Immunize.org Suite of Materials to Improve the Vaccination Experience

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Overview

1. The (underappreciated) problem
2. Materials for HCP
3. Materials for vaccine recipients & families
4. Time for questions
One stop for all resources:

www.immunize.org/clinical/vaccine-confidence/topic/improving-vaccine-experience/
SECTION 1: The problem
The (underappreciated) problem: Vaccination anxiety $\rightarrow$ vaccination hesitancy

- Fear of needles is common: 2-of-3 children and 1-of-4 adults

- Negative consequences
  - Anxiety (fear) can fuel pain (pain is subjective)
  - Anxiety & pain can lead to vaccination stress-related responses (e.g., dizziness, headache, nausea, fainting)
  - Negative vaccination experiences contribute to negative attitudes about vaccination and vaccine hesitancy

Taddio et al. (2012); McMurtry et al. (2015); McMurtry (2020)
Up to 1 in 10 people refuse vaccinations because of fear.
SECTION 2
Materials for Healthcare Professionals
www.immunize.org/clinical/topic/addressing-anxiety/
Two Webinars

Improving the Vaccination Experience: Reducing Pain and Anxiety for Children and Adults
February 28, 2023

Improving the Vaccination Experience: Accessible Vaccination for Neurodiverse People at Any Age
December 13, 2022

98 minutes

Immunize.org

WEBINAR

Improving the Vaccination Experience: Accessible Vaccination for Neurodiverse People at Any Age
December 13, 2022

www.immunize.orgclinical/webinar/accessible-vaccination-neurodiverse/
Enhanced screening checklists for contraindications

13. Have you ever felt dizzy or faint before, during, or after a shot?

Fainting (syncope) or dizziness is not a contraindication or precaution to vaccination; it may be an anxiety-related response to any injection. CDC recommends vaccine providers consider observing all patients for 15 minutes after vaccination. See Immunize.org’s resource on vaccination and syncope at www.immunize.org/catg.d/p4260.pdf.

14. Are you anxious about getting a shot today?

Anxiety can lead to vaccine avoidance. Simple steps can help a patient’s anxiety about vaccination. Visit Immunize.org’s “Addressing Vaccination Anxiety” clinical resources at www.immunize.org/handouts.
Screening Checklist for Contraindications to HPV, MenACWY, MenB, and Tdap Vaccines for Teens

For parents/guardians: The following questions will help determine if human papillomavirus (HPV), meningococcal conjugate (MenACWY), meningococcal serogroup B (MenB), and tetanus, diphtheria, and acellular pertussis (Tdap) vaccines may be given to your teen today. If you answer “yes” to any question, it does not necessarily mean your teen should not be vaccinated. It just means additional questions must be asked. If a question is not clear, please ask your healthcare provider to explain it.

1. Is your teen sick today? (HPV, MenACWY, MenB, Tdap)
2. Does your teen have allergies to a vaccine component or to latex? (HPV, MenACWY, MenB, Tdap)
3. Has your teen had a serious reaction to a vaccine in the past? (HPV, MenACWY, MenB, Tdap)
4. Has your teen had or been treated for a brain or other nervous system problem? (Tdap)
5. Is your teen pregnant? (Tdap)
6. Has your teen ever felt dizzy or faint before, during, or after a shot? (Tdap)
7. Is your teen anxious about getting a shot? (Tdap)

FORM COMPLETED BY

DATE

FORM REVIEWED BY

DATE

Did you bring your teen’s immunization record card with you?

Yes ☐
No ☐

It is important to have a personal record of your teen’s vaccinations. If you don’t have one, ask your healthcare provider to give you one with all of your teen’s vaccinations on it. Keep it in a safe place and be sure your teen carries it every time he/she seeks medical care. Your teen will likely need this document to enter school or college, for employment, or for international travel.

Information for Healthcare Professionals about the Screening Checklist for Contraindications to HPV, MenACWY, MenB, and Tdap Vaccines for Teens

Are you interested in knowing why we included a certain question on the screening checklist? If so, read the information below. If you want to find out more, consult the references listed in “Notes” below.

1. Is your teen sick today? (HPV, MenACWY, MenB, Tdap)

Yes: For supporting documentation on the screening given below, go to the specific ACIP vaccine recommendation found at the following websites:

www.cdc.gov/vaccines/hcp/acip-recs/vacc-recs/contraindication.html

www.cdc.gov/vaccines/hcp/acip-recs/vacc-recs/conditions.html

1a. There is no evidence that acute illness reduces vaccine effectiveness or safety. However, as a precaution, all vaccines should be delayed until moderate or severe acute illness has improved.

1b. Mild illnesses with or without fever (such as colds, shiners, and antistolic rash) are not contraindications to routine vaccination.

2. Does your teen have allergies to a vaccine component or to latex? (HPV, MenACWY, MenB, Tdap)

Yes: Anaphylactic reaction to latex is a contraindication to vaccines with latex as part of the vaccine’s packaging (e.g., violet stoppers, prefillable syringe plungers, prefillable syringe caps). For details on latex in vaccine packaging, refer to the package insert (listed at www.fda.gov/vaccines-blood-biologics/vaccines/vaccines-licensed-for-use-licensed.html).

An injection-site reaction (e.g., soreness, redness, delayed-type local reaction) to a prior vaccine dose or vaccine component, including latex, is not a contraindication to a subsequent dose or vaccine containing that component.

3. Has your teen had a serious reaction to a vaccine in the past? (HPV, MenACWY, MenB, Tdap)

Yes: Anaphylaxis to a previous vaccine dose or vaccine component is a contraindication for subsequent doses of corresponding vaccines (see question 1). Usually, one defines vaccination when a precaution is present unless the benefit outweighs the risk (e.g., during an outbreak).

4. Has your teen had a brain or other nervous system problem? (Tdap)

Yes: Encephalopathy within 7 days following DTP/DTaP is a contraindication for further doses of any pertussis-containing vaccine, including Tdap.

5. Is your teen pregnant? (HPV and MenB)

Yes: MenB should not be given except to those with an elevated risk of exposure during pregnancy. HPV vaccine is not recommended during pregnancy. Influenza vaccine, COVID-19 vaccine, and Tdap are explicitly recommended during pregnancy.

6. Has your teen ever felt dizzy or faint before, during, or after a shot? (Tdap)

Yes: Fainting (syncope) or diziness (presyncope) is not a contraindication or precaution to vaccination. However, for some people these can be a response to vaccination anxiety. People in adolescent and young adult age groups are more likely to experience syncope. CDC recommends that vaccine providers consider observing all patients for 15 minutes after vaccination. This is especially important for people with a pattern of injection-related syncope. For more information about vaccination-related syncope, see www.immunize.org/catg.d/p4260.pdf.

7. Is your teen anxious about getting a shot? (Tdap)

Yes: Anxiety can lead to vaccine hesitancy or avoidance. Simple steps can ease a patient’s anxiety about vaccination. Visit Immunize.org’s “Addressing Vaccination Anxiety” clinical resources at www.immunize.org/handouts.

VACCINE ABBREVIATIONS

DTP = Diphtheria, tetanus, pertussis vaccine
DTaP = Diphtheria, tetanus, acellular pertussis vaccine
HPV = Human papillomavirus vaccine
MenACWY = Meningococcal serogroup A, C, W, Y
MenB = Meningococcal serogroup B vaccine
MenCVD = Meningococcal serogroups A, C, W, Y
Addressing vaccination anxiety: Strategies for healthcare professionals

- Adolescents and Adults
- Children
- Infants and Toddlers

www.immunize.org/catg.d/p4271.pdf
Vaccination-Related Syncope

What is Syncope?
Syncope (fainting) is a brief loss of consciousness caused by a sudden, temporary change in blood flow to the brain. A person who is about to faint (presyncope) may feel lightheaded, dizzy, weak, nauseated, sweaty or cold. They may feel tingly or have changes in vision. Muscles may twitch during a syncopal episode, which may be mistaken for a seizure. However, recovery is rapid and spontaneous. Syncope-related falls can result in serious injury. Syncope is more common in people with high levels of needle fear.

Reduce the Risk of Vaccination-related Presyncope and Syncope
1. Ask about a history of dizziness or fainting related to vaccination or other injections. If present, ask what they do to prevent fainting.
2. Help recipients feel less anxious. Ask how they prefer to handle their anxiety and support their choices. Make suggestions, if needed: slow, deep breaths, or distractions (by a mobile device or conversation) may help. Keep wait times to a minimum. Keep needles out of view until necessary.
3. Offer techniques to reduce pain. If feasible. Consider topical analgesia or other non-pharmacological techniques to minimize pain sensations.
4. Address hunger or thirst, which may increase the likelihood of syncope.

Vaccination-Related Syncope
Syncope reactions to vaccination are most likely to occur in adolescents or young adults but can occur at any age. This reaction is related to the act of injection, and is not an adverse reaction to a specific vaccine ingredient. It is not a contraindication or a precaution to the administration of any vaccine. Some people have a pattern of fainting related to injections.

Respond to Presyncope and Syncope
If a patient experiences presyncope symptoms, act quickly to have them sit or lie down. If they lose consciousness, lay the patient down with legs elevated, if possible. Observe the patient’s vital signs and clinical signs until symptoms resolve. If syncope happens outside the medical setting and the patient does not recover quickly, contact local emergency medical services.

1. Visit Immunize.org/“Addressing Vaccine Anxiety” clinical resources at www.immunize.org/training
3. Example of muscle tension exercise: Sit in a chair. For about 15 to 15 seconds, tense the leg and stomach muscles, but not the throat where the needle will go. Release the tension for 10 to 15 seconds. Repeat the tense and release steps until the feeling of faintness passes. www.immunize.org/Immunize/ACIP/WhatToSay/091026.pdf
Video Series

- Using Enhanced Screening Checklists for Vaccination
  - ImmunizeOrg
  - 124 views • 3 weeks ago

- Fainting Related to Vaccination: What You Need to Know
  - ImmunizeOrg
  - 164 views • 3 weeks ago

- Addressing Vaccination Anxiety: Strategies for Healthcare Professionals
  - ImmunizeOrg
  - 365 views • 3 weeks ago

- Addressing Vaccination Anxiety for Infants:
  - ImmunizeOrg
  - 305 views • 3 weeks ago

- Addressing Vaccination Anxiety for Children:
  - ImmunizeOrg
  - 125 views • 3 weeks ago

- How to Administer Multiple Intramuscular Vaccines to Adults During One Visit
  - ImmunizeOrg
  - 219 views • 3 weeks ago

www.youtube.com/c/immunizeorg
SECTION 3
Materials for Vaccine Recipients & Parents
Addressing vaccination anxiety: Strategies for vaccine recipients and caregivers

- Adolescents and Adults
- Children
- Infants and Toddlers

Fainting Related to Vaccination

What is Fainting?
Fainting (the medical term is “syncope”) is when a person loses consciousness (passes out) briefly after a sudden, temporary, change in blood flow to the brain. A person who is about to faint may feel lightheaded, dizzy, weak, nauseated, sweaty or cold. They may feel flushed or have a change in vision.

When people faint, their muscles may twitch, and this may be mistaken for a seizure. However, they usually wake up quickly after fainting. The reason fainting is important is that people who faint may be injured if they fall. Fainting is more common in people who are very afraid of needles.

You Can Reduce the Risk of Vaccination-Related Fainting
The basics:
- Before the visit, eat or drink if needed. If you are very hungry or thirsty you may be more likely to feel faint when vaccinated.
- Let the person giving the vaccination know if you have a history of dizziness or fainting related to vaccination or injections. Also, let them know what helps you.
- Sit or lie down for the vaccinations and stay for about 15 minutes after vaccination is complete.
- If you are the parent or companion of the vaccine recipient, be supportive. Avoid using scary words, but don’t give false comfort either (“You won’t feel a thing!”)

One or more of these options also may help:
- Distract yourself with a game or app on a mobile device.
- Take slow, deep breaths before, during, and after vaccination.
- Most people prefer to look away, but watch the vaccinator if that makes you calmer.
- Talk about something pleasant with the vaccinator or someone who is with you.
- Learn to use simple muscle tension exercises to prevent vaccination-related fainting.*
- For more ideas, visit Immunize.org’s “Addressing Vaccination Anxiety” resources for recipients and caregivers at www.immunize.org/handouts.

What if You Feel Faint During the Vaccination?
If you start to feel faint, sit or lie down if you can. If you faint, the healthcare provider will support you. You should feel better in a few minutes.

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* Examples of a muscle tension exercise: Sit in a chair. For about 10 to 15 seconds, tense the leg and stomach muscles, but not the arm where the needle will go. Release the tension for 20 to 30 seconds. Repeat the tension and release steps until the feeling of faintness passes. From Fendle Related Fainting: Why Does It Happen? What to Do About It? From AboutKidsHealth (Canada) at aboutkidshealth.ca/MA/Heads/CARD_Mom/’Ses/Dec/1995/Treatment.pdf, accessdate=2016-12-14.
Immunize.org’s Next Steps
Next steps:

- Materials available on Immunize.org, YouTube
- Vaccine recipient/parent materials will be on VaccineInformation.org when redesigned site launches
- Featuring each video in IZ Express, social media
- Follow and share our posts on social media (@ImmunizeOrg)

www.immunize.org/clinical/vaccine-confidence/topic/improving-vaccine-experience/
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Acknowledgment:
Sharon Humiston, MD, MPH

Questions for us?