

# TIPS AND TRICKS: REDUCING PAIN

Ask the client what works for them. Offer suggestions

## Pharmacological Interventions

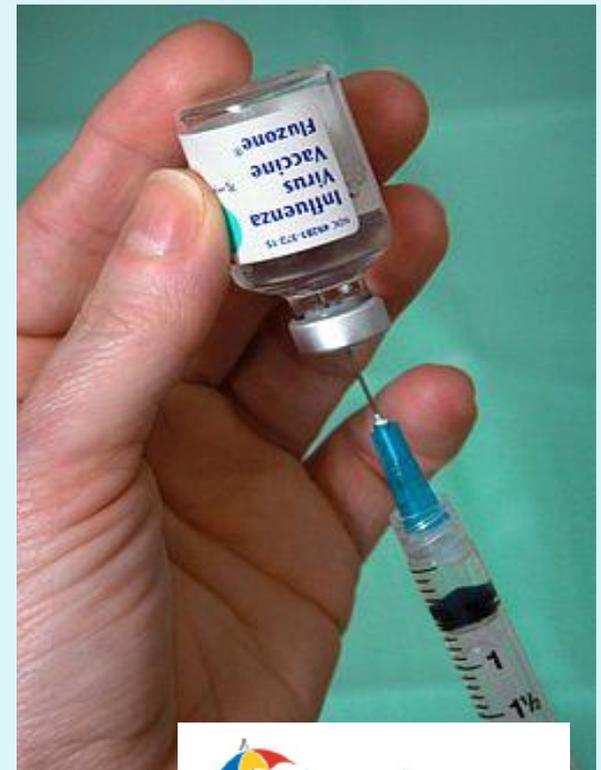
- Topical Anesthetics may be applied before vaccine injection
- Vapocoolants may be applied before the vaccine injection

## Order of Vaccines Administered

- Save the most painful vaccine to the end if you are administering more than one vaccine

## For infants

- Breastfeeding during immunization
- Use of a sugar solution for babies



# TIPS AND TRICKS: REDUCING PAIN

## Body Position

- Sitting upright can help you feel more relaxed
- Keep arm loose – “Shake it out” before injection
- If someone has a history of fainting – have them lay down or tense up an part of their body – for example: their stomach or leg

## Distraction and Relaxation

- Distraction can help – bring a friend, listen to music or look at a smartphone
- Breath – deep breaths, exhaling slowly
- Tap their foot
- Relax their arm – “Shake it around” before the infection
- Do not look at the injection – do not draw up the vaccine in front of the client



# TIPS AND TRICKS: COMMUNICATION

A

## **Acknowledge your client's concerns**

1. Acknowledge
2. Clarify to understand your client's needs

S

## **Steer your conversation**

1. Refute the myth(s)
2. Continue your conversation

**NOTE:** This is the point where you skillfully close your conversation if the client is a consciences objector

K

## **Knowledge – Know the Facts Well!**

1. Provide further knowledge, tailored to your client's needs
2. To close, reinforce discussion with a benefit claim
3. Provide further reading material
4. Provide your recommendation

# TIPS AND TRICKS: COMMUNICATION

A

**Acknowledge your client's concerns**  
Clarify to understand your client's needs

"I hear what you are saying, that's a common question I get from client's. Tell me more about what you have heard.

S

**Steer your conversation**  
Refute the myth(s) and continue your conversation

"Actually, that's a common myth. Unfortunately, the internet can have inaccurate information depending on where you look"

K

**Knowledge – Know the Facts Well!**  
Provide further knowledge, tailored to your client's needs

**Knowledge transfer** – offer the correct information  
**Close, reinforce discussion** – "Vaccination is the best way to protect you and your family from serious diseases. Have I answered all your questions? Would you like a list of good immunization websites to read more?"