

Make the vaccination situation as comfortable as possible

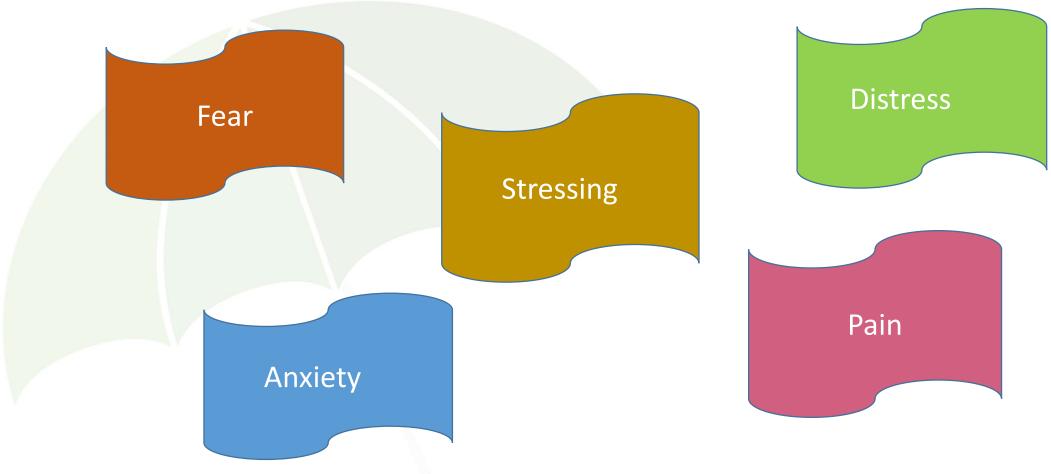




Unpleasent feelings connected to vaccination

Erasmus+







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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