



Using *Upstream Thinking* to Improve Flu Vaccination Rates
Nurses Christian Fellowship
Journal Club Webinar, October 15, 2020

Based on the article:

Hargrave, K. (2020). Interprofessional collaboration to Improve uptake of flu vaccination on a college campus. *Journal of Christian Nursing*, 37(4), 221-227.
<https://doi.org/10.1097/CNJ.0000000000000756>

As flu season looms, nurses are even more crucial this year to be advocates and educators about vaccination. *JCN's* editors invite nurses from all practice settings to learn how to apply *upstream thinking* to vaccination in young adults on college campuses and in other settings.

Additional recommended readings:

- Centers for Disease Control and Prevention. (2020). *Frequently asked influenza (flu) questions: 2020-2021 season*. <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>
- Centers for Disease Control and Prevention. (2019). *10 reasons to get vaccinated*. <https://www.nfid.org/immunization/10-reasons-to-get-vaccinated/>
- McQuaid, E., & Baker, J. (2019). *Influenza immunization among college students and the barriers to vaccination*. [Master's thesis, Thomas Jefferson University]. Jefferson Digital Commons. https://jdc.jefferson.edu/mphcpapstone_presentation/294/
- National Foundation for Infectious Diseases. (2016). *Addressing the challenges of influenza vaccination on US college campuses*. <https://www.nfid.org/wp-content/uploads/2019/08/college-flu-summit-report-2.pdf>

INTERACTIVE DISCUSSION LEARNING: COMMENTS FROM PARTICIPANTS

Reasons college students may not get vaccinated

- I have a son in college and the [given] reasons are valid. It [vaccinating] is not a priority for my son.
- What is the difference between nursing students and other schools? Nursing students may be 100% vaccinated.
 - o They are required to be vaccinated
 - o Unless there is an allergy, they must get flu vaccination in the Northeast
- The [nursing] students are required to be vaccinated. The hospitals require as well.

- I don't know if this would be applicable on a campus, but at my hospital in TX, we set up a drive-through flu shot clinic, which got many compliments from the patients.

General vaccine barriers and hesitancy

- There was a study in a pediatric hospital in Delaware (2018) that found that Asians are 96% vaccinated compared to other ethnic groups.
- Why is the efficacy of the flu vaccine not promoted? How much will it reduce the risk of getting the flu? I've had people who had the vaccine, then got the flu, so they think the vaccine does not work.
- Article shared: *Johnson & Johnson's COVID-19 vaccine trial pause explained by experts, history*. <https://www.yahoo.com/lifestyle/johnson-johnsons-covid-19-vaccine-trial-pause-explained-experts-history-183902707.html> Identified an increase in Guillain Barre with the 1976 Swine Flu
Link from CDC with info on Guillain Barre and flu vaccinations: https://www.cdc.gov/h1n1flu/vaccination/factsheet_gbs.htm
- I see a mindset that flu shots are basically for adults, resulting in children not receiving the immunization.
- The first time I received a flu vaccine, I was really ill from it—flu-like symptoms. That was the only time. I continued receiving the flu vaccine each year and never again had flu symptoms. The local reactions diminished over time.
- If we need to wear masks for COVID-19, what strategy can we use to encourage people to actually get the vaccine?
- 2016 study demonstrated that children ages 6-23 months had increased risk for febrile seizures following simultaneous immunizations: *Febrile Seizure Risk After Vaccination in Children 6 to 23 Months* Pediatrics. <https://pubmed.ncbi.nlm.nih.gov/27273711/>
- There are also concerns over the ethics of vaccine development--human cell strains in vaccine development.
- Gardasil (HPV vaccine) made headlines because of poor ethics behind the vaccine development. I heard that it is banned in Japan.
- Has anyone tested the nasal "live" vaccine and the issues of having COVID?

Discussion of nurses' opportunity to address vaccination in the community by speaking with people in local places, asking what they need to know.

- Need to speak/educate to people where they are and speak using "living room language"
- Great example of the importance of Faith Community Nurses and all nurses in a church community.
- My daughter works with *Family Connections* and focuses on literacy. That is another issue with people getting accurate information.
- Note the ABCs of missions:
 - o A=access,
 - o B=behind closed doors, in their homes, and
 - o C=care for the vulnerable.

- Do you think social media has had a negative effect on the perception of immunizations? Yes – especially public posts about vaccination that are negative.

Upstream Thinking

- Upstream thinking actions focus on modifying economic, political, and environmental factors that are the precursors of poor health throughout the world. Although the story cites medical practice, it is equally fitting to the dilemmas of nursing practice. Although nursing has a rich history of providing preventive and population-based care, the current health system emphasizes episodic and individual-based care. This system has done little to stem the tide of chronic illnesses to which 70% of American deaths can be attributed (Centers for Disease Control and Prevention, 2004).
- This concept is now taught to nursing students in community health rotations.
- I teach community health and upstream thinking is very valid.
- Important to ask the patient what resources they have [related to social determinants of health].
- Sometimes I think we are afraid to ask the right question because we are limited in possible actions.
- Asking the right questions is very important! Dig into patient thought process: tell me more....etc.
- How do we change the health belief of people which is beyond teaching?
- God calls us to be His hands and feet... we need to love others as God loves us...accepting of others no matter the circumstance.
- Regarding the need to perceive “the other”: Today one student shared [with faculty member], "Don't judge the other person's worship because you don't know what his warfare is."
- I like what the author (Kristi Hargrave) said about bearing one another's burdens--we do this when we look upstream for influences on their health behaviors.
- The person with a bad experience may choose not to give immunizations even though they know the information.
- I acknowledge that God asks for action...listen, seek, knock, enter and that God gave man the wonderful gift of intellect and that we desire those individuals to have the information to make a choice.
- In church health ministry I am working with a man who has been longtime “noncompliant.” He did not need to be preached to, but needed to be understood and to clear up misunderstandings— he is doing so well now.
- Faith produces fruit—that fruit includes caring for others through action/deed not just word.
- I often ask my patients if anyone has ever explained the "why" of some action they are have been asked to comply with. Many say no. Even if they really did receive an explanation, they may not recall it or been ready to receive the information...which speaks to the need for patience in patient teaching.

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- Western culture may not value story and narratives, although this is changing.
- Yes, being a good listener is such an important skill for nurses.
 - o Do you have suggestions for encouraging nurses to take more time for listening vs. being task oriented?
- None of the hospital staffing formulas include listening as a task.
 - o Nurses could work to change that!
- Communication is a skill that develops over time, important to coach /mentor communication process...I have been blessed with great teachers and mentors who demonstrated and supported this skill.
- Behavior has meaning— what is really going on underneath; sometimes too quick to dismiss people because of perceived unacceptable behavior—often fear and frustration come across as anger and “noncompliance.”
- Information concerning the population focus is vital...like how many days are lost to illness in students who contract influenza?
- I agree that **access** is a key word.
- Upstream thinking: Finding out why didn’t insurance cover the 11 college students [in Hargrave article] who didn’t have coverage!
- China has almost 100% vaccination in most of the vaccines! [Perhaps due to mandatory immunizations?]
- Behavioral health identifies that there is a reason for all behavior...we only have to identify the reason (which may be an illness).
- It is important to help people to see flu shots, masks etc. as helping others and not all about me.