

„Compliance in Travel Medicine“

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Adherence is a pivotal theme in travel medicine. The term encompasses synonyms such as „compliance“, „obey instructions“, „follow guidelines“, „do as asked“, „avoid certain behaviours“, „accord“. Travel medicine interventions are effective only if the traveller is adherent. Travellers adhere fully, in part or not at all to suggested travel medicine guidelines. Travel medicine adherence scenarios will be discussed: the failure of the „cook it, boil it, peel it“ recommendation to prevent travellers’ diarrhoea, the success of the hepatitis A vaccination and the complexity of adherence with malaria preventive strategies. Recommendations need to be constantly overhauled and guidelines updated on the basis of controlled studies as evidence-based travel medicine is the future direction. New technologies and wider knowledge will pave the way for simple vaccination schedules, acceptable anti-malaria strategies and more efficient communication methods.