



Make the vaccination situation  
as comfortable as possible



# Unpleasant feelings connected to vaccination



Fear

Stressing

Distress

Anxiety

Pain



# What affects the feeling



Interaction between  
the client and the  
professional

Technique of the  
vaccine  
administration

Comfortable, safe and  
secure relationship

What to say?

What to do?

How to act?



# Fear of needles



- Majority of children are afraid of needles
- 20-50% of adolescents and 20-30% of young adults suffer from a fear of needles
- It has been estimated that the fear of needles prevents 16% of adults, 27% of hospital employees and 8% of healthcare workers (at hospitals) from taking influenza vaccination
- It is important to pay attention to and seek interventions that alleviate the fear



# Pain during vaccination



- Pain during vaccination is one of the most common sources of anxiety and fear for children and their parents, and also for some adults.
- It is important to use proper equipment (including the right-sized needle) and proper vaccination technique.
- Composition of the vaccine affects also: some vaccines cause more pain than others.
- Neglected vaccination pain can lead to fear, delay or avoidance of future vaccinations, or even cause vaccine hesitancy.



# Recommendations for vaccinator (1)



- Plan the vaccination procedure beforehand and make sure that you have all the required equipment available.
- Be calm, confident, respectful and collaborative.
- Use neutral words: avoid words that can increase anxiety or distrust. For example, don't say: "It doesn't hurt".
- Use language which is appropriate to the vaccine recipient's level of understanding.
- Listen to the vaccine recipient patiently.
- Normalize the feelings: "It is normal to be nervous / feel fear..."



# Recommendations for vaccinator (2)



- Make sure that the vaccine recipient is well positioned
  - See the presentation about holding the child during vaccination
  - For adults, sitting is recommended or lying down (if there is a previous history of fainting)
- Presence of a parent is recommended when vaccinating an infant
- No aspiration during intramuscular vaccination – it causes a longer contact time and lateral movement of the needle
- When multiple vaccines are administered at the same visit, they should be given in order of increasing painfulness: first, give vaccines causing less pain and give the most painful vaccines last





# Recommendations for vaccinator (3)



- Breastfeeding the baby shortly before and during vaccination usually makes the situation easier for the baby and decreases pain
- Diverting the attention away from the vaccination usually helps the infant (for example, with toys, videos, music, or conversation with the parent)





# After the vaccination



- Be friendly: smile, encourage, praise the vaccine recipient: "well done", "you were brave"
- Ask the vaccine recipient how he/she felt and ask for feedback
- Give instructions for after-care
- Inform about possible adverse events



# References



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