

IMMUNIZATION PAIN MANAGEMENT

Quick Reference

Reducing immunization pain can help reduce fear, stress and anxiety in children and care-givers, and help increase long-term adherence to immunization schedules.

Strategies to be employed may include:

- Educating patients and caregivers about pain expectations and strategies to minimize pain
- Using proper needle size based on the type of injection
- Review proper land-marking and immunization techniques to decrease possibility of injury

Resources:

Immunize Canada. [Reduce the Pain of Vaccination in Children Under 3 Years: A Guide for Parents](#)

Immunize Canada. [Reduce the Pain of Vaccination in Kids and Teens: A Guide for Parents](#)

Canadian Pain Coalition: [November 2016 Newsletter](#) focusing on adult immunization

The 5 P's of Pain Management during Vaccine Injections at immunize.ca

Reducing pain during vaccine injections: clinical practice guideline [CMAJ, 2015](#)

Webinar: Reducing pain & fear: Integrating evidence into routine immunization practice [Video](#)

