Older Adults & Successful Aging in Relation to Vaccinations

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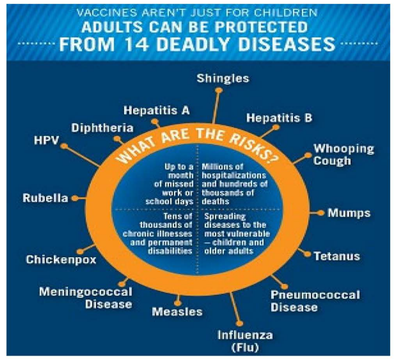
NURS 4202: Nursing Care of Older Adults

Introduction

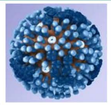
According to the Centers for Disease Control and Prevention (CDC) in the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you are not vaccinated. Vaccination is one of the most convenient and safest preventive care measures available.

There are 4 vaccines that the older adult population is advised to obtain.

- Influenza
- Shingles
- Pneumococcal
- Tetanus



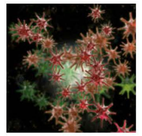
Influenza Vaccine



- **Protects Against**: Influenza virus
- **Frequency**: Once Annually
- **Highly Recommended for**: Individuals at high risk for having serious flu-related complications: anyone who is 65 years of age or older; nursing home residents; and people with serious health conditions such as heart disease, diabetes, asthma, lung disease or HIV.
- **Importance:** Influenza kills more people in the United States than all other vaccine-preventable diseases combined.
- **Avoid if**: You are allergic to eggs, have had allergic reactions to flu shots in the past, or have been diagnosed with Guillian-Barre Syndrome.

Zoster Vaccine

- **Protects Against**: Herpes Zoster virus
- **Age:** 50+ years old
- **Frequency**: 2 doses 2-6 months apart
- **Avoid if**: You have a history of a severe allergic reaction to any component of the vaccine or are under severe immunocompromising conditions (including HIV infection with CD4 count <200 cells/ µL):



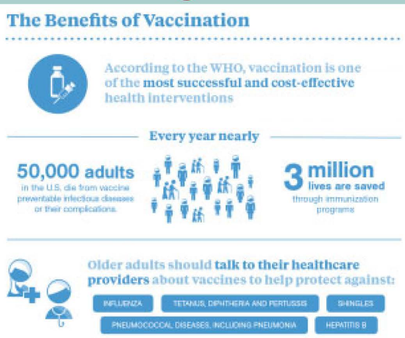
Pneumococcal Vaccine

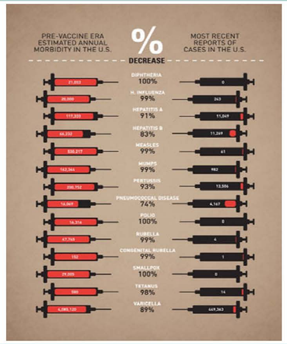
- **Protects Against:** *Streptococcus pneumoniae* bacteria
- **Age:** 65+ years old & younger with certain chronic health conditions
- **Frequency**: One time
- **Avoid if**: You are allergic to any components of the vaccine

Tetanus Vaccine

- **Protects Against:** *Clostridium tetani* bacteria
- **Combination Vaccine**: Tetanus and diphtheria (Td) vaccine
- **Frequency**: Booster is needed every 10 years
- **Avoid if**: You are allergic to any component of the vaccine, or if you have had an allergic reactions to any combination of the tetanus shot in the past

Significance & Statistics





Nursing Management

Common Vaccine Information:

Route: Intramuscular (IM) typically in the deltoid (site most used for vaccines in adults)

Dose: Typically 0.5 mL

Needle Gauge & Size: 5/8 – 1 1/2 inch needle based on size of muscle & thickness of fatty tissue at injection site

Needle Gauge: 22 – 25 gauge needle based on size of muscle & thickness of fatty tissue at injection site

Common Side Effects of Vaccines: usually subside within 2 days

- Pain and redness at the injection site, muscle aches, and fever

Cultural Considerations: Certain religions and belief systems promote alternative perspectives toward vaccination. Religious objections to vaccines are based generally on

- The ethical dilemmas associated with using human tissue cells to create vaccines.
- Beliefs that the body is sacred, should not receive certain chemicals or blood or tissues from animals, and should be healed by God or natural means.

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