



Engaging Families in Change

HPV, Weight, Smoking

Information to share with your partners and staff

HPV CANCER PREVENTION

- HPV VACCINE IS CANCER PREVENTION**
 HPV vaccine protects against HPV types that most commonly cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers.
 Every year in the U.S., 27,000 people get cancer caused by HPV. That's 1 person every 20 minutes, every day, all year long.
 Most of these cancers can be prevented by HPV vaccine.
- HPV VACCINE IS RECOMMENDED AT THE SAME TIME AS OTHER TEEN VACCINES**
 Preteens need three vaccines at 11 or 12. They protect against whooping cough, tetanus, meningitis, HPV, and HPV.
- HPV VACCINE IS BEST AT 11-12 YEARS**
 Preteens have a higher immune response to HPV vaccine than older teens. While there is very little risk of exposure to HPV before age 13, the risk of exposure increases thereafter.

Parents and healthcare professionals are the key to protecting adolescents from HPV cancers.

VACCINATE YOUR 11-12 YEAR OLDS.

www.cdc.gov/vaccines/teens

If there were a vaccine against cancer, wouldn't you get it for your kids?

HPV vaccine is cancer prevention. Talk to the doctor about vaccinating your 11-12 year old sons and daughters against HPV.

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You're not opening the door to sex. You're closing the door to cancer.

HPV vaccine is cancer prevention. Talk to your child's doctor about vaccinating your 11-12 year old against HPV.

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Addressing Parents' Top Questions about HPV VACCINE

Clinicians can give a strong and effective HPV vaccine recommendation by advising parents that their 11- or 12-year-old child needs shots today and naming those shots with HPV vaccine listed in the middle. Start the vaccine discussion with parents by saying "Your child is due for three shots today to protect her from meningitis, HPV cancers, and whooping cough. We'll give those at the end of the visit."

Parents may be interested in vaccinating, yet still have questions. Some parents might just need additional reassurance from you, the clinician they trust. Taking the time to answer their questions and address their concerns can help parents to accept a recommendation for HPV vaccination.

WHEN PARENTS SAY:

TRY SAYING:

Why does my child need the HPV vaccine?

HPV vaccine is important because it prevents cancer. We'd both like to protect your child from cancer and I strongly recommend she get her first dose of the HPV vaccine series today.

What diseases are caused by HPV?

Persistent HPV infection causes about 27,000 cancers each year: cervical, mouth/throat, anal, vaginal, and vulvar cancers. There are over 300,000 cases of cervical precancer that require treatment that can have lasting effects. We can stop those right now; I recommend we get HPV vaccine for your child today.

Is my child really at risk for HPV?

HPV is so common that almost everyone will be infected at some point. We can protect your child from infection by starting HPV vaccine today.

Addressing Parents' Top Questions about HPV VACCINE

Why do they need HPV vaccine at such a young age?

With every vaccine, it is important to vaccinate before exposure and we can't predict when exposure might occur. Also, HPV vaccine produces the most antibodies during the preteen years. This is why we need to start protecting with HPV vaccine today.

I have some concerns about the safety of the vaccine—I keep reading things online that says HPV vaccination isn't safe. Do you really know if it's safe?

I know there are stories in the media and online about vaccines, and I can see how that could concern you. However, I want you to know that HPV vaccine has been carefully studied for many years by medical and scientific experts and has shown to be very safe. Vaccines, like any medication, can cause side effects. With HPV vaccine most of these are mild, primarily pain or redness in the arm. This should go away quickly. HPV vaccine has not been linked with any serious or long-term side effects.

Why do boys need HPV vaccine?

HPV infection can cause cancers of the anus, penis, and mouth/throat in men. HPV infections can also cause genital warts. HPV vaccine can help prevent the infections that cause these diseases in men, as well as prevent the spread of HPV to their partners.


Would you get HPV vaccine for your kids?

I have given HPV vaccine to my child (or grandchild, etc) because I strongly believe in the importance of this vaccine for preventing cancer. The American Academy of Pediatrics, cancer doctors, and the CDC, also agree that getting the HPV vaccine is very important for your child.



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HPV VACCINE
IS CANCER PREVENTION



**GET INTO THE
ROUTINE OF
RECOMMENDING
CANCER
PREVENTION**

1 MAKE YOUR ELECTRONIC OFFICE SYSTEMS WORK FOR YOU


Verify that your electronic health/medical record system has prompts enabled to alert you to check immunization status for your patients ages 11–12 at every appointment. Be sure the appointment system allows for scheduling appointments up to six months in the future, and remind parents to “make appointments for the remaining HPV vaccine doses before you check out!”

2 INCORPORATE THIS STANDARD OF IMMUNIZATION IN YOUR PRACTICE

Start the vaccine discussion for all preteen patients with “your child needs three vaccines to prevent meningitis, HPV cancers, and whooping cough,” thus recommending HPV vaccine for your patients ages 11–12 in the same way and on the same day as you recommend and administer the other adolescent vaccines.


3 RALLY YOUR STAFF AROUND CANCER PREVENTION TO IMPROVE RATES

Find out how many of your 13-year-old patients have started or finished the HPV vaccine series and share those data, along with the rates you’d like to achieve, with your staff. Every person in the practice should be able to answer parents’ HPV vaccine questions with concise answers, starting with “HPV vaccine is cancer prevention.”




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www.cdc.gov/HPV



Working With Families

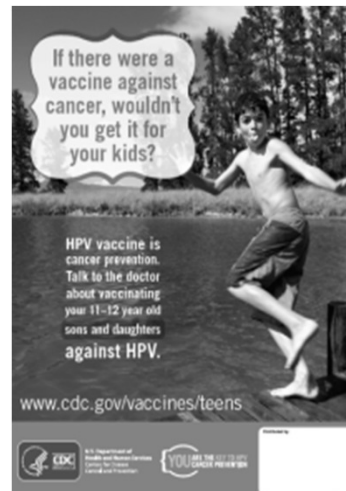
- Keep the parents and patient at ease.
- Don’t challenge the assumptions, even if scientifically wrong
- Use positive words like safety, healthy, protection, proactive
- Use motivational Interviewing to adjust the parents mindset to be open to change



How to handle resistance to the HPV vaccine using natural assumption

Patient is in for their 11 year old well check and are due for vaccines.

- *“Ok, I’m getting the nurse to go draw up your preteen shots, any questions?”*
- *Patients parents says no to the HPV vaccine*
Remember, Beliefs trump science. Arguing with facts often just reinforces non-evidence based beliefs.
- *“I really appreciate parents who research and think about how to protect and help their child stay healthy. We’re excited in pediatrics because we have our first cancer prevention vaccine. Are there other things that you are doing to help prevent cancer in your child?”*



Motivational Interviewing

- **Engaging:** the process of establishing a working relationship based on trust and respect. The client should be doing most of the talking, as the counselor utilizes the skill of reflective listening throughout the process. Both the client and counselor make an agreement on treatment goals and on collaborate the tasks that will help the client reach those goals.
- **Focusing:** the ongoing process of seeking and maintaining direction.
- **Evoking:** eliciting the client's own motivations for change, while evoking hope and confidence.
- **Planning:** involves the client making a commitment to change, and together with the counselor, developing a specific plan of action.





Motivational Interviewing: HPV

- Engaging: “I’m impressed with you researching online for information on vaccines. It shows that you are really thinking this through”
- Focusing: “I am concerned about cancer risk, the HPV vaccine is our first success at preventing a serious cancer through vaccination”
- Evoking: “What else are you doing to prevent cancer for your child. You and I both hope for the best and need to be proactive in promoting health in our children”
- Planning: “Ok, I’ll make a note in the chart that we’ll give the vaccine this summer when she comes in for her sports physical”



Motivational Interviewing: Obesity

- Engaging: “Jeremy’s BMI is at the 90th percentile for 6 year olds, which makes me worry about him being over weight. Are you at all concerned about how big he is for his age?”
- Focusing: “I understand that you have large family members. Perhaps all the more reason for us to worry about his weight. Do you worrying about how much time he is in front of video games?”
- Evoking: “I hear your concerns about how much time he spends in front of video screens, do you think that might be an area where we could focus and maybe do something about his weight?”
- Planning: “OK, I hear you that his video game and TV watching is a problem. I agree that turning off the TV while you eat, and getting him to go outside without his cell phone for an hour when he comes home is a good first step. Why don’t I write this plan down in our note, and let’s see you back in 3 months and see if we are having any success. And if not maybe then we will talk about diet and exercise”

Role play scenario



Jimmy comes in at 10 months of age for an ear recheck. His mom, who smokes, wants to know what she can do to stop him from getting so many ear infections. Discuss a scenario using motivational interviewing that you might use

Remember E.F.E.P.



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