



HPV PREVENTION:
**Nurses Get
It Done!**

TOOLKIT

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Welcome!

Want to empower your clinical team to increase HPV vaccination coverage? The National HPV Vaccination Roundtable created the HPV Prevention: Nurses Get It Done! toolkit to help nurses at every practice level initiate and complete the HPV vaccination series.

HOW TO USE THIS TOOLKIT:

The HPV Prevention: Nurses Get It Done! toolkit is designed to be read in the order that is most helpful to you. At the core of the toolkit are the three components that lead to vaccine completion. These are complemented by tools and resources that our team of nurses found particularly helpful as immunizers.

This toolkit was designed to be used as part of small-group teaching with nurses at all practice levels. The toolkit can be used in conjunction with a teaching PowerPoint or as a self-study document followed by a group session to discuss and share take-aways.



FOR MORE INFORMATION:

Nurses Get It Done Resources

<https://hpvroundtable.org/getitdone-resources/>

Why Is This Toolkit Needed?

With needle phobia on the rise and tough questions posed by vaccine hesitant parents, we need all hands-on deck to help preteens initiate and complete the HPV vaccination series.

Core Components

This toolkit takes you step by step through three core components of completing HPV vaccination.

1. Confidently recommend HPV vaccination.
2. Compassionately respond to questions or concerns.
3. Prepare your patient to receive the vaccine.

Each section highlights and directs you to useful tools, resources, and sources.

The National HPV Vaccination Roundtable has created this toolkit with input from the National Association of Pediatric Nurse Practitioners (NAPNAP), the American Association of Nurse Practitioners (AANP), and the Centers for Disease Control and Prevention (CDC). We encourage you to share how you “Get It Done” when it comes to HPV vaccination with the hashtag #HPVprevention on Facebook, Twitter, and LinkedIn.



GET MORE RESOURCES AND DOWNLOAD THIS TOOLKIT AT

<https://hpvroundtable.org/getitdone/>



Get Social

- **Facebook HPV Cancer Free Facebook Group**
<https://www.facebook.com/groups/HPVCancerFreeFamily/>
- **Nurses Who Vaccinate Facebook Group**
<https://www.facebook.com/groups/NursesWhoVaccinate/>
- **National HPV Vaccination Roundtable Twitter**
<https://twitter.com/hpvroundtable>
- **National HPV Vaccination Roundtable Instagram**
<https://www.instagram.com/hpv.vaccination.roundtable/>

Introduction

HPV vaccination is cancer prevention, and yet only 68.1% of teens in the United States have received the first dose of the HPV vaccine and just over half (51.1%) of teens in the U.S. are up to date on their HPV vaccinations.¹ Nurses at all practice levels have long been advocates for vaccination and have done an incredible amount of work to protect patients from vaccine-preventable diseases, but there is more to do to increase HPV vaccination rates. We know we can do better to prevent HPV cancers. It's up to nurses and nurse practitioners (NPs) to get it done!



In this toolkit, you'll get resources and tips to increase HPV vaccination rates in your office, clinic or system. Read on to:

- ✓ Increase your knowledge about the HPV vaccine.
- ✓ Learn how to make a strong recommendation for HPV vaccination.
- ✓ Get tips on how to prepare patients to receive the vaccine.

WHY IS HPV VACCINATION SO IMPORTANT?

HPV vaccination is cancer prevention. The HPV vaccine provides safe, effective and lasting protection against the HPV infections that most commonly cause genital warts and cancer. HPV can cause cancers of the cervix, vagina and vulva in women; penis in men; anus and back of the throat – including the base of the tongue and tonsils (oropharynx) – in both men and women.

COMPLETING HPV VACCINATION IS UP TO YOU!

Nurses at all practice levels are among the best advocates to ensure patients are protected against HPV diseases and cancers.

HPV 101 for Immunizers

Knowledge is power. Use the resources in this section to educate yourself and your clinical team on the latest information and guidance on HPV vaccination.



FOR A COMPREHENSIVE SCIENTIFIC OVERVIEW:

CDC's Pink Book Chapter 11 on HPV.²

<https://www.cdc.gov/vaccines/pubs/pinkbook/hpv.html>

WHAT IS HPV?

HPV, or *human papillomavirus*, is a common virus that can lead to 6 types of cancers later in life. HPV is a group of more than 200 related viruses.³

HPVs are called papillomaviruses because some HPV types cause warts or papillomas. Most HPV types are called cutaneous because they cause warts on the skin – often on the arms, chest, hands and feet. These are common warts. The other 25% of HPV types are considered mucosal types of HPV. Mucosal HPV types invade and live in cells on mucosal surfaces such as: the vagina, cervix, vulva, anus, inner foreskin and urethra of the penis, the inner lining of the nose, mouth, and throat, the trachea and bronchi, and the inner eyelids.⁴ Mucosal HPV types are categorized according to their association with cancer. High-risk types (e.g., types 16 and 18) can cause cancer. Low-risk types, including types 6 and 11, can cause genital warts, benign or low-grade cervical cell changes, and recurrent respiratory papillomatosis (RRP).^{5,6}

HOW MANY CANCERS ARE CAUSED BY HPV?

An HPV infection can cause six kinds of cancers affecting nearly 35,000 men and women in the United States each year.⁷ In general, HPV is thought to be responsible for more than 90% of anal and cervical cancers, about 70 - 75% of vaginal and vulvar cancers, and 63% of penile cancers.⁸ Oropharyngeal cancers traditionally have been caused by tobacco and alcohol, but studies show about 60 – 70% of cancers of the oropharynx may be linked to HPV.^{9,10} Though HPV is typically associated with cervical cancer, there are more HPV-associated oropharyngeal cancers diagnosed each year than cervical cancers and most are diagnosed in men.¹¹



FOR MORE INFORMATION:

How Many Cancers Are Linked with HPV Each Year?

<https://www.cdc.gov/cancer/hpv/statistics/cases.htm>

HOW DOES THE HPV VACCINE WORK?

The HPV vaccine is made from virus-like particles (VLPs) that look like the outside of the actual human papillomavirus (HPV).¹² The vaccine does not contain any live virus, killed virus or even DNA from the virus, so it cannot cause cancer or other HPV-related illnesses.¹³

When the HPV vaccine is given, the body makes antibodies in response to the VLPs to clear them from the body. If a person is then exposed to a real HPV virus, the same antibodies can prevent it from entering the cells of the body and creating an infection.

Gardasil® 9, the only HPV vaccine currently available for use in the United States, helps the body create antibodies against nine different HPV types. Gardasil® 9 protects against high-risk HPV types 16 and 18, the two types that cause 70% of cervical cancers and precancerous lesions, and HPV types 6 and 11, which cause most genital warts. Gardasil® 9 also protects against the high-risk types 31, 33, 45, 52 and 58.^{14, 15}



HOW EFFECTIVE IS THE HPV VACCINE?

The HPV vaccine is highly effective.¹⁶ The HPV vaccine provides almost 100% protection from targeted HPV types if all doses are received at the correct intervals and if it is given before exposure.¹⁷ All HPV vaccines were found to provide nearly 100% protection against persistent cervical infections with HPV types 16 and 18 and the cervical cell changes these persistent infections can cause. Gardasil® 9 was found to be nearly 100% effective in preventing cervical, vaginal, and vulvar disease caused by the five additional HPV types (31, 33, 45, 52, and 58) that it targets.¹⁸

Since the introduction of the HPV vaccine:

- Infections with HPV 16 and 18 decreased by 83% among girls aged 15–19 years and by 66% among women aged 20–24 years.
- Diagnoses of anogenital warts decreased by 67% among girls aged 15–19 years and by 54% among women aged 20–24 years.
- The prevalence of precancerous lesions that can lead to cervical cancer decreased by 51% among girls aged 15–19 years and by 31% among women aged 20–24 years.¹⁹

The HPV vaccine is also effective in preventing anal cell changes caused by persistent infection and genital warts.²⁰

IS THE HPV VACCINE SAFE?

Yes.²¹ All vaccines used in the United States, including the HPV vaccine, are required to go through years of extensive safety testing before they are licensed by the U.S. Food and Drug Administration (FDA). As with all approved vaccines, the CDC and the FDA continuously monitor the safety of HPV vaccines after they are licensed. The most recent safety data review for HPV vaccines continue to show that these vaccines are safe.^{22, 23, 24, 25, 26} Common side effects are mild and include pain, redness or swelling in the arm where the shot was given, headache, nausea and dizziness.

Fainting (syncope) after getting a shot is more common in teens than in young children or adults. Just as medical procedures such as drawing blood can make you feel faint, injections – including vaccinations – can make people feel dizzy. To keep people from getting hurt from fainting, patients should be seated or lying down during treatment and remain in that position for 15 minutes after the vaccine is given.²⁷

WHEN IS THE RIGHT TIME TO VACCINATE AGAINST HPV?

CDC recommends routine HPV vaccination for all adolescents at age 11 or 12 years of age but the series can be started at 9 years of age.

Vaccination is also recommended for males and females age 13 through 26 who have not been vaccinated previously or who have not completed the vaccination series.²⁸ HPV vaccination works best when given before age 13. Cancer protection decreases as age at vaccination increases

Although the vaccine has been approved by the FDA for males and females through age 45, the Advisory Committee on Immunization Practices (ACIP) does not recommend routine vaccination of people older than 26. Instead, they recommend shared clinical decision making for adults who were not previously vaccinated.²⁹ *For people 27 to 45 years old who have not started the vaccines or who have started but not completed the series, it's important to know that vaccination at older ages is less effective in lowering cancer risk.*



FOR THE MOST UP TO DATE INFORMATION:

HPV Vaccine Schedules and Dosing (CDC) [PDF]

<https://www.cdc.gov/hpv/hcp/schedules-recommendations.html>

HOW LONG WILL THE VACCINE PREVENT HPV INFECTIONS?

Studies suggest that HPV vaccines offer long-lasting protection against HPV infection and, therefore, the disease caused by HPV infection. Continued protection against high-grade cervical, vaginal and vulvar neoplasia has been observed through at least 10 years following vaccination, and persistent antibody levels and protection against HPV infection have also been reported up to 10 years following vaccination.³⁰ Duration of protection provided by HPV vaccination will continue to be studied.

WHAT IS THE HPV VACCINE DOSING SCHEDULE?

The CDC recommends routine HPV vaccination for all adolescents at age 11 or 12 years of age but the series can be started at 9 years of age. When given at the recommended age, patients will need fewer doses to be protected. On-time vaccination = FEWER doses in the series.

Adolescents need 2 or 3 doses depending on age at initial vaccination.³¹

WHO GETS 2 DOSES?



- A 2-dose schedule is recommended for adolescents who get the first dose before their 15th birthday.
- In a 2-dose series, the second dose should be given 6-12 months after the first dose (0, 6-12 schedule)

WHO GETS 3 DOSES?



- A 3-dose schedule is recommended for adolescents who get their first dose on or after their 15th birthday, and for people with certain immunocompromising conditions.
- In a 3-dose series, the second dose is recommended 1-2 months after the first dose, and the third dose is recommended 6 months after the first dose (0, 1-2, 6 month schedule).

The HPV vaccine can be administered safely at the same visit as other vaccines recommended for adolescents at ages 11 or 12 years, such as tetanus toxoid, reduced diphtheria toxoid and acellular pertussis (Tdap) vaccine; quadrivalent meningococcal conjugate (MenACWY) vaccine; and influenza vaccine.



HPV vaccines CAN safely be given to adolescents:

- With Minor acute illnesses, such as diarrhea or mild upper respiratory tract infections, with or without fever
- Anyone with immunocompromising conditions, including certain diseases or taking certain medications. However, the immune response to vaccination and effectiveness of the vaccine might be less than in people with a normally functioning immune system.



HPV vaccines should not be given to:

- Anyone with a history of allergies to any vaccine component. Gardasil® 9 is not recommended for people with immediate hypersensitivity to yeast.³²
- Patients with moderate to severe acute illnesses. In these cases, patients should wait until the illness improves before getting vaccinated.



**FOR THE MOST
UP-TO-DATE
IMMUNIZATION
SCHEDULE:**

**Child &
Adolescent
Immunization
Schedule**

<https://www.cdc.gov/hpv/hcp/schedules-recommendations.html>



Want More Information About The HPV Vaccine?

- **CDC Resources**
<https://www.cdc.gov/hpv/hcp/index.html>
- **American Cancer Society**
<https://www.cancer.org/hpv>
- **National Association of Pediatric Nurse Practitioners Resources**
<https://www.napnap.org/hpv-resources>

HPV 101 FOR IMMUNIZERS

Knowledge Check

Stop and review what was learned.

1. Persistent HPV infection has been linked to cancers in which anatomical sites?

- a. cervical
- b. cervical and anal
- c. cervical, anal, and oropharyngeal
- d. cervical, anal, oropharyngeal, vaginal, vulvar and penile

2. True or False: 270 million doses of HPV vaccine have been distributed worldwide since vaccine licensure.

- a. True
- b. False

3. How effective is Gardasil® 9 for prevention of HPV infection, disease, and cancers caused by the targeted nine HPV strains?

- a. 0% effective
- b. 20% effective
- c. 50% effective
- d. nearly 100% effective

4. The HPV vaccine can be safely administered to adolescents presenting with:

- a. mild upper respiratory infection
- b. mild illness with fever
- c. mild illness without fever
- d. immunocompromising conditions
- e. all of the above

5. In order to complete the HPV vaccination series, how many doses are needed if the HPV vaccine is administered between the ages of 9-14?

- a. one
- b. two
- c. three

Answers: (1) d. anatomical sites; (2) b. True; (3) d. nearly 100% effective; (4) e. all of the above; (5) b. two

Talking About Vaccines

HOW TO TALK TO PARENTS ABOUT VACCINATION

The first step is for the health care professional to make a presumptive recommendation for vaccination at the beginning of the clinical visit.

For example:

“Now that your child is 11, they are due for vaccinations to help protect against meningitis, HPV cancers and whooping cough. We’ll give those shots during today’s visit. Do you have any questions for me?”

Some parents might have concerns or questions even after a health care professional makes a strong recommendation. If parents ask you questions about HPV vaccination, it is important to remember that the questions are coming from a place of love and concern for their child. They are not questioning your expertise or the health care provider’s expertise.

Most parents want reassurance from you that vaccination is the right decision for their child. If you do get a difficult question, here’s a simple 3-step plan to help you address their concern.

FOLLOW THIS 3-STEP PLAN FOR ANSWERING QUESTIONS

- 1. BREATHE** - Take a deep breath and take a moment to make sure you understand what the parent’s concern is before addressing it. Answer their questions from a place of calm and confidence.
- 2. ANSWER** - Answer ONLY the question in front of you. With vaccination, it’s easy to want to give a lot of information to your patients to convince them the facts are right. Make sure to answer their questions one at a time to not introduce more doubt or confusion.
- 3. CLOSE WITH CONFIDENCE** - Include a confident statement at the end of each answer to lead to vaccination. An example would be: “We care about the long-term health of all our patients in this clinic. That’s why we strongly recommend vaccination to keep our kids healthy.”



HANDOUT:

Talking to Parents about HPV Vaccine

<https://www.cdc.gov/hpv/hcp/for-hcp-tipsheet-hpv.pdf>

KEY MESSAGES

Here are simple, straightforward messages that can help you confidently address questions parents might ask you.

Why is the HPV vaccine important?

- HPV vaccination is cancer prevention.
- HPV infection is very common; most people (about 4 out of 5) will be infected with HPV in their lifetime.
- Most HPV infections go away on their own, but some persist and cause cancer. There is no way to know if an HPV infection will lead to cancer.
- Over 35,000 people in the U.S. get HPV cancers each year.
- When the HPV vaccine is given at the recommended ages, it helps to protect against certain HPV cancers later in life.



HANDOUT:

HPV Vaccine for Preteens and Teens

<https://www.cdc.gov/vaccines/parents/diseases/hpv-basics-color.pdf>

Is the HPV vaccine safe?

- The HPV vaccine is very safe.
- 270 million doses have been distributed around the world and the most common side effects are mild including soreness or swelling where we give the injection.
- HPV vaccination is continually monitored for safety both in the U.S. and around the world.



HANDOUT:

Take a Shot at Cancer

<https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/flyers/hpv-take-a-shot-at-cancer.pdf>

Why are you vaccinating my child at this age?

- All vaccination is provided to prevent future infection. We give the HPV vaccine during the preteen years to protect children long before they are exposed to the virus.
- HPV vaccination is routinely recommended for boys and girls at ages 11-12 and can be started at age 9.
- The vaccination produces such a good immune response in younger adolescents that only two doses are needed.
- Waiting until kids are older to start the HPV vaccine series will mean an extra shot and possibly reduced cancer prevention.



HANDOUT:

Protecting Your Child for HPV Cancers

<https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/flyers/protecting-our-children-from-hpv-cancers.pdf>



Does HPV vaccination increase my child's desire to have sex?

- No, studies have shown that getting the HPV vaccine does not result in children starting to have sex earlier.
- Most people will be exposed to HPV at some time in their life. Vaccinating now can help protect your child into adulthood.



HANDOUT:

HPV Immunization Legislation Does Not Increase Risky Sexual Activity in Teens

<https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/HPV-Immunization-Legislation-Does-Not-Increase-Risky-Sexual-Activity-in-Teens.aspx>

AVOID LONG CONVERSATIONS

Some parents might have a lot of questions or concerns about vaccination even after they receive a strong provider recommendation. If a parent has several questions, you can use the following process to help manage the conversation. This process should only take a few minutes.

Step 1: Answer Up to Three Questions.

Keep your responses short, succinct and direct. Applying motivational interviewing techniques may be helpful to understand a parent's underlying concerns.³³ Once you understand their core concerns, use the key messages to address them.

SAY: I have a few minutes to answer your questions about the HPV vaccine.

Step 2: Give Them Time. If they still have questions, ask them to read a brochure or handout and say you'll be back in a few minutes to help answer their final questions.

SAY: It looks like you have a lot of questions about the HPV vaccine. Why don't you take some time to read these materials? I'll be back in a few minutes to complete the procedure.

Step 3: Make an Appointment. If a parent is not ready to vaccinate even after the health care provider has made a strong recommendation for vaccination and their questions have been answered, have them make a follow-up appointment. Don't think of this as a loss. Sometimes people need more time to process new information. Guide them to useful resources and make it easy for them to schedule a follow-up appointment.

SAY: I understand this may be a lot to process today. Just like you, we want what's best for your child and that includes vaccinating them for all recommended vaccines. I'll have the front desk make you a follow-up appointment so you can come back in for the vaccine. Take time to read the resources I gave you and call/email us if you have any questions.



Want more information about motivational interviewing techniques for HPV vaccine conversations?

<https://www.childrensmunization.org/uploads/Motivational-Interviewing-slides.pdf>

Information About The HPV Vaccine For Parents:



- **CDC Resources** - <https://www.cdc.gov/hpv/parents/index.html>
- **American Cancer Society** - <https://www.cancer.org/hpv>
- **NAPNAP Resources** - <https://www.napnap.org/cancer-prevention>

TALKING ABOUT THE HPV VACCINE

Knowledge Check

Stop and review what was learned.

1. See how other health care professionals recommend HPV vaccination and answer questions from parents. Check out CDC's #HowIRecommend video series at <https://www.cdc.gov/vaccines/howirecommend/adolescent-vacc-videos.html>
2. Have you gotten a question from a parent about the HPV vaccine? How did you answer it? Would you change anything about your answer now?
3. Spend some time practicing how you might respond to a parent with the following questions:
 - Why is the HPV vaccine important?
 - How do we know the HPV vaccine is safe?
4. If you are in a group, have one person play the curious parent and the other play a health care professional. Are there any phrases or responses that you find effective?

Managing Shot Discomfort

NIH research shows children with high fear of needles were 2.5 times less likely to start their HPV series than those with low fear.³⁴ Fear of needles and shots is a barrier to health and people are more afraid of getting shots than ever before.

HOW TO MANAGE INJECTION PAIN AND “SHOT AVERSION”

Very few people enjoy getting shots. Preteens can be even more resistant to getting shots. Try these tips to help your patients get their vaccinations.

Prepare the Patient

- **Give them choices** – The Comfort Menu can help adolescents take control of getting a vaccine.³⁵
- **Numb the injection site** – Apply a topical pain reliever where the shot will be given. Follow any procedural pain program or protocol your system has in place.
- **Fainting** - If your patient is worried about fainting, try the Applied Tension Technique.³⁶

FOR MORE INFORMATION:



The Comfort Menu

https://research.kpchr.org/Portals/0/Docs/project%20websites/PAVE/PAVE_Comfort-Menu.pdf

Anxiety Canada’s Applied Tension Technique

<https://www.anxietycanada.com/sites/default/files/AppliedTension.pdf>





Manage Pain

- **Order matters** - Some vaccines are more painful than others. Vaccines should be administered in the order of increasing painfulness, with the most painful vaccine administered last.
- **Breathe** - Ask your patient to breathe all the way down into their belly. Deep breathing can help people relax.
- **Do not aspirate** - Aspiration is not necessary for intramuscular injections and may increase pain.
- **Relax** - Have your patient shake out their arm and work on relaxing their arm muscles.
- **Look over there!** - Anticipation is half the battle with getting a shot. Have your patient look the opposite way from the arm you are injecting.
- **Distract with conversation or a device** - Talk to the patient through the whole procedure. Ask them about their favorite show, favorite sport or anything other than getting a shot. Or ask the preteen to listen to music or play a game on a device like a smartphone or a tablet.
- **Cough** - Research shows that coughing once before and once during the shot can help some people feel less pain.



Here are some great resources to help nurses get the job done:

- **3 Ways to Manage A Fear of Needles**
Sunnybrook Hospital <https://www.youtube.com/watch?v=FQ4znfRL2eQ>
- **7 Tips to Help Your Child Overcome a Fear of Shots – Children’s Hospital Colorado** <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/fear-of-shots/>
- **8 Ways to Make Shots Easier for Kids – Health.com**
<https://www.health.com/health/gallery/0,,20453622,00.html>
- **Needle Phobia - Buzzy**
<https://buzzyhelps.com/pages/needle-phobia>

BE AN HPV VACCINE CHAMPION

TAKE ACTION

1. For more resources on how to be an HPV vaccine champion, click on the action guide that was created just for you.



FOR MORE INFORMATION:

Nurses and Medical Assistants Community Page

<http://hpvroundtable.org/nurses>

Physicians, Physician Assistants and Nurse Practitioners

<http://hpvroundtable.org/providers>

2. Download the Certificate of Achievement for working your way through this toolkit.



DOWNLOAD:

Certificate of Achievement

<https://hpvroundtable.org/getitdone-resources/>

3. Let us know how you GET IT DONE with #HPVprevention and #2shots2StopCancer on social media.



GET SOCIAL:

Facebook HPV Cancer Free Facebook Group

<https://www.facebook.com/groups/HPVCancerFreeFamily/>

Nurses Who Vaccinate Facebook Group

<https://www.facebook.com/groups/NursesWhoVaccinate/>

National HPV Vaccination Roundtable Twitter

<https://twitter.com/hpvroundtable>

National HPV Vaccination Roundtable Instagram

<https://www.instagram.com/hpvvaccination.roundtable/>

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