

Addressing Vaccine Concerns in Adults:

A CLINICAN RESOURCE GUIDE



KNPN

Kansas New Practitioners Network

An affiliate of **KPhA** 

Health Care Professionals & What We Can Do:

Share messages that are accurate, personal, and informative. It is important to address common concerns like the ones listed below, while gaining a perspective of empathy on where patients are coming from. We must work to promote the success stories from people who are trusted among peers in our local communities, to encourage others to get vaccinated.

1. Fear of Side Effects

It is common to have a day or two of fatigue and flu-like symptoms with certain vaccines. It is important to point out the positive impact of reactogenicity when discussing side effects, meaning that there is good immune system response. Many concerns are rooted in scenarios that are not proven by scientific data, such as the MMR vaccine being linked to autism.

2. Handling Lack of Access

There are many people that do not have access to certain resources, such as transportation to the pharmacy. Studies have shown that supportive staff, short wait times, and appointment scheduling contributed to an increase in fully vaccinated patients.

3. Rush to Market Assumption

Vaccine technology has been around for centuries. Assure patients that it often takes 10–15 years for the development of a vaccine. The virus that caused the COVID-19 outbreak is related to other coronavirus outbreaks that have been studied for years. The knowledge gained from these studies helped accelerate the production of the current COVID-19 vaccinations.

4. Fear of Needles

For some people, fear of needles can prevent them from getting a vaccine. It is important to reassure patients of their worries to decrease the feeling of shame. Walk through the procedure steps with the patient and offer a comfortable surrounding. Things such as breathing exercises and cooling devices can help the brain focus on areas other than the needle.

Conclusion

Despite the barriers listed above, intervention has been repeatedly shown to improve vaccination rates. As healthcare providers, it is our job to promote public health and educate the population on the benefits of immunizations. It is always important to address concerns in a respectful manner and work with the patient to correct any misconceptions that may arise.

Development: *KNPN Professional Resources Committee*

With Information From:

- **American Medical Association**
- **Centers for Disease Control and Prevention**
- **Journal of Pediatric Pharmacology Therapeutics**
- **World Health Organization**

Addressing Vaccine Concerns in Parents & Guardians:

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Health Care Professionals & What We Can Do:

The COVID-19 pandemic put a major strain on health care systems, with 25 million children missing out on vaccinations in 2021. When discussing young populations with caregivers, immunizations can be a sensitive topic. There is no single answer to persuade everyone to get a vaccine, but there are common concerns listed below that we may encounter. The goal is to help gain a better understanding from both ends to get the conversation started.

1. Fear of Side Effects

It is important to reassure caregivers that most side effects are mild and go away in a few days. The benefits of preventing the disease are greater than the risks of the possible side effects. We must also ensure caregivers that there is no evidence that vaccines threaten a long, healthy life or fertility.

2. Religious Objection

Objections based on religious ideals or practices are difficult to address without appearing to discredit parents' core values and beliefs. Many religious objections stem from the belief that vaccines contain components that may come from animal or other sources. Knowing which vaccines are free of animal or other products can help to alleviate these concerns.

3. Personal Philosophy

There is the misconception that natural immunity is better. However, it is important to educate parents and guardians that vaccines are beneficial to provide children with as much support as possible to fight or prevent an infection. Fortunately, there are several diseases that our body does not get exposed to (thanks to vaccines!) and can only be prevented by vaccines.

4. Fear of Needles

Fear among children is a common occurrence when giving pediatric vaccinations. Have the caregiver bring in a comfort item such as a book or stuffed animal to help keep the child calm. A cooling sensation or numbing cream can be applied near the injection to help keep the child's mind off of the injection itself.

Conclusion

Vaccines have been a part of the fight against human disease for centuries, and we will only continue to see further development in this technology. As health care providers, we must stay up to date with the barriers surrounding vaccine hesitancy and advocate for the health of all people.

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