

Understanding Pain

Concern: Receiving shots can be painful. I do not want my child to receive that many shots today because it is will hurt them.

General Responses:

- Nobody wants to see their child in pain or crying.
- It is true that vaccines, like medications, can cause side effects. The most common side effects are mild (sore arm, low-grade fever); whereas many vaccine-preventable disease symptoms can be serious or even deadly.
- Vaccines will involve some discomfort and may cause pain, redness or tenderness at the site of injection. However, this pain is minimal compared to the pain, discomfort and trauma of the diseases these vaccines prevent.
- Even though vaccines can cause some pain, we give all the vaccines at once to provide protection from all the diseases while a child's immune system will best respond and when the child is most at risk of disease.
- By using combination vaccines we can reduce the number of shots your child may need; fewer shots may mean less pain for your child and less stress for you.
 - Combination vaccines are when two or more vaccines are combined into one shot.
- Although shots can be painful, the good news is there are things parents and healthcare providers can do to help children during the vaccination process. We can review these tips today.

Risk of Disease:

- Without vaccines, your child is at risk of suffering pain, disability, becoming seriously ill or possibly dying from diseases like measles and whooping cough.
- Although many of these diseases are rare in this country, they remain a concern in other parts of the world (for example, polio or diphtheria) and these diseases can be brought into the U.S., putting your unvaccinated child at risk.
- Each year, we hear about disease outbreaks and people suffering from painful complications of vaccine preventable diseases.
 - In the U.S., roughly 1 in 5 people who develops measles requires hospitalization for 1 or more complications from the disease.
 - As many as 1 out of every 20 children with measles gets pneumonia, and about 1 child in every 1,000 who gets measles will develop encephalitis (which is an inflammation of the brain that can lead to convulsions, and can leave a child deaf or intellectually disabled).

Benefit of Vaccination:

- Vaccines do work!
- Vaccines can prevent diseases that once killed or harmed infants, children and adults.

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- Each and every vaccine will save lives and/or reduce the number of disabilities in children in the United States.
- Receiving the vaccine will cause some minor discomfort but the painful complications from vaccine preventable disease can be devastating.
 - Approximately 1,000 get meningococcal disease each year in the U.S. and 10-15 percent of these people die.
 - Of those who survive, about 1 in 5 will have permanent disabilities such as brain damage, hearing loss, loss of kidney function or limb amputations.
- Remember - If we stopped vaccinating, even the few cases we have in the United States could quickly become thousands of cases.

A statement that can be used: (an analogy to seat belts):

You can think of a vaccine like a seat belt. It's possible that in an accident your child's seat belt could cause a minor injury, like a bruise. That's a side effect of wearing one. But if you measure the risk of wearing a seat belt against the risk of not wearing one, the decision to wear a seat belt is an easy one.

Resources to help reduce pain (*Available in Spanish)

Immunization Action Coalition

*After the Shots...What to do if your child has discomfort

<http://www.immunize.org/catg.d/p4014.pdf>

EZIZ (California)

*Be there for your child during shots

<http://eziz.org/assets/docs/IMM-686ES.pdf>

*Comforting Restraint for Immunizations

<http://eziz.org/assets/docs/IMM-720ES.pdf>

CDC

Tips for a Less Stressful Shot Visit

<http://www.cdc.gov/vaccines/parents/tools/tips-factsheet.pdf>

How to Hold Your Child during Vaccinations

<http://www.cdc.gov/vaccines/parents/tools/holds-factsheet.pdf>

AIM Toolkit

Pain no Gain – HPV flyer

http://www.aimtoolkit.org/docs/HPV_Pain_FlyerBW.pdf

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Other Resources in regards to the number of shots (*Available in Spanish)

The Children's Hospital of Philadelphia

*Too Many Vaccines? What you should know.

<http://vec.chop.edu/export/download/pdfs/articles/vaccine-education-center/too-many-vaccines.pdf>

*The Facts about Childhood Vaccines

<http://vec.chop.edu/export/download/pdfs/articles/vaccine-education-center/vaccines-fact.pdf>

Booklets: *Vaccines and Your Baby and *Vaccine Safety and Your Child

<http://vec.chop.edu/service/vaccine-education-center/order-educational-materials/order-educational-materials.html#booklets>

CDC

Combination Vaccines

<http://www.cdc.gov/vaccines/hcp/patient-ed/conversations/downloads/fs-combo-vac.pdf>

*Infant Immunizations FAQs

http://www.cdc.gov/vaccines/events/niw/ed-resources/downloads/f_provider-qa-bw.pdf

The Childhood Immunization Schedule

<http://www.cdc.gov/vaccines/hcp/patient-ed/conversations/downloads/vacsafe-child-immun-bw-office.pdf>

Website page: FAQs about Multiple Vaccinations and the Immune System

<http://www.cdc.gov/vaccinesafety/vaccines/multiplevaccines.html>

MDCH VIS (contain Michigan's MCIR language)

Website page: Vaccine Information Statements (includes side effects of each vaccine)

http://www.michigan.gov/mdch/0,1607,7-132-2942_4911_4914-138197--,00.html

Immunization Action Coalition

*Questions Parents Ask About Vaccination for Babies

<http://www.immunize.org/catg.d/p4025.pdf>

Every Child by Two

Booklet: Protect Your Child-Immunize on Time, Every Time

<http://www.ecbt.org/images/articles/eBookOfDiseases.pdf>