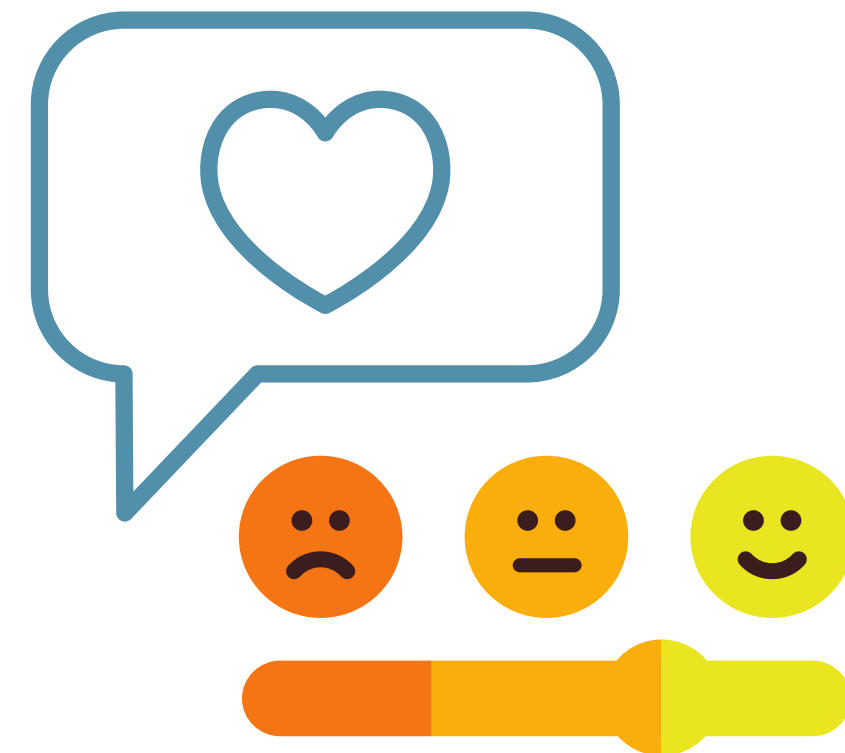


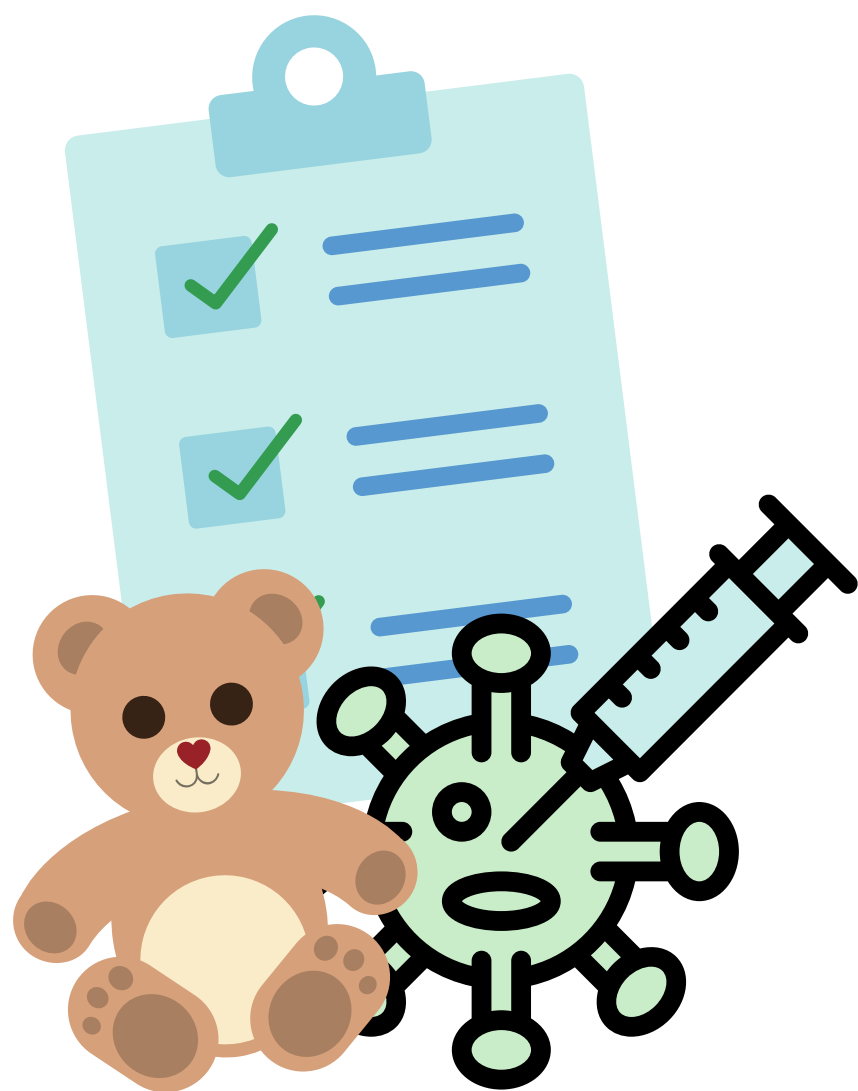


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Fostering a Positive Immunization Experience for Children & Families *A Guide for Clinicians*

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Objectives



Outline evidence-based strategies that aim to set the foundation for a positive immunization experience for children, youth and families

- Highlight considerations for fostering a paediatric friendly environment
- Discuss strategies for empowering and engaging families in the vaccine clinic
- Share developmentally appropriate approaches to supporting children through immunization
- Explore the practical ways you can play a vital role throughout a child's experience



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- Master of Science in Child Life & Paediatric Psychosocial Care
- CYF Coordinator @ Gilda's Club Simcoe Muskoka
- Group Coordinator @ Seasons Centre for Grieving Children
- Professor in the ECE program at Georgian College
- Recently recognized as a winner of the "40 under 40 in Cancer" award



Your paragraph text



Self Reflection

Experience
working with
children

My own
personal
immunization
experiences



Desire, interest
& comfort working
with children

Areas of growth or where I
am not comfortable
supporting children

Evidence Based Practices In Paediatrics

- Evidence from the AAP and Association for Child Life Professionals notes that both play and effective developmentally appropriate preparation promote coping, reduce anxiety, and distress in children.
- According several leading paediatric advocating agencies, effective support and pain management for children includes elements of preparation, access to topical anesthetics, relaxation, diversion strategies
- The AAP and the American Pain Society highlight that clinicians must actively strive to "reduce distress producing stimulation" and consider other modifications to the environment to promote comfort to set the stage for pain management during a procedure



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™





Taking a Child's Perspective

Important Considerations in the Clinic Environment

- Children are very sensitive and in-tuned to their environments but may "fill in the gaps" when they see/hear things from others or in the environment because they are not at same cognitive level as adults and do not have same life experience as adults
- Children often appear to have "magical" thinking where they carry misconceptions especially when it comes to medical experiences
- Children may take words overheard in a very literal sense or may be frightened by them- Ex: "shot"
- Children may be sensitive to sensory input such as lights, sounds, sensations for immunization, exposure to other children which can influence their behaviour



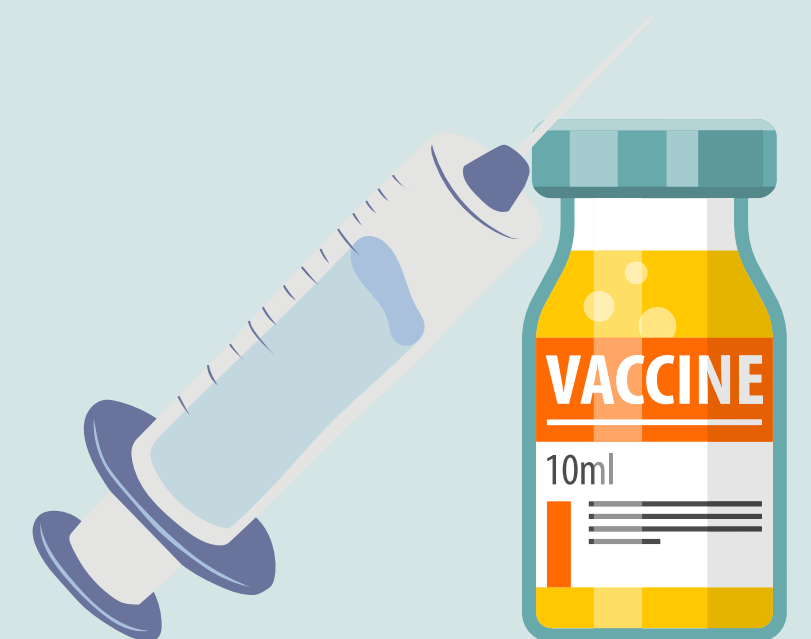
Addressing Concerns in a Child Friendly Manner

WHY?

“You know how we all have to do different things to keep our bodies healthy? Like eating, sleeping, brushing our teeth, taking medicine, and going to the doctor? It’s time for us to go see your doctor for a check-up, and to get some medicine to keep you healthy. Some medicines you can drink or chew, but for this check-up, this ‘stay healthy’ medicine will be through a poke.” - Meg Foundation, 2021



“you might feel a poke/a pinch/a quick ouch, or you might not, but we are going to get through it together and do some things to make it feel a lot better.” - Meg Foundation, 2021.



Factors that Impact Coping

- Caregiver/Parental Anxiety
- Age
- Development Level
- Temperament
- Coping Style
- Family/Culture
- Previous Experience with immunizations
- Day of factors (energy level, sleep, hunger, well-being, mood etc).





Think About it...



- The child's day- sleep, food intake, mood?
- What do they already know or how have they been prepared or not prepared?
- What might their previous healthcare experiences have been like?
- How might the family's culture, language, race impact their clinic experience?
- Who is with them and how are they coping?
- How much time will they need to wait and what will happen during that time?
- Who will a child see in the space?
- What will a child hear in the environment?
- What smells might they notice?
- What touch sensations will they experience?
- What worries/fears might they have?

Creating a Comfortable Environment

- Convey welcoming tone and make effort to get to know children/families - tone of voice, body language, conversation, playfulness, getting down to the child's level
- Be patient, understanding, and empathetic
- Try to decrease wait times or encourage families to utilize diversion techniques during those periods to keep kids busy
- Keep families together in pods when able
- Be proactive and encourage families to share what they may need for support
- Create more private spaces where children will be vaccinated



Rapport Building

Engaging with new people in a potentially scary and unfamiliar environment can be uncomfortable. There are many ways to build rapport with children in the vaccine clinic environment.



Making conversation

- Be in the know
- Ask name/about their day
- Ask "get to know you" questions
- Ask about child's preferences



Make connection

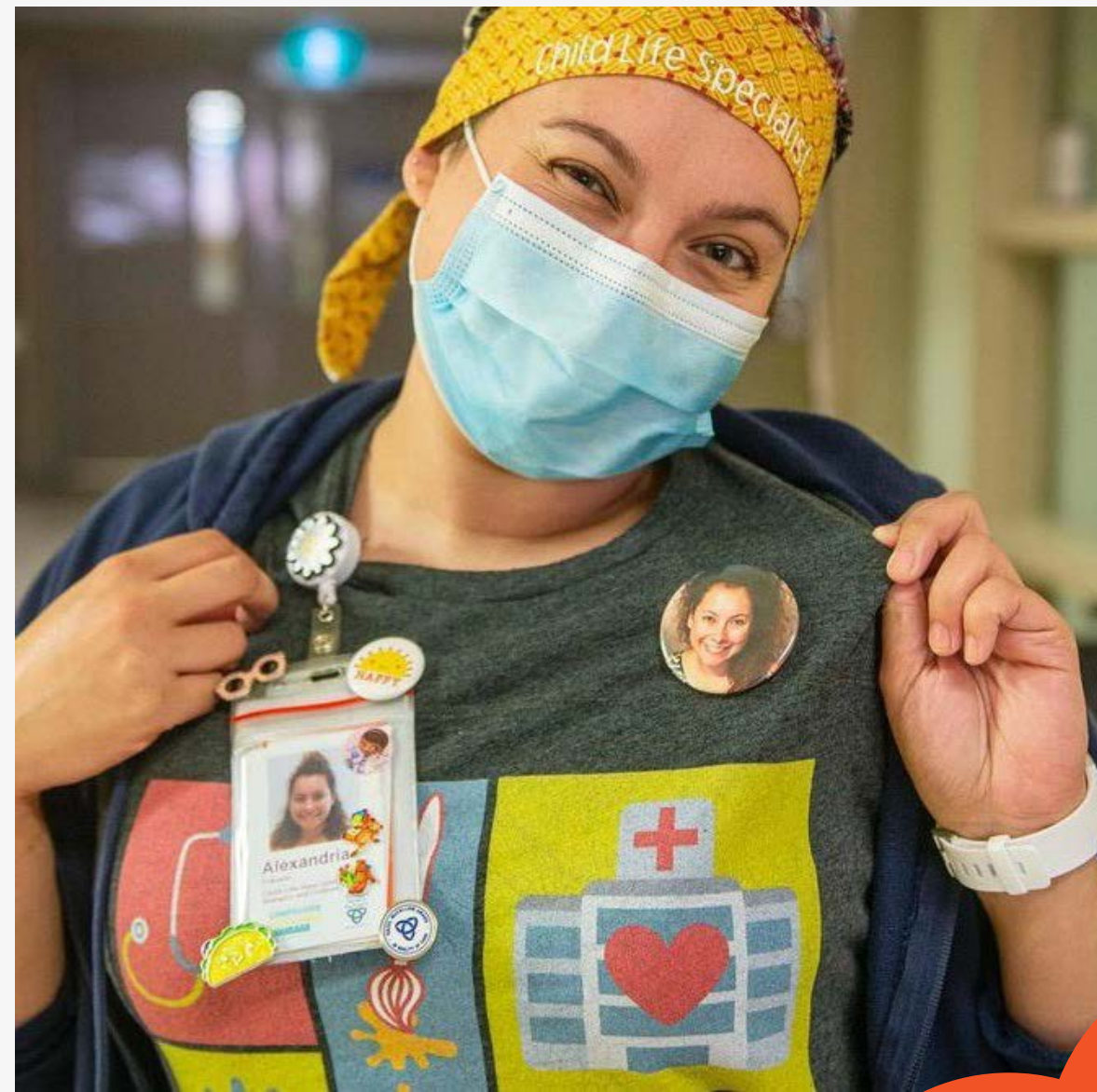
- Acknowledge something you notice about them- ex: a character on their shirt, a toy they have etc



Be Playful

- Have some "go to jokes"
- Turn your interactions into a game
- Incorporate fun into your attire





WOULD YOU RATHER?

- Be able to fly or read minds ?
- Visit the mountains or the beach?
- Have winter all year or summer all year?
- Live in the sky or under the sea?

Jokes

- How do we know the ocean is friendly?- It waves
- What did the teddy bear say no to dessert?- it was feeling stuffed
- What animal is always at a baseball game?- A bat
- What does a dentist call their X-rays? - Tooth Pics





Test Your Kid IQ!

Are you in the know? Test your kid IQ. Being up to speed on popular characters, trends, music, toys etc can help you make quick connections with children and youth in a clinic setting.



Empowering Families



Families Know their Child Best

They are an invaluable source of information. They know their child's strengths, interests, challenges, and can share about what previous immunization experiences have been like. They know what works well and what may not.

Families Have a Role to Play

Are often a major source of comfort for a child especially during immunization experiences. At these times caregivers can also feel out of control and anxious. Providing them with a role/support as they comfort their child will offer comfort to the child, help them feel empowered, and will ultimately help you.



Positions of Comfort



Positions of Comfort

About Kids Health (2018) shares that appropriate strategies for children include:

- Children are encouraged to sit upright
- May sit with accompanying adult
- Child's back to adult's chest, or side hold
- Child may wish to have an adult sit beside them holding their hand

COMFORT POSITIONING

One of the most powerful things that can be done to bring comfort and lessen pain for kids is being close to you! This guide shows you ways we can keep kids safe during procedures while making them feel supported.



PRO TIPS

As much as possible, slow your breathing and calm your body. Your child will automatically begin to do the same...your calm is contagious! Speak in a comforting, soothing voice, and notice how that changes how you both feel.



SIDE SIT

Your child sits on your lap, with both legs to one side. You wrap both arms around theirs in a comforting hug. This reminds them to keep their arms still, while in a comforting embrace. The child can look at the poke, or choose to look away.



BACK TO TUMMY SIT

Your child sits on your lap, facing away from you. You wrap both arms around theirs in a comforting hug. You can also wrap your legs around theirs for a full embrace. For bigger kids, you can have them sit on a chair or bed, and straddle them from behind.



TUMMY TO TUMMY SIT

Your child sits on your lap, facing you. Their legs straddle and wrap around your waist. You wrap both arms around theirs, for a full embrace, using your underarms and forearms to keep their arms safely contained. This works even for older children.



BACK TO TUMMY TABLE SIT

Your child sits on a table, with you hugging them from behind. You wrap your arms around theirs for a big hug. Use your hugging arms to keep their hands safely contained. For smaller children, you can also use your arms to remind their legs to stay still.

FOR MORE INFORMATION, CHECK OUT WWW.MEGFOUNDATIONFORPAIN.ORG

Choices Matter

When children are in situations where they are not in control or do not get to decide whether they do or do not do something it is imperative that clinicians take advantage of every opportunity to create and present these opportunities back to them.

Would you like to know when the poke is coming

OR

Would you like this to be a surprise

Would you like the poke in your right arm

OR

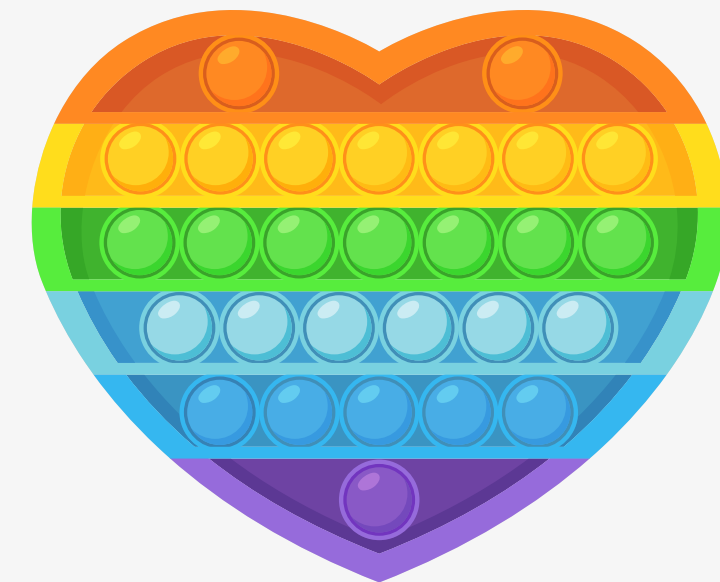
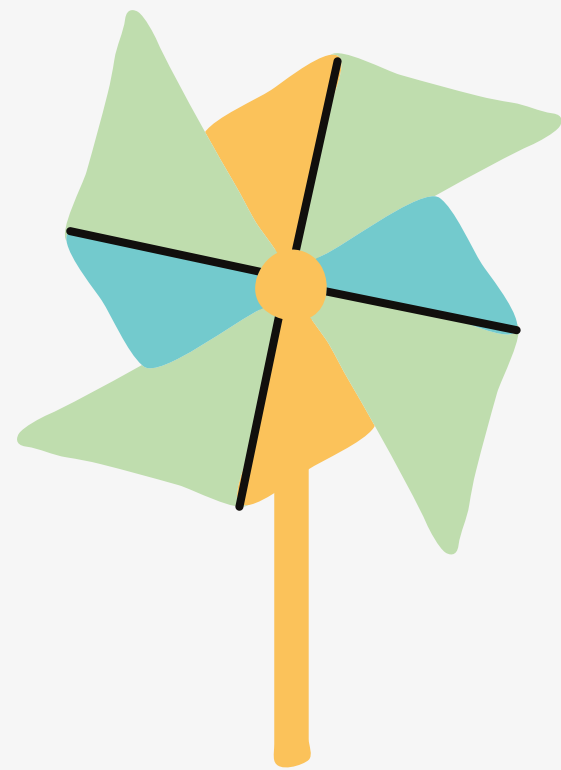
Would you like it in your left arm

Would you like to squeeze some putty

OR

Play a game of I SPY

Diversion Strategies

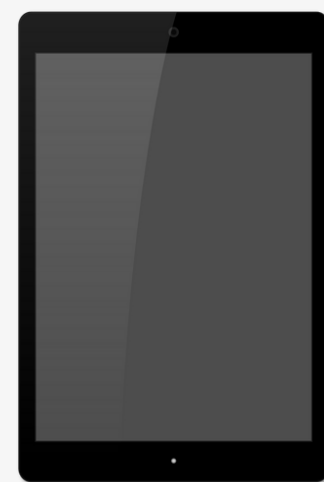


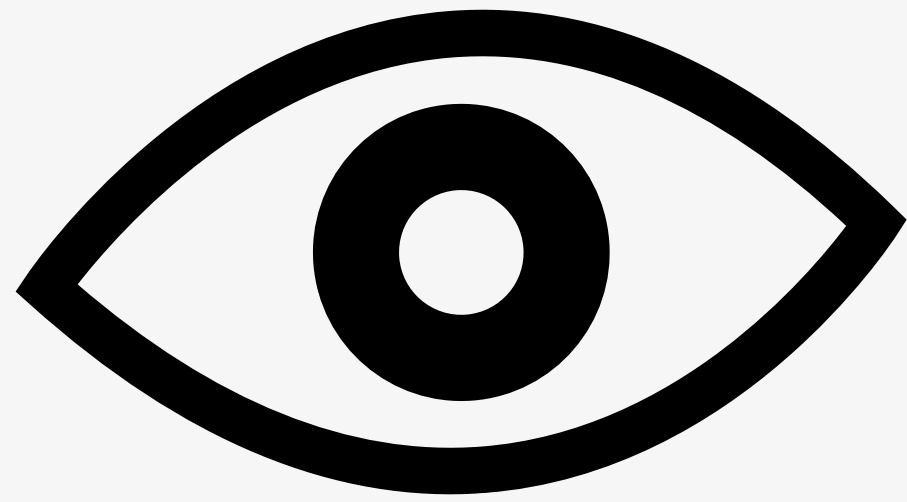
Strategies

- Give children a job
- Holding a hand or comfort item
- Squeeze putty
- Have an adult read child a story
- Counting or engaging in a game of "I Spy"
- Deep breathing
- 5 Senses Grounding
- Closing eyes and imagining a place that they enjoy
- Listening to music
- Engaging in conversation
- Using fidget toys
- Playing on an iPad
- Watching a video on a phone.

During vaccination there are many simple strategies that you can share with children and their supporting adult to help them cope.

SKIP (2021) shares that diversion strategies have been shown to decrease procedural pain from moderate to clinically important degree.



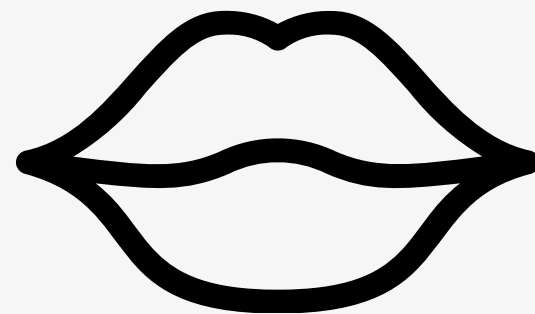
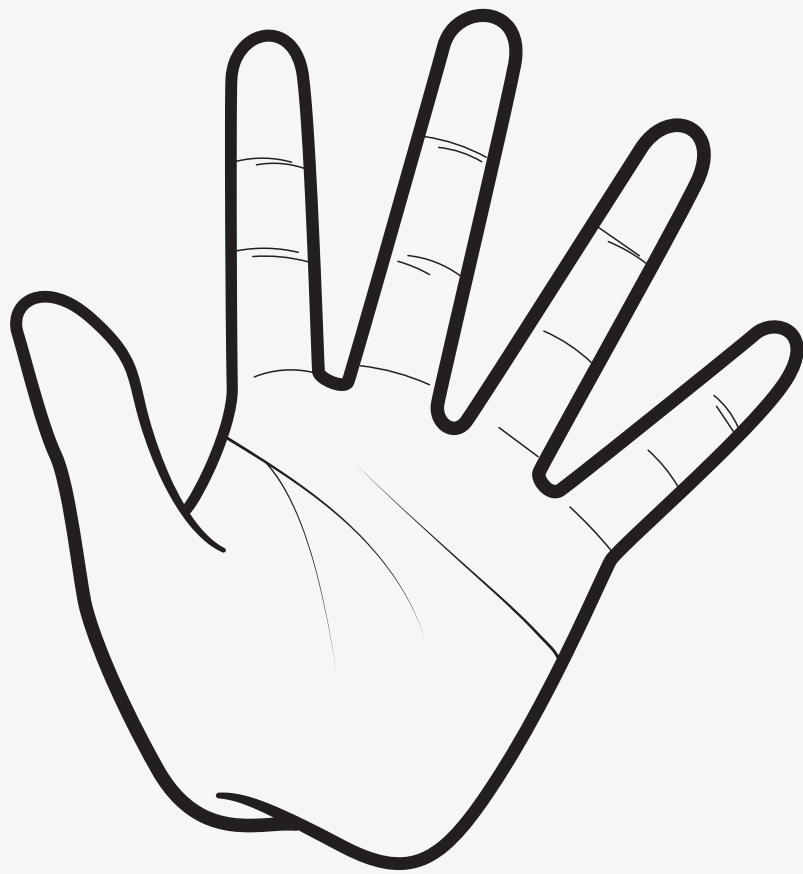


Try It

5 Senses Grounding

Using your 5 senses you are going to count down as you notice everything around you

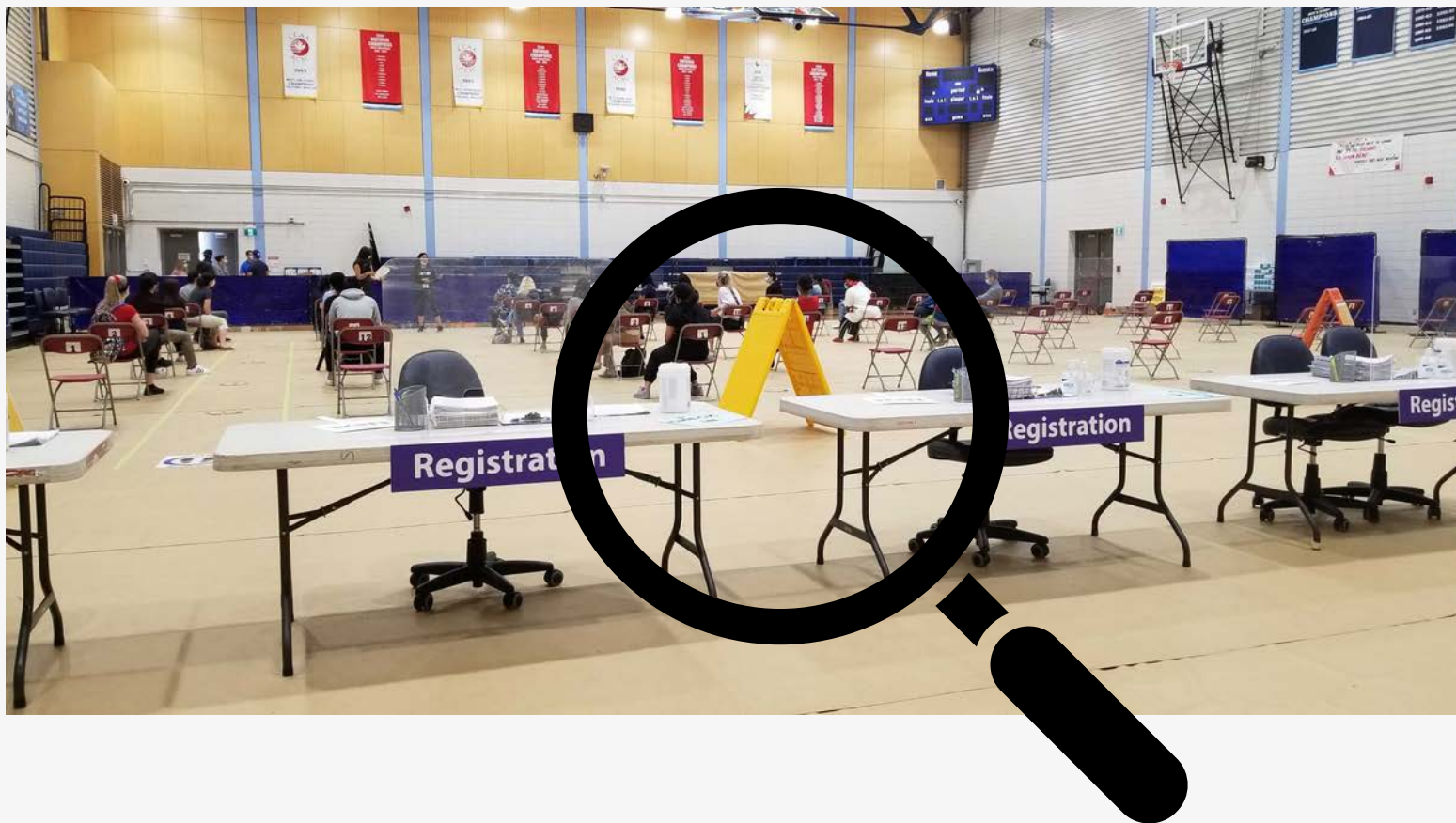
- Find 5 things you can see with your eyes
- What are 4 things you can hear
- Name 3 things that you can touch or feel
- Share 2 things that you can smell
- What is one thing that you can taste



Try It

I SPY

- Something **BLUE**
- Something **YELLOW**
- Something **ROUND**
- Something that **MOVES**
- Something that has a number on it
- Something that has the letter A
- Something that is tall



During Immunization

The following are things that clinicians and adults often do/say with the best of intentions, but they can increase levels of distress in children.

REFRAIN FROM being dishonest with children about what they will experience. Do not say "it won't hurt" as many children do feel this way after the fact.

INSTEAD try explaining the sensations that they can expect in a clear, non-threatening manner. For example, "some kids say that that this feels like a poke or a quick pinch"

REFRAIN FROM telling the child how much longer they have or reassuring them that the vaccination will be over soon.

INSTEAD continue to engage the child in conversation, diversion, or try to give them important jobs.

REFRAIN FROM telling the child what you do not want them to do.

INSTEAD let them know exactly what you'd like them to do. For example, "Aarav keep holding your arm still like a statue".

REFRAIN FROM continuing to try immunizing a child that is extremely distressed and especially so if you are struggling to vaccinate.

INSTEAD take a break, reflect on what the child needs, seek support from your colleagues.

ONEVOICE



- O- One Voice heard during procedure
- N- Need for family involvement
- E-Educate patient before procedure
- V- Validate child with words
- O- Offer most comfortable, non-threatening position
- I- Individualize your game plan
- C- Choose appropriate distraction
- E- Eliminate unnecessary people not involved



During Immunization

"One Voice" is evidence-based initiative for health care providers to implement and foster a less threatening environment for children during medical procedures

Be Responsive

Strategies for a child that is struggling

- Allow the child to take a break and take some time to relax- deep breathing, drink of water, have a snack
- Try to listen and understand what may be causing the child to feel/present this way
- Try to plan with the child and family, offering choices and giving the child a say and role
- Consider new strategies, a more private space, laying down
- If the child is very distressed and is not likely to go through with the vaccination without needing to be held down it is best to invite the child and family to come again and try another day



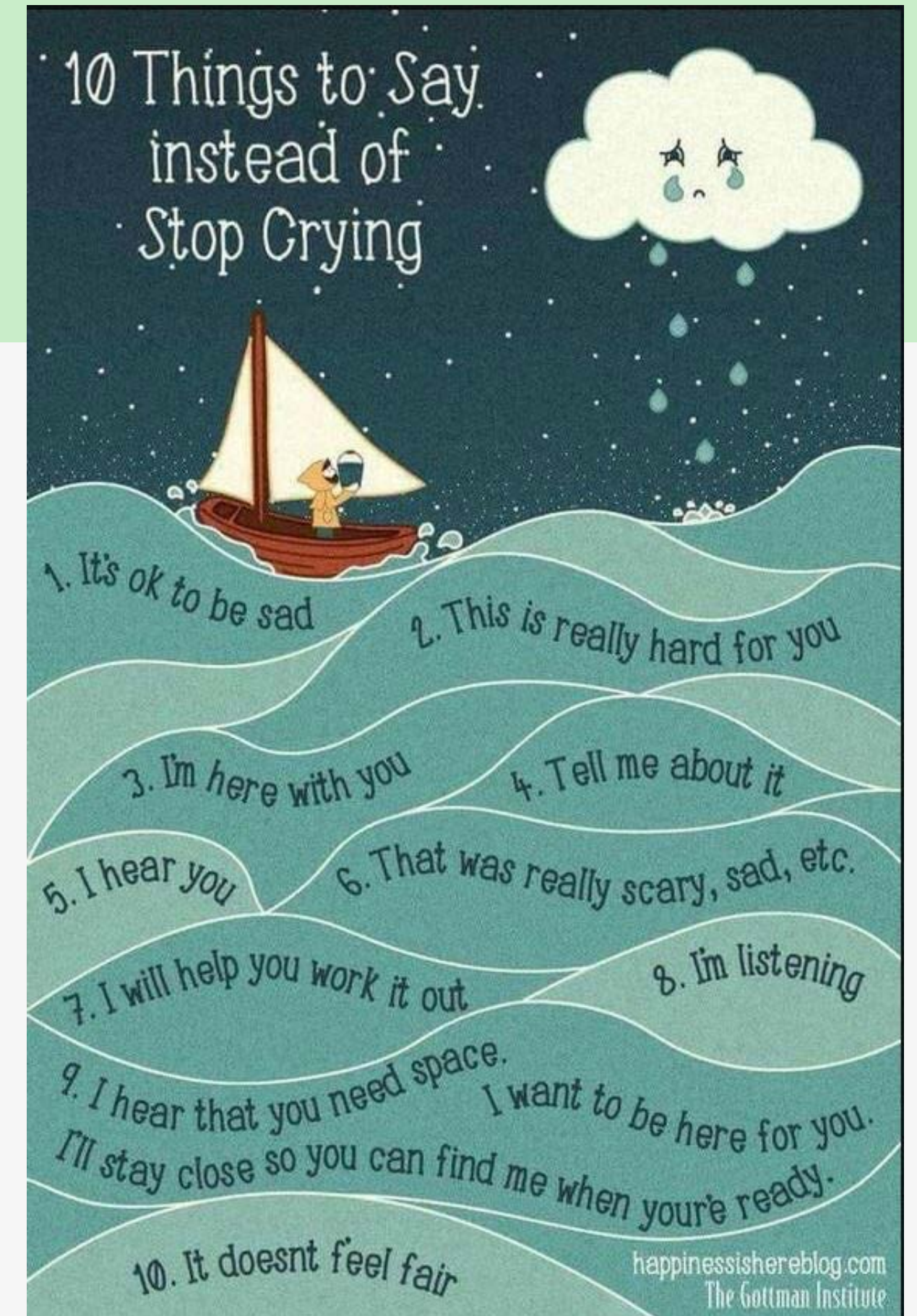
Praise & Rewards

Acknowledging Bravery

It is always awesome to acknowledge a child for their bravery like being able to do something that was tough for them such as getting a vaccine that they were feeling upset or worried about. Try to avoid saying "good or bad" to describe a child based on their ability to successfully get vaccinated. Also, remember to highlight every child's bravery even if they do not end up getting their vaccine.

Validating Feelings

When seeing children in clinic you may notice lots of emotions being expressed resulting from events of the day, worries/fears, hanger, overstimulation etc. Try to be responsive and empathetic. There are many things that you can do/say to validate a child.





I know you're afraid of needles, but I don't have to be.

Key Points



- Set a positive foundation through rapport building, fostering comfort, and setting up a paediatric responsive environment
- Empower and work with families to support children
- Be playful, be proactive, and take perspective
- Be reflective in your practice and open minded to trying new things

5

STRATEGIES FOR REDUCING PAIN FROM SHOTS

Did you know **2 in every 3 children** and **1 in every 4 adults** have a fear of needles?

Advice from Pandemic Parenting Podcast guest expert, **Dr. Christine Chambers**

1

APPLY NUMBING CREAM

Apply a numbing cream 30-90 minutes before getting a shot.

2

HAVE DISTRACTIONS

Bring activities or devices that will distract away from the shot.

3

DO RELAXATION EXERCISES

Make sure the recipient is relaxed. Try a breathing exercise or encourage kids to tense their muscles like a robot and then let them loose like spaghetti noodles.

4

SIT UPRIGHT

Have older children sit up instead of lying down.

5

IF BREASTFEEDING, NURSE DURING SHOTS

If you're breastfeeding, nurse infants while they receive their shots. Breastfeeding has been shown to significantly reduce pain from needles for infants.





Your Impact Matters

You are helping build a foundation for a child when it comes to their early life medical experiences. They will always remember how you made them feel, The experience they have at age 5 or age 10 can impact life long and future health seeking behaviours.





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