



# COUNSELING PARENTS ABOUT THEIR CHILD'S VACCINATIONS (ages 0 through 6)





This presentation provides information on how to counsel parents about their child's vaccination. The following slides showcase a healthcare visit where the public health nurse visits the clients' home. During the visit, their one-year-old child receives vaccines according to the vaccination schedule. The MMR-vaccine is used as an example in this scenario.

The presentation is divided into sections describing the different phases of an authentic healthcare visit.





# Encountering the Child

What to consider when meeting the child and parents for the first time.



# Encountering the Child



- It is vital that the child's wellbeing is at the forefront
- Create an environment where the child can feel important, safe and supported.
  - Use toys and play as part of the care
  - Allow time for the child to get familiar with the surroundings



# Encountering the Child



Listen to and encourage the child

- E.g., by directly asking how the child feels
- Praise and support the child in an honest way by addressing the uniqueness of the individual child





# Counseling the Parents



# Counseling the Parents



- Health care professionals provide valuable information to parents about immunization
- Parents are more likely to vaccinate their child when they are educated on vaccines and preventable diseases



# Counseling the Parents



- Discuss with parents about their concerns and encourage them to ask questions
- Create an open environment for conversation

Inform parents about:

- diseases associated with the vaccine and the vaccination coverage in different countries
- vaccines that are administered
- vaccination schedule
- adverse reactions and possible symptoms caused by the vaccine
- vaccine administration procedure
- holding positions
- pain management







# Correct Holding Positions



# Correct Holding Positions



- Instruct the parents and collaborate with them on the best holding position
  - Create a safe and comfortable position
- Inappropriate holding technique might result in the child moving
  - The needle can move inside the tissue which can create pain for the child
  - The vaccine might end up in the wrong compartment
  - Risk of accidents involving the needle



# Recommendations on How to Hold the Child



- Holding position for an infant
  - Instruct the parents to hold the child on their lap while placing the child in a hug-like position
  - Instruct the parent to hold the child's feet down with the other hand
  - Ask the parent to hold the child gently but firmly to create a secure feeling and prevent the child from moving
- Holding position for an older child
  - Instruct the parents to hold the child in a hug-like position on their lap while securing the child's arms with their hands
  - The parent can anchor the child's feet firmly between the parent's own legs





# Vaccine Administration



# Vaccine Administration



- Every vaccine has specific, **individual instructions** for the preparation that the healthcare worker should get familiar with.
- For example, the MRR vaccine is prepared as follows:
  1. Insert the liquid from the syringe with a needle into the injection bottle.
  2. Gently shake the bottle until the powder has dissolved into the liquid and the suspension is turbid and of light color.
  3. Immediately after the suspension is ready, draw it into a new syringe and shake the syringe gently.
  4. Check the content of the syringe and shake rapidly if a gel-like phase is still visible.
  5. Swap in a clean needle and administer right away.



# Vaccine Administration



- Vaccines are administered either via nasal, oral, subcutaneous or intramuscular route
- Intramuscular injection is given to the upper-outer part of the thigh muscle, or to the deltoid muscle, depending on the age and size of the child



# Intramuscular Injection Administration (1/2)



- Once the vaccine is prepared, it should be administered immediately
- It is not required to cleanse the injection site, but if done so, let the area dry completely prior to administering the injection
- Take a firm grip of the muscle and insert the needle in a 90-degree angle



# Intramuscular Injection Administration (2/2)



- Next, hold the needle steady with the other hand while making sure that the needle is not in a blood vessel
  - Aspirating is not required
- Slowly administer the vaccine
- Remove the needle and press the injection site with a clean pad for a couple of seconds







# Ending the Visit



# Ending the Visit



- It is important that the child leaves with a positive experience
- Comfort and encourage the child without adding too much emphasis on the pain they are experiencing
  - Sometimes it is also necessary to comfort the parents, since seeing their child in pain can be uncomfortable



# Ending the Visit



- Children often enjoy an incentive given to them at the end of the procedure
  - e.g., a sticker
- Hand out written instructions to the parent on what was discussed



# References



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