Commitment to Comfort: Client Summary

(Information to improve comfort with immunizations)

What is the Commitment to Comfort?

The Commitment to Comfort (CTC) is a set of principles developed by AHS to improve the comfort of clients during immunizations. The CTC focuses on making immunization experiences as comfortable as possible for clients.

Five CTC Principles

1. Make a Comfort Plan (before immunization)

   • Patient, parent, or guardian reviews and prepares for immunization.
   • Client is kept comfortable during the process.

2. Use Numbing Cream - optional (before immunization)

   • A numbing cream is applied to the area before vaccination.
   • The client feels more comfortable during the procedure.

3. Position Comfortably (during immunization)

   • The client is positioned in a comfortable way.
   • The client feels more comfortable during the injection.

AHS COVID-19 Vaccine Taskforce

Alberta Health Services

Commitment to Comfort

AHS COVID-19 Vaccine Taskforce

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Information to improve comfort with immunizations

- Make a Comfort Plan
- Use Numbing Cream
- Position Comfortably

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Information to improve comfort with immunizations

- Make a Comfort Plan
- Use Numbing Cream
- Position Comfortably
4. **Use Distraction (during immunization)**

- Use distraction techniques to help manage pain during immunization.
- Distraction techniques can include engaging in activities that divert attention or providing comforting sights or sounds.

**Distraction Techniques Guide**

- Use positive language before, during, and after the procedure.
- Use distractive techniques such as earphones or humor to help reduce anxiety or pain.

5. **Use Positive Language (before, during and after immunization)**

- Use positive language to help manage pain during immunization.
- Use distraction techniques such as earphones or humor to help reduce anxiety or pain.

For more information, visit [COVID-19 Care after Immunization](https://www.health.gov.ab.ca/covid-19/care-after-immunization)