

Addressing Vaccination Anxiety by Nursery in Pediatric

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ABSTRACT

Vaccination anxiety is a significant concern among parents, leading to vaccine hesitancy and low vaccination rates in pediatric populations. This review explores the role of nursery staff in addressing vaccination anxiety among parents and caregivers. By providing education, support, and reassurance, nursery staff can play a vital role in promoting vaccination acceptance and improving vaccination rates in pediatric populations.

Introduction:

Vaccination has been relatively successful in preventing many childhood-related infections and saving millions of lives. Well in excess of 10 million lives were saved between mid-1960s and 2015 with viral vaccine (1). such as measles, mumps, rubella, chickenpox and hepatitis A, produced from acceptable cell culture substrates. However, approximately 1.5 million children under 5 years still die annually from vaccine-preventable diseases, mainly due to the lack of access to essential childhood vaccines(2). By contrast, major pathogens, including smallpox, polio, rabies that killed hundreds of millions of individuals in the last few centuries, are largely under control because of availability of safe and effective prophylactic vaccines. The WHO estimates that currently available vaccines prevent 2–3 million deaths worldwide annually(2).Smallpox was eradicated formally about 40 years ago and animal borne virus, rinderpest, was the second pathogen to be eradicated, in 2011. Remarkable progress has been made toward eradicating Polio due to global vaccination efforts since 1960s and relatively recent more

effective single antigen vaccine or various combination vaccines., that contain inactivated polio virus. Polio is set to become the second human infectious virus that will be fully eradicated. Other vaccine preventable diseases are largely under control with more than 90% to 100% decrease in morbidity compared to 20th Century annual cases because of protection that vaccines offer in conferring herd immunity. Early developments in inoculation (precursor to vaccination) were due to the efforts in Asia Minor, Africa and East Asian societies, in particular Chinese and Muslim countries. Later vaccine developments, particularly by British, French and German scientists contributed significantly to vaccine development between the 17th–20th Centuries, Vaccination is one of the most effective public health interventions for preventing infectious diseases and their complications. However, vaccine hesitancy, fueled by misinformation and anxiety, has led to suboptimal vaccination rates in pediatric populations. Nursery staff, including nurses and childcare providers, can play a crucial role in addressing vaccination anxiety among parents and caregivers, thereby promoting vaccination acceptance and improving vaccination rates.

Addressing Vaccination Anxiety by Nursery Staff:

1. Education and Information

Nursery staff can provide parents and caregivers with accurate, evidence-based information about vaccines, including their safety, efficacy, and importance in preventing diseases. By addressing common concerns and misconceptions, nursery staff can help alleviate anxiety and increase confidence in vaccination(3)

2. Open Communication

Effectively communicating with parents means actively listening and addressing concerns when raised. Parents often react better when they are informed and feel involved in the process. Provide clear information about what is about to happen, common side effects and what to expect during and after the vaccination and follow up with informed consent before proceeding with the immunisation. Use age-appropriate language to talk to the child and be mindful of different development stages and fears commonly associated with the age. Establishing open and transparent communication with parents and caregivers is essential for addressing vaccination anxiety. Nursery staff should create a supportive environment where parents feel comfortable asking questions and expressing their concerns(4).

3. Leading by Example

Vaccine hesitancy is one of the major causes of childhood vaccination noncompliance. Unfortunately, despite the historically proved efficacy of vaccinations, many people can still be hesitant to get the vaccination. Conspiracy theories, myths and a lack of education seems to be the root in some cases(5). Also, misinformation spread on social media can contribute to an increased number of parents becoming hesitant to vaccinate their children. Some parents that present to the clinic with some degree of hesitancy regarding vaccination are actively looking for evidence-based clear information on risks and benefits of vaccination. First encounters can be decisive to create a relationship of trust. Use

your communication skills, adopt a non-judgemental attitude, and provide parents with quality information to assist them on making their decision. Nursery staff can lead by example by ensuring that they are up-to-date on their vaccinations and openly discussing their own vaccination experiences with parents and caregivers. This can help build trust and confidence in the vaccination process(6).

Strategies for Implementation:

1. Training and Education

Providing nursery staff with training and education on vaccination practices, communication strategies, and addressing vaccine hesitancy is essential for effectively addressing vaccination anxiety(7).

2. Parental Support Groups

Establishing parental support groups within nursery settings can provide parents and caregivers with a supportive community where they can discuss vaccination concerns and receive support and encouragement from nursery staff and other parents(8).

3. Use of Visual Aids

The fear of vaccine-associated pain can result in parents delaying immunisations. Explaining to parents that the child is likely to experience some brief pain that is usually easily resolved with reassurance post vaccine administration tends to assist easing parents' anxiety. Age-appropriate distraction techniques such as videos, rewards, vibration devices such as "Buzzy the bee" can also bring some benefits and improve

immunisation experience(9). Utilizing visual aids, such as posters, brochures, and videos, can help reinforce key vaccination messages and address common concerns and misconceptions (10).

Conclusion

Nursery staff play a critical role in addressing vaccination anxiety among parents and caregivers. By providing education, support, and reassurance, nursery staff can help alleviate concerns, increase confidence in vaccination, and ultimately improve vaccination rates in pediatric populations. Collaborative efforts between nursery staff, healthcare providers, and public health agencies are essential for effectively addressing vaccine hesitancy and promoting vaccination acceptance.

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