* **Health promotion**
* Health promotion is the process of enabling people to increase control over and to improve their health. **(WHO 1986)**
* Health promotion refers to activities that increase the well-being and enhance wellness or health.

**(Pender, Murdaugh and parsons,2006).**

* It is the process which empowers families and communities to improve their quality of life, achieve and maintain health and wellness. It emphasizes not only prevention of disease, but the promotion of positive good health.
* **Health promotional activities**
* Immunization
* Safety and accident prevention
* Screening
* Counselling
* Life style changes
* Stress management
* **Immunization**
* Immunization refers to the process of acquiring immunity against a specific disease, with the aim of avoiding and reducing infections.
* Purposes of Immunization
* Vaccines greatly reduce the risk of infection.
* Vaccines prevents infection and its spread to others.

**Recommended immunization for adult**

**Flu Influenza Vaccine**

Influenza is a contagious viral infection of the nose, throat and lungs. The best way is to prevent the flu by getting vaccinated each year.

For the 2022-2023 flu season for most people, CDC recommends use of any licensed, age- appropriate flu vaccine as an option for vaccination.

These include:

* Flu shots that are made with inactivated influenza viruses.
* A [live attenuated influenza vaccine, which is given by nasal spray](https://www.cdc.gov/flu/prevent/nasalspray.htm).

Recommendation:

* Flu shots also are recommended for [pregnant people](https://www.cdc.gov/flu/highrisk/pregnant.htm#fluvaccine) and people with certain chronic health conditions.

The nasal spray flu vaccine is approved for use in people 2 years through 49 years of age.

* People who are pregnant and people with certain medical conditions [should not receive the nasal spray flu vaccine](https://www.cdc.gov/flu/prevent/nasalspray.htm).

Dose:

* Inactivated influenza vaccine: 0.5 mL, IM, once
* Intranasal sprayer: 0.2 mL single-dose

Contraindication:

* Severe allergic reaction (e.g., anaphylaxis) after previous dose of any influenza vaccine
* Severe allergic reaction (e.g., anaphylaxis) to any vaccine component3 (excluding egg)

Precaution:

* The vaccine may cause mild symptoms, such as a fever, headache, and muscle aches
* Guillain-Barré syndrome (GBS) within 6 weeks after a previous dose of any type of influenza vaccine
* Moderate or severe acute illness with or without fever

**Tdap or TD (Tetanus, diphtheria, pertussis)**

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts wounds.

* TETANUS (T) causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
* DIPHTHERIA (D) can lead to difficulty breathing, heart failure, paralysis, or death.
* PERTUSSIS (aP), also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.
* Age group: 19 to 65 years +years.
* Recommended dose: 1 dose of TD or Tdap if you do not get it as a child or adult.
* Should get a Td booster dose every 10 years.
* If someone has had a severe wound or burn, and it has been at least 5 years since their last Tdap, they should
* Women should get 1 dose of Tdap during every pregnancy (as soon as possible after confirmed pregnancy)
* Recommended dose: 0.5ml/IM

Who should not get Tdap vaccine:

* are prone to seizures or have a nervous system condition, such as [epilepsy](https://www.medicalnewstoday.com/articles/8947)
* have [Guillain-Barré syndrome](https://www.medicalnewstoday.com/articles/167892)
* have experienced an allergic reaction after a previous dose
* are allergic to any of the vaccine’s ingredients
* have been in a [coma](https://www.medicalnewstoday.com/articles/173655) or experienced decreased consciousness, 7 days after a previous dose
* People undergoing [chemotherapy](https://www.medicalnewstoday.com/articles/158401) or radiation treatment also should not get Tdap until their treatment is complete.

Precaution:

* Receipt of specific antiviral drugs (acyclovir, famciclovir, or valacyclovir) 24 hours before vaccination (avoid use of these antiviral drugs for 14 days after vaccination)
* Use of aspirin or aspirin-containing products
* Moderate or severe acute illness with or without fever
* **Human Papilloma Virus (HPV)**
* HPV is the most common sexually transmitted infection, HPV is a group of more than 150 related virus. Each HPV in this large group is given a number which is called its HPV type. HPV is named for warts(papilloma)
* Dose: 0.5 ml/IM
* Routine vaccination:
* Age 15 years or older at initial vaccination: 3 dose series (0, 1–2 month, 6 months interval)
* (minimum intervals 4 weeks between doses 1st and 2nd dose, 12 weeks between 2nd and 3rd dose and 5 months between 1st and 3rd dose.
* Recommended through 26 years for everyone who do not get vaccinated in previous days.
* Not recommended for everyone older than 26 years.
* Clinician can consider if required for most likely to benefit

People who should not get HPV vaccine

* Have ever had life-threatening allergic reaction to any component of HPV vaccine, or to a previous dose of HPV vaccine
* Are pregnant

Precaution:

* People with minor illnesses, such as a cold, may be vaccinated.
* People who are moderately or severely ill should usually wait until they recover before getting HPV vaccine.
* Syncope (fainting) may be caused by injected vaccines, including HPV vaccines.
* Very rarely, any vaccine, including HPV vaccine, can cause anaphylaxis

**Shingles Zoster**

Shingles, also known as zoster or herpes zoster is a painful skin rash, it is caused by varicella zoster virus (VZV), it develops on the side of the body -often in the face. The rash forms blisters that typically scab over in 7 to 10 days and clears up within 2- weeks.

For some people the pain can last for months or even years after rash goes away. This long-lasting pain is called post -herpetic neuralgia, and it is the most common complication of shingles.

Recommendation:

* Administer 2 doses of recombinant zoster vaccine (RZV): 2-6 months apart to adults aged 50 years or older.
* Dose: 0.65ml, S/C

Special Precaution:

* Zoster Vaccine Live (ZVL) is contraindicated for pregnant women and adults with severe immunodeficiency.
* Current herpes zoster infection

**Pneumococcal disease**

It is caused by a bacterium known as streptococcus pneumoniae or pneumococcus. Pneumococcal infections can range from ear and sinus infection to pneumonia and bloodstream infections.

* There are 2 vaccine that can prevent Pneumococcal disease: -
* pneumococcal conjugate vaccine (PCV13, PCV215, PCV20) :0.5 ml, IM
* Pneumococcal polysaccharide vaccine (PPSV23): 0.5 ml, IM or SC

**For those who have not previously received any pneumococcal vaccine†, CDC recommends you:**

* Give 1 dose of PCV15 or PCV20.
  + If PCV15 is used, this should be followed by a dose of PPSV23 at least one year later. The minimum interval is 8 weeks and can be considered in adults with an immunocompromising condition, cochlear implant, or cerebrospinal fluid leak.
  + If PCV20 is used, a dose of PPSV23 is NOT indicated.

(Also applies to people who received PCV7 at any age and no other pneumococcal vaccines.)

For those who have only received PPSV23, CDC recommends you:

* Give 1 dose of PCV15 or PCV20.
* The PCV15 or PCV20 dose should be administered at least 1 year after the most recent PPSV23 vaccination.
  + Regardless of if PCV15 or PCV20 is given, an additional dose of PPSV23 is not recommended since they already received it.

For those who have only received PCV13, CDC recommends you either:

* Give 1 dose of PCV20 at least 1 year after PCV13.

or

* Give 1 dose of PPSV23 at least 8 weeks after PCV1
* Contraindication:
* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component
* Severe allergic reaction (e.g., anaphylaxis) to any diphtheria-toxoid–containing vaccine or to its vaccine component

Precaution:

* Moderate or severe acute illness with or without fever

**Meningococcal disease**

It refers to any illness that is caused by the type of bacteria called Neisseria Meningitis, also known as meningococcus. The infection is often serious and include infections of the brain and spinal cord(meningitis) and blood stream infections (bacteraemia or septicaemia)

* Meningococcal or Men B vaccine dose: 0.5 ml/IM (16-23 years to provide short term protection against strains of serogroup B meningococcal disease)

Contraindication:

* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component.

Precaution:

* Pregnancy
* For MenB-4C only: Latex sensitivity
* Moderate or severe acute illness with or without fever

**Hepatitis A vaccination**

Hepatitis A is a liver disease caused by the hepatitis A virus (HAV). Hepatitis A can affect anyone. Vaccines are available for long-term prevention of HAV infection in persons 1 year of age and older. Good personal hygiene and proper sanitation can also help prevent the spread of hepatitis A.

* Dose: 1ml/IM (2 doses at 6 months apart)

**Hepatitis B vaccination**

It is an infection of liver caused by hepatitis B virus, which may lead to lifelong infections, cirrhosis of liver, liver cancer, liver failure and death.

* Dose: 1ml/IM
* Total doses:
* 3-dose series HepA-HepB (Twinrix)
* 1st at any time
* 2nd at least 1 months after 1st dose
* 3rd dose 6 months after 1st
* 4-dose series HepA-HepB (Twinrix) accelerated schedule of 3 doses at 0, 7, and 21–30 days, followed by a booster dose at 12 months

contraindication

* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine componentincluding neomycin and yeast

Precaution:

* Moderate or severe acute illness with or without fever

**Hemophilus Influenza Type B**

Haemophilus influenzae type b (Hib)—not to be confused with [seasonal influenza](https://www.verywellhealth.com/cold-flu-overview-4014743)—is a vaccine-preventable disease that is particularly dangerous for young children. Advanced infections can cause potentially serious complications like meningitis, pneumonia, and sepsis.

* Hemophilus Influenza Type B vaccine is often called Hib Vaccine
* Recommendation:
* Not routinely recommended for healthy adults
* High risk of Hemophilus Influenza Type B.
* Dose: single conjugated Hib Vaccine

**Covid 19 vaccine**

**Coronavirus disease 2019** (**COVID-19**) is a [contagious disease](https://en.wikipedia.org/wiki/Contagious_disease) caused by a [virus](https://en.wikipedia.org/wiki/Virus), the [severe acute respiratory syndrome coronavirus 2](https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome_coronavirus_2) (SARS-CoV-2).

* Vaccine: live attenuated vaccine
* Pfizer: 2 doses (0.3 ml), 3-8 weeks apart, Booster dose at least 2 months apart last primary series.
* Moderna: 2 dose (0.5 ml), 4-8 weeks apart, at least 2 months apert from last dose
* Johnson and Johnsons: 1 dose (0.5ml), at least 2 months apart from primary series
* AstraZeneca: 2 doses (0.5ml), 4-12 weeks apart
* Covid Shield: 2 doses (0.5ml), 12-16 weeks apart
* Age: more than 18 years
* Route: IM into deltoid injection

Booster dose

For booster vaccination, bivalent mRNA vaccines are recommended. Any homologous (i.e., same manufacturer for the primary series and booster dose) or heterologous (i.e., different manufacturer for the primary series and booster dose) bivalent mRNA vaccine can be used as authorized by FDA for a given age group and product

Precaution:

* recent (within the past 3 months) myocarditis or pericarditis
* acute rheumatic fever or acute rheumatic heart disease (with active myocardial inflammation)
* acute decompensated heart failure.

**MMR**

Measles, mumps, and rubella (also known as German measles) are different illnesses with variety of symptoms. But they have a lot common. All three infections are caused by viruses. They were once all considered to be diseases of childhood that were pretty much inevitable.

Before vaccines for measles, mumps, and rubella, many children recovered from their bouts with these infections, but deaths were not uncommon.

* Vaccine: MMRII
* Recommendation: 19 to 55 years
* Dose: 0.5ml/SC (1 or 2 doses)

Contraindication:

* Severe allergic reaction (e.g., anaphylaxis) after a previous dose or to a vaccine component3
* Severe immunodeficiency (e.g., hematologic and solid tumors, receipt of chemotherapy, congenital immunodeficiency, long-term immunosuppressive therapy or patients with HIV infection who are severely immunocompromised)
* Pregnancy
* Family history of altered immunocompetence, unless verified clinically or by laboratory testing as immunocompetent

Precaution:

* Recent (≤11 months) receipt of antibody-containing blood product (specific interval depends on product)
* History of thrombocytopenia or thrombocytopenic purpura
* Need for tuberculin skin testing or interferon-gamma release assay (IGRA) testing
* Moderate or severe acute illness with or without fever

**Nursing Implication in Immunization**

* Nurses have responsibility to be up to date on a recommended routine vaccine
* Documentation should be done properly
* Get proper training before administrating vaccination
* Always prepare and check for: Right dose, right route and right time of right vaccination.
* Encourage client to administer full dose of vaccine
* Provide health education about different vaccine regarding doses, routes etc.
* [Diseases & the vaccines that prevent them](https://www.cdc.gov/vaccines/parents/diseases/index.html)
* [Vaccine Information Statements](https://www.cdc.gov/vaccines/hcp/vis/index.html) (VIS)
* [How to hold your child during vaccinations](https://www.cdc.gov/vaccines/parents/visit/holds-factsheet.html)
* [Tips for a less stressful shot visit](https://www.cdc.gov/vaccines/parents/visit/index.html)
* [Parent-friendly schedule](https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf)
* [Provider resources for vaccine conversations with parents](https://www.cdc.gov/vaccines/hcp/conversations/index.html)
* [Understanding vaccines and vaccine safety](https://www.cdc.gov/vaccines/hcp/conversations/provider-resources-safetysheets.html)
* [Responding to concerns about vaccine](http://www.immunize.org/handouts/vaccine-questions.asp)

**Summary**