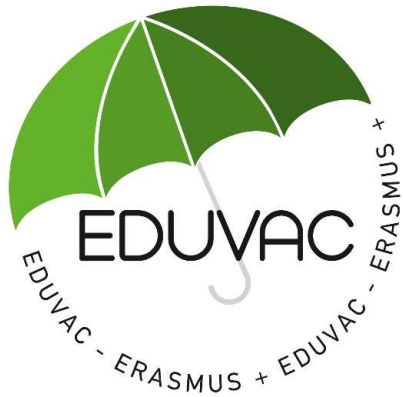


# COUNSELLING ADOLESCENTS

## ages 12 up to 18

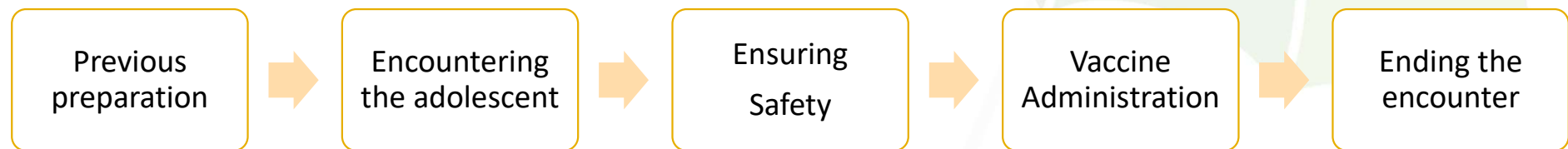




This presentation provides information about how to counsel adolescents on vaccination. The following slides describe a healthcare visit at school. During the visit, the adolescents receives vaccines according to the vaccination schedule followed by the primary health center or school.

The vaccination can be for: hepatitis A, meningococcal conjugate ACWY, varicella (chickenpox), human papillomavirus, tetanus or diphtheria.

The presentation is divided into sections that describe the different phases of the counseling and safety healthcare adolescent interventions.





# Previous preparation

Considering that adolescents and pre-adolescents do not go to the health system often, the school's vaccination permits a better coverage and a correct fulfillment of the vaccination schedule.

Especially in the current pandemic this strategy becomes more important.

# Previous preparation



- It is suggested to follow strategies of multiple simultaneous vaccinations, which means no more than 2 injections per visit.
- It is important to create an informational environment for the adolescent treating her/him as **an adult**.



# Previous preparation



- Provide information for school' teachers, parents and collect the parent's consent.
- Use digital resources about immunization education.
- Use multiple channels for direct individual and collective communication: e.g. face-to-face, virtual forum, school platforms, e-mail, others.



# Previous preparation: a sample of digital resources for education on immunization



## COMIC BOOKS

Viral Attack:

Askabiologist [http://askabiologist.asu.edu/sites/default/files/resources/activities/body\\_depot/viral\\_attack/viral\\_attack.pdf](http://askabiologist.asu.edu/sites/default/files/resources/activities/body_depot/viral_attack/viral_attack.pdf)

Vaccines work. Here are the facts. <https://medium.com/the-nib/vaccines-work-here-are-the-facts-5de3d0f9ffd0#.mx9r6tz5r>

Immunity Warriors: Invasion of the Alien Zombies! [www.immunitywarriors.com](http://www.immunitywarriors.com)

## VIDEOS

Immunity and Vaccines Explained: Pbs.org <http://www.pbs.org/video/2365317280/>

Immune System. Kidshealth.org <http://kidshealth.org/en/kids/ismovie.html>

Surgeon General and Elmo team up to talk vaccinations <https://youtu.be/ZpOHlzkLP-g>

Cybersleuth Kids. Immune System. [http://cybersleuth-kids.com/videos/Immune-System\\_v2755](http://cybersleuth-kids.com/videos/Immune-System_v2755)

Getvaxed.org – a resource for teens and young adults <http://www.getvaxed.org/videos.htm>

## GAMES

Vax Pack Hero: “Team up with vaccine heroes to beat germs and keep patients healthy” <http://www.phillyvoice.com/chop-releases-vaccine-themed-video-game-kids/>

Flu Mania: <https://itunes.apple.com/au/app/flumania/id970486995?mt=8>

Sid the Science Kid “Super Duper Antibodies” <http://pbskids.org/sid//germs.html>

Pox. Save the People <https://itunes.apple.com/en/app/pox-save-the-people/id475604824?mt=8>

Wilson, K., Atkinson, K., & Crowcroft, N. (2017). Teaching children about immunization in a digital age. *Human vaccines & immunotherapeutics*, 13(5), 1155–1157. <https://doi.org/10.1080/21645515.2016.1271519>





# Encountering the adolescent

What to consider when meeting the adolescent for the first time: as an **adult**



# Encountering the adolescent



## Listen to and encourage:

- Talk as an adult.
- Respect independence and autonomy.
- Preserve intimacy.
- Ensure confidentiality.
- Involve the participant in the decision-making process.
- Avoid confrontations and value adolescent individual judgments.
- Never force vaccination without consent.
- The written consent must be given by parents until sixteen, depending on each country.





# Counselling adolescents



- Ask if the vaccinator place is considered safe.
- Discuss about their concerns.
- They should be able to ask anything.
- Create an open environment for conversation.
- Shared worries with friends.

## Inform about:

- Pain and other symptom's management.
- Vaccine procedures.
- Vaccine and the vaccination coverage in different countries.
- Vaccines that are administered and illness prevented.
- Vaccination schedule.
- Adverse reactions and possible side effects into 24-48 hours.
- Any other individual doubt.
- Inform starting from their needs/questions/concerns.

**Take into consideration:** adolescence is a period of life span with insecurity and threat.



# Counselling adolescents: active listening



Actions to be done BEFORE the vaccination:

- ✓ Establish the purpose of the interaction.
- ✓ Ask questions or statements to encourage the expression of thoughts, feelings and concerns.
- ✓ Display awareness and sensitivity to emotions.
- ✓ Be aware of which words are avoided considering the nonverbal messages.
- ✓ Identify predominant themes and past experiences.
- ✓ Clarify the message and take time to listen and answer so that it reflects understanding of the received message.

Example of empathic answer =

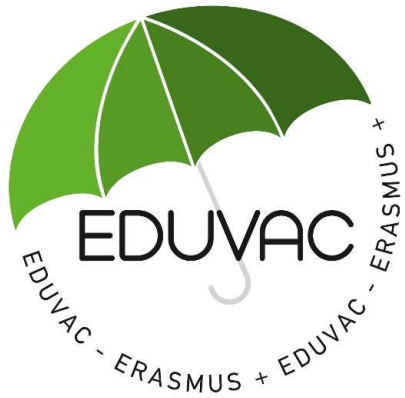
1 + 2 + 3

1 - I understand that you feel

\_\_\_\_\_ (the emotion seen or the teenager expression used)

2- because you think \_\_\_\_\_ (the adolescent' thought or concern or past experience)

3- is it? Give adequate time to explore again if it's necessary



# Ensuring safety

# Ensuring safety



- Health care professionals provide valuable information about immunization.
- Adolescents are the future adults responsible for community immunization: it is very important to educate on vaccines and preventable disease.



Teenagers experience conflicting emotions and difficulties in handling life situations.

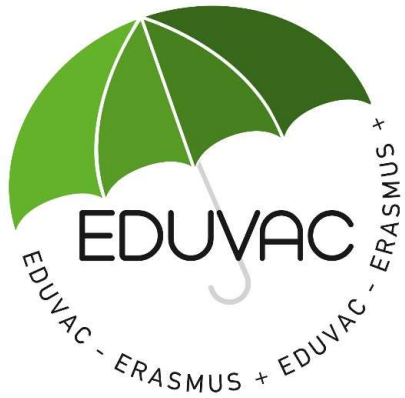


# Ensuring safety



- Some adult could be present with the consent of the adolescent (e.g. a trusted teacher, parent).
- Recommend sitting or stretching to avoid falls in case of fainting.
- Consider basic emergency equipment (e.g. ambo, cannulas, stethoscope, glucometer, blood pressure, adrenaline preloaded syringe).
- Check the alert process system to ensure the emergency service.





# Vaccine Administration

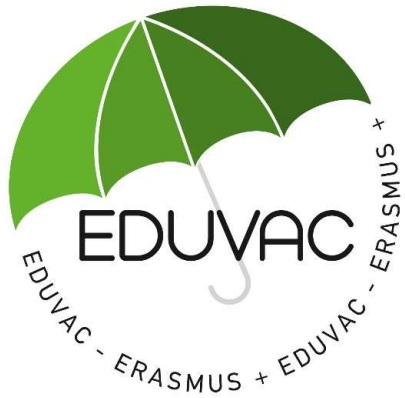




# Vaccine Administration



- Every vaccine has specific **individual instructions** for the preparation, and the health care worker should get familiar with them.
- The injection site area isn't required to be cleansed, but if needed, it is necessary to let completely dry before the injection.
- Take a firm grip of the muscle and insert the needle with a 60/90° angle.
- Aspiration isn't 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



# Counselling adolescents: active listening



Actions to be done AFTER the vaccination:

- ✓ Use silence and time to explore their experience.
- ✓ Smile and affirm with nods of the head.
- ✓ Not being intimidating by eye contact.
- ✓ Be aware of non-verbal messages.
- ✓ Identify predominant themes of the experience.
- ✓ Clarify the message and take time to listen and answer looking for a feedback.

Example of empathic answer =

1 + 2 + 3

1 - I understand that your experience is been like \_\_\_\_\_ (the expression used by teenager)

2- because you \_\_\_\_\_ (the adolescent' experience)

3- is it? Give adequate time to explore again if it's necessary



# Ending the Visit



- It is important for adolescents to leave the vaccination place with a positive experience.
- Encourage their feelings.
- Give some visual or written additional information.
- Encourage the positive aspects of the experience.
- Schedule future visit or future contact for additional strategies.

✓ Talking about it now, you will build health  
for the future

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