Comfort Menu to Prevent Pain and Syncope related to Vaccination among AdolescentPatients

Kaiser Permanente Northwest Center for Health Research
Background

- **Problem:** Concerns about pain or syncope are often cited by parents and youth as barriers to vaccination. Strategies to reduce these potential vaccine reactions exist, but are infrequently used when vaccinating adolescents.

- **Goal of Comfort Menu:** Reduce pain and syncope related to vaccination among adolescent patients and improve vaccination experience

- **Comfort Menu developed through research project funded by National Vaccine Program Office (NVPO), US Department of HHS**
  
  - Based on qualitative assessment of adolescent patient, parent, and provider preference for and acceptance of recommended strategies to reduce acute pain and syncope associated with vaccination
  
  - Piloted in Kaiser Permanente Northwest pediatric clinics
Materials
Vaccination Comfort Menu

May We Offer You One of the Following Comfort Items?

- **Water or juice**
  Drinking fluids prior to vaccination may help reduce the risk of feeling faint or dizzy.

- **Snack**
  Eating a small snack prior to vaccination may help reduce the risk of feeling faint or dizzy. Salty snacks, such as crackers, may be especially helpful.

- **Warm blanket**
  For your comfort before or after vaccination.

- **Squeeze ball**
  Squeezing a ball can help keep your blood pressure up during vaccination. This action may help prevent faintness or dizziness and may also provide a good distraction.

- **Headphones/earbuds**
  You can use these with your own device to help distract you during vaccination.

- **Pinwheel**
  Blowing on the pinwheel encourages relaxing, deep breaths. Also a great distraction tool!

- **“shotblocker”®**
  We will press a flexible plastic disk firmly against your skin at the injection site. This helps to block pain signals so your shot is less painful.

- **Single-use cold pack**
  Applying a cold pack to your injection site may help reduce pain and swelling after vaccination.

- **Self care info sheet**
  Helpful tips for post-vaccination.

We Want You to be as Comfortable as Possible:

- Would you prefer to lie down or sit up while you receive your vaccination?
- Would you prefer your vaccination in your right or left arm?
- Please let us know if you feel dizzy or faint after your vaccination, so that we can allow you to rest for a few minutes before leaving.
Post-Vaccination Self-Care Information Sheet

Some kids (including pre-teens and teens) experience mild reactions after vaccination, such as pain at the injection site, a rash, or a fever. These reactions are common and usually go away quickly.

The following tips will help you manage mild side effects.

- Review any information the doctor gives you about the shots, especially the Vaccine Information Statements (VIS) or other sheets that outline which side effects might be expected.
- Use an ice pack or cool, wet cloth to reduce redness, soreness, and swelling in the place where the shot was given. If your doctor approves, use a non-aspirin pain reliever.
- Reduce any fever with a cool shower or bath. If your doctor approves, use a non-aspirin fever reliever.
- It is common for some kids to eat less during the 24 hours after getting vaccines. Make sure to drink plenty of fluids.
- Pay extra attention for anything unusual for a few days. If there is something that concerns you, call the doctor.

Adapted from “Tips for a Less Stressful Shot Visit” (http://www.cdc.gov/vaccines/parents/tools/tips-factsheet.pdf), adapted by the Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians (AAFP), and the American Academy of Pediatrics (AAP) from “Be There for Your Child During Shots, California Department of Public Health Immunization Branch.”
Vaccination Comfort Menu Delivery

- Menu offered by provider (physician, nurse, or medical assistant) to patients aged 11-17 years prior to vaccination
  - Comfort menu in central location outside exam room or vaccination location

- Patient selects items that they feel reduce pain and syncope associated with vaccination and improve vaccination experience
  - Comfort items stored in central location (e.g., cart, cabinet)

- Patient receives comfort item requested prior to vaccination
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