

How to Assist in Vaccine Decision-Making: Applying the Stages of Change

Stage of Change	Characteristics	Techniques
Pre-Contemplation	Not currently interested in getting the vaccine	<ul style="list-style-type: none"> • Acknowledge that the patient is not open to the vaccine at this time. • Ensure they know the decision is their own to make. • Ask if they would like to discuss their reasons for not wanting to vaccinate. • Encourage the patient to explore their reasons for not wanting to vaccinate. • Explain and personalize the risk.
Contemplation	Have not yet decided to get the vaccine, but they are considering it; not sure what they should do or want to do	<ul style="list-style-type: none"> • Acknowledge the patient is not ready yet. • Ensure they know the decision is their own to make. • Ask if they would like to discuss their hesitancy. • Encourage them to discuss the pros and cons of getting the vaccine.
Preparation	Planning to get the vaccine, but they haven't taken steps to make it happen	<ul style="list-style-type: none"> • Examine and promote positive aspects of getting the vaccine. • Identify and assist with next steps and support. • Address any obstacles or concerns. • Ensure they understand the process, possible side effects and how to address them. • Offer to accompany them when getting vaccinated.
Action	Vaccine is scheduled and any needed assistance is in place	<ul style="list-style-type: none"> • Ensure patient has support and all needed information. • Provide affirmation for their decision.
Maintenance	Continued commitment to continue with vaccine updates	<ul style="list-style-type: none"> • Provide follow-up support. • Reinforce benefits of maintaining vaccination status.
Reconsideration	Unwilling or uncertain about continuing vaccinations	<ul style="list-style-type: none"> • Evaluate triggers for the cause of reconsideration for vaccine updates. • Reassess motivation and barriers.

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