

Practice Spotlight: Essex Pediatrics' Flu Clinics



A patient receives his flu shot in the Essex Pediatrics vaccine room.
Murals painted by local artist, Kara Janaro.

How does one of Vermont's largest pediatric practices make sure its patients are vaccinated every year? Essex Pediatrics staff share some wisdom below.

PHILOSOPHY

- Make vaccines cool, not scary.
- Empower kids and parents with best practice age appropriate tools to reduce vaccine anxiety and pain.
- Tools include calming environment, breastfeeding, pacifier, swaddling, comfort holds, distraction techniques (interactive toys, singing, pinwheels, bubbles) deep breathing, search games, and non-procedural conversation.

Scheduling Logistics

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- Patients are scheduled every 5 minutes.

Thank you to Jodie Kelley and Jill Kenneson for putting this together between all those shots!

If your office would like to share an innovative vaccination approach or best practice in a future issue, please send an email to the Immunization Program at AHS.VDHImmunizationProgram@vermont.gov.