <li>• Exam findings</li> <li>• Parasite treatment doses</li> <li>• Vaccines given during PEC</li> </ul> </li> <li><input type="checkbox"/> Ensure refugee has 8- to 12-week supply of needed, unexpired medications</li> </ul> <p>Ready to travel!</p> <p><i>Questions? Changes in travel fitness? Contact your IOM point of contact ASAP</i></p>