



# CARD INTEGRATION GUIDE FOR VACCINATIONS

The CARD system can improve the vaccination experience for clients and staff. Use this overview guide to learn how CARD can fit into your practice setting.

Scan for resources



PREPARATION		VACCINATION				PRACTICE REVIEW
1	2	3	4	5	6	7
Education	Implementation	Scheduling and check in	Waiting area	Injection area	Aftercare area	Evaluation and refinement
<b>Review information with staff</b>	<b>Set up the clinic using CARD</b>	<b>Educate client about CARD</b>	<b>Make waiting area friendly with CARD</b>	<b>Support client CARD coping choices</b>	<b>Hand out client survey</b>	<b>Review client and staff feedback</b>
<ul style="list-style-type: none"> <li><b>S</b> CARD guides (what is CARD, 4E model)</li> </ul>	<ul style="list-style-type: none"> <li><b>S</b> Planning checklist</li> <li><b>S</b> Additional guides (customizing, images)</li> </ul>	<ul style="list-style-type: none"> <li><b>S</b> Vaccination checklist</li> <li><b>C</b> CARD client coping checklist</li> <li><b>SC</b> Additional guides (videos, web game, topical anesthetic)</li> </ul>	<ul style="list-style-type: none"> <li><b>C</b> Distraction items (posters, physical items, game/activity sheets)</li> <li><b>SC</b> Coping strategy guides (what to say, comfort position, muscle tension)</li> </ul>	<ul style="list-style-type: none"> <li><b>C</b> Client surveys</li> </ul>	<ul style="list-style-type: none"> <li><b>S</b> Staff surveys</li> </ul>	
<b>S</b> Staff materials	<b>C</b> Client materials	Visit <a href="https://CardSystem.ca">CardSystem.ca</a> for free resources to download and use.				

# SUGGESTED RESOURCES FOR CARD IMPLEMENTATION

Visit [cardsystem.ca](https://cardsystem.ca) for more tools and information

## 1. Education

As part of the preparation process review information with staff about what CARD is and how to integrate it in your clinic.

- What is CARD for health-care providers ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_HCP\\_What\\_is\\_CARD.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_HCP_What_is_CARD.pdf))
- CARD 4E model ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_4E\\_Model\\_Vaccination.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_4E_Model_Vaccination.pdf))

Additional learning resources (e.g., webcast, e-module, evidence algorithm and logic module) are available at [CardSystem.ca](https://cardsystem.ca).

## 2. Implementation

Use the planning checklist to help you set up your vaccination area. Take this opportunity to customize CARD to your unique space.

- Vaccination planning checklist ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_HCP\\_PlanningChecklist.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_HCP_PlanningChecklist.pdf))

### Additional guides

- Customizing CARD ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Customizing\\_CARD.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Customizing_CARD.pdf))
- Images of practice settings before and after CARD ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Before\\_and\\_After\\_Images.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Before_and_After_Images.pdf))

## 3. Scheduling and check in

Use the vaccination day checklist to guide the vaccination process. When clients check in, either online or in-person give them the CARD client checklist so they can choose the options they want for their vaccination. This is also when you can discuss the use of topical anesthetics with clients.

- Vaccination day checklist ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_HCP\\_VaccinationDayChecklist.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_HCP_VaccinationDayChecklist.pdf))
- CARD client coping checklist: ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Checklist\\_Vaccination.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Checklist_Vaccination.pdf))
- CARD client coping checklist for children up to 3 years of age ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Checklist\\_Vaccination\\_Children\\_up\\_to\\_3yrs.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Checklist_Vaccination_Children_up_to_3yrs.pdf))

### Additional guides

- Introducing CARD to vaccine clients ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Introducing\\_CARD\\_to\\_Vaccine\\_Clients.docx](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Introducing_CARD_to_Vaccine_Clients.docx))
- Learn how to play your CARDS ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_General\\_What\\_is\\_CARD.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_General_What_is_CARD.pdf))
- Web game for children (<https://immunize.ca/card-game/>)
- The CARD system video playlist (<https://youtube.com/playlist?list=PLJtOP3StluXgKY4sTdiCXtytn6W-IOH>)
- Using topical anesthetics to reduce pain ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Numbing\\_Cream.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Numbing_Cream.pdf))
- Using topical anesthetics to reduce pain in infants ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Numbing\\_Cream\\_Babies.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Numbing_Cream_Babies.pdf))
- What is CARD for parents and caregivers ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Parent\\_What\\_is\\_CARD.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Parent_What_is_CARD.pdf))
- How parents and caregivers can act ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Parents\\_HowYouCanAct.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Parents_HowYouCanAct.pdf))
- What parents and caregivers can say ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Parents\\_WhatYouCanSay.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Parents_WhatYouCanSay.pdf))
- What parents and caregivers can do ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Parents\\_WhatYouCanDo.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Parents_WhatYouCanDo.pdf))

## 4. Waiting area / 5. Injection area

Ensure clients are aware of coping strategies they can use. Set up areas to be engaging and include age-appropriate items and activities. Support the client's CARD coping choices. Use injection techniques that minimize pain and fear.

### Posters

- CARD system poster ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Vaccination\\_Poster.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Vaccination_Poster.pdf))
- CARD system poster for children ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Vaccination\\_Poster\\_for\\_Kids.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Vaccination_Poster_for_Kids.pdf))
- Search and find poster ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_SearchAndFind\\_Poster.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_SearchAndFind_Poster.pdf))

### Physical items

- Provide physical items that people can use and handle before, during and after vaccination (e.g., pipe cleaners, fidget spinners, squishy balls, treats/rewards).

### Game/Activity sheets for children

- Web game for children (<https://immunize.ca/card-game/>)
- Search and find poster ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_SearchAndFind\\_Poster.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_SearchAndFind_Poster.pdf))
- Colouring pages ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Colouring\\_Pages.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Colouring_Pages.pdf))
- Connect the dots ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Connect\\_Dots.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Connect_Dots.pdf))
- Mazes ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Mazes.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Mazes.pdf))
- Character cards ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Character\\_Cards.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Character_Cards.pdf))

### Coping strategy guides

- What you can say guide ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_WhatYouCanSay\\_Guide.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_WhatYouCanSay_Guide.pdf))
- Comfort positions ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Comfort\\_Positions.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Comfort_Positions.pdf))
- Muscle tension to prevent needle related fainting ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Muscle\\_Tension.pdf](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Muscle_Tension.pdf))

## 6. Aftercare area

Distraction items such as activity sheets and posters should still be available in the aftercare area. At this point in the process, clients can be given a feedback survey to fill out.

- Various client surveys are available ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Client\\_Surveys.docx](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Client_Surveys.docx))

## 7. Evaluation and refinement

As a group, use this time to review the client surveys and to discuss what worked well and where there are opportunities for improvement. Use this information to update and revise your education processes and how you set up your vaccination area.

- Various staff surveys are available ([https://assets.aboutkidshealth.ca/AKHAssets/CARD\\_Staff\\_Surveys.docx](https://assets.aboutkidshealth.ca/AKHAssets/CARD_Staff_Surveys.docx))