

- Use of topical anesthetics prior to injection
- Use the proper vaccine site and needle length for age and size of child
- Rapid injection without aspiration

There is low evidence and strong recommendation for implementation supporting the following interventions to reduce pain during routine immunizations for infants and children between 0 and 18 months old:

- Administering the least painful vaccine first when administering multiple vaccines in one visit
- Parent-led or clinician-led distraction, or redirection
- Caregivers and nurses should *avoid* verbal reassurance, empathy, and apology

Quality and Safety Competencies: Evidence-Based Practice*

Knowledge

Differentiate clinical opinion from research and evidence-based summaries. Describe the most reliable methods to reduce pain during routine immunizations for infants and children between 0 and 18 months old.

Skills

Base the individualized care plan on patient values, clinical expertise, and evidence. Integrate evidence into practice by using the most reliable methods to reduce pain when administering routine vaccinations to infants and children between 0 and 18 months old.

Attitudes

Value the concept of evidence-based practice as integral in determining the best clinical practice. Appreciate strengths and weakness of the evidence for the interventions listed in this section.