

University of Vermont

UVM ScholarWorks

Family Medicine Clerkship Student Projects

Family Medicine Community

2021

COVID-19 Vaccine Hesitancy Resources in Northern New York

Cyrus Neal Thomas-Walker
The University of Vermont

Maegan Cabrera MD
The University of Vermont

Follow this and additional works at: <https://scholarworks.uvm.edu/fmclerk>



Part of the [Medical Education Commons](#), and the [Primary Care Commons](#)

Recommended Citation

Thomas-Walker, Cyrus Neal and Cabrera, Maegan MD, "COVID-19 Vaccine Hesitancy Resources in Northern New York" (2021). *Family Medicine Clerkship Student Projects*. 716.
<https://scholarworks.uvm.edu/fmclerk/716>

This Book is brought to you for free and open access by the Family Medicine Community at UVM ScholarWorks. It has been accepted for inclusion in Family Medicine Clerkship Student Projects by an authorized administrator of UVM ScholarWorks. For more information, please contact donna.omalley@uvm.edu.

COVID-19 Vaccine Hesitancy

Resources in Northern New York

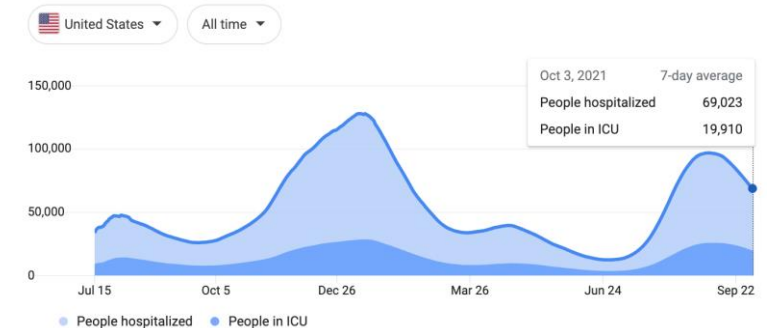
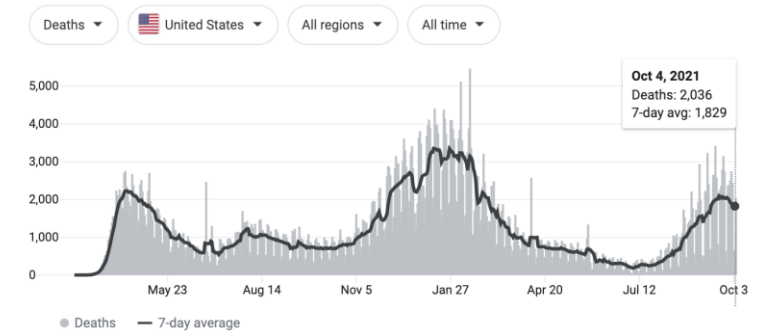
University of Vermont Family Medicine Clerkship
CVPH Family Medicine – Plattsburgh, NY

Cyrus Thomas-Walker, MS3
Site Faculty – Dr. Maegan Cabrera
October 2021

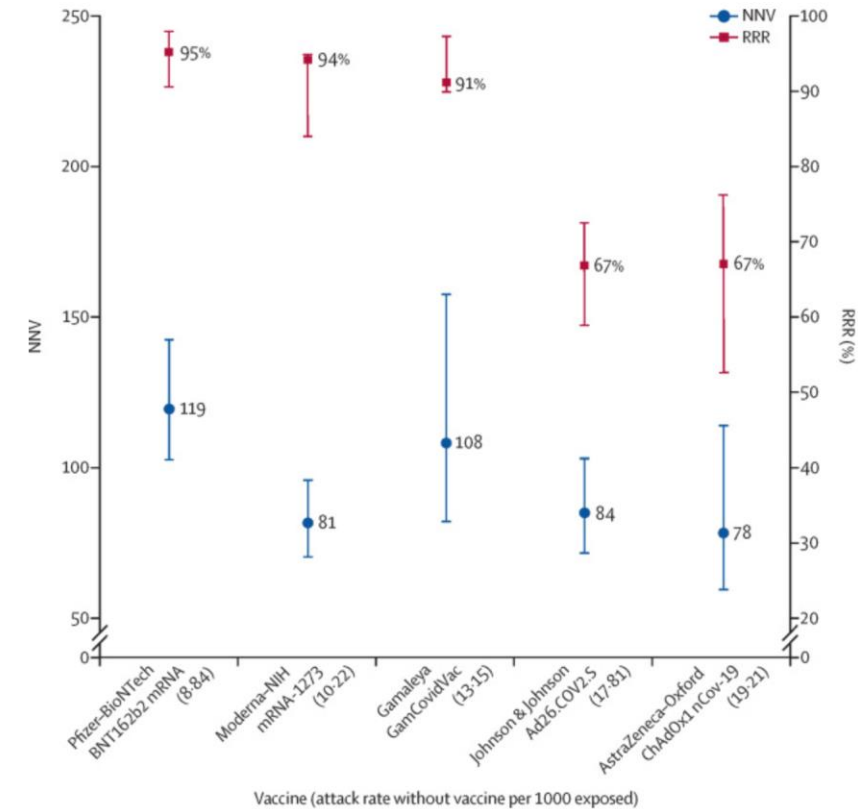


The University of Vermont
LARNER COLLEGE OF MEDICINE

- COVID-19 continues to be a significant health threat and has caused significant disease and mortality in the fall 2021 wave largely driven by the Delta Variant and unvaccinated patients
- COVID Hospitalizations and ICU admissions throughout the US continue to strain healthcare resources
- In the state of NY, approximately 40 patients died per day (7 day moving average) from serious COVID-19 illness during this time period

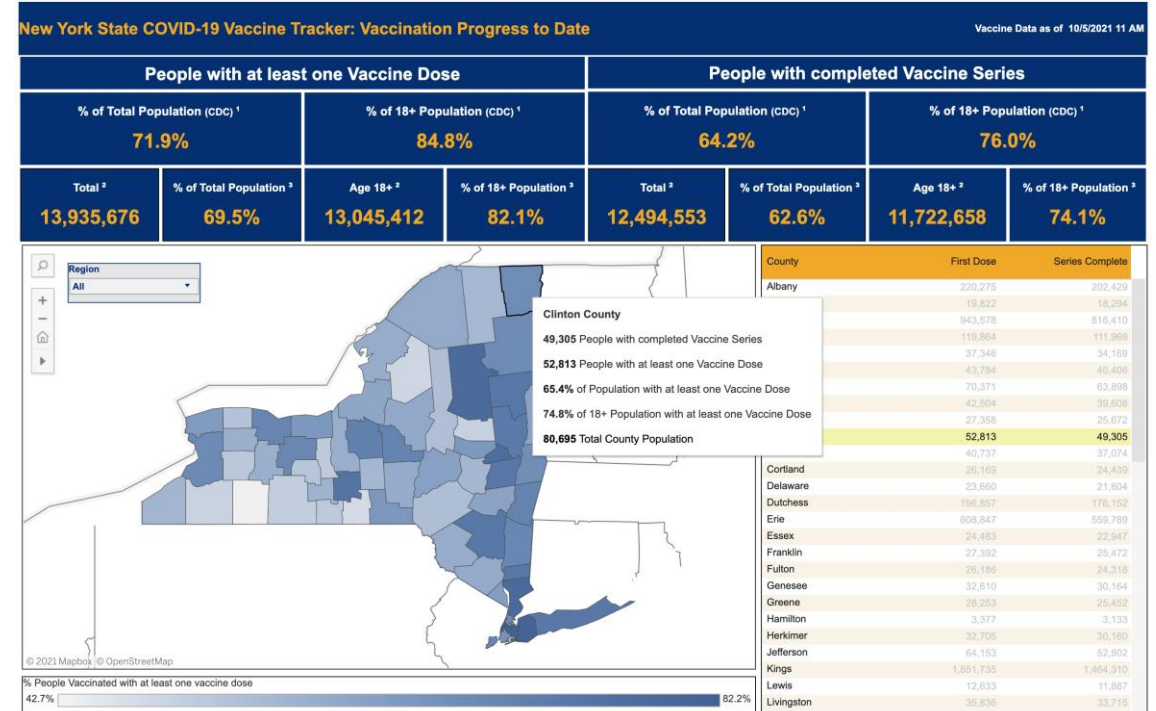


- The advent of multiple vaccines in late 2020 have provided individuals with the best protection available from serious illness if infected with SARS-COV-2
- Vaccine efficacy in preventing serious COVID-19 illness has been found to range from ~70% up to 95%



- As of early October 2021, 71.9% of NY states total population has received at least 1 vaccine dose

- In Clinton County NY, 65.4% of the total population and 74.8% of the adult (18+) population had received one dose
- This leaves almost 35% of Clinton County's population unprotected from serious COVID-19 illness



Vaccine Hesitancy Causes

- Multiple causes for vaccine hesitancy have been cited in the literature
- In discussions with patients and providers at the CVPH Family Medicine practice multiple concerns had been brought up including but not limited to:
 - Health literacy
 - Distrust in political organizations
 - Misinformation/Rumors
 - Time resources to provide vaccine education in a resource strapped community



Vaccine Hesitancy Education Problems

- Given time limitations the inability for providers to routinely directly educate patients on vaccines led to pointing patients to mainstream sources for vaccine education
- In an environment where distrust, misinformation, and literacy are recurrent themes, patients don't always confidently walk away from educational materials with the correct information



Vaccine Hesitancy Intervention

- COVID-19 Vaccines continue to be briefly addressed in every visit
- A EPIC dot phrase was created as a reminder in patient's instructions about vaccine importance
- A community and practice specific pamphlet (without political or organizational references) on vaccine information and concerns was developed to be handed out following visits where this was addressed



.C19VAXEDU



The University of Vermont
LARNER COLLEGE OF MEDICINE

Unfortunately, COVID-19 continues to be a threat to New Yorkers. There is continued community spread throughout the counties of the North Country.

Here at CVPH Family Medicine, we **strongly** encourage you to receive the COVID-19 Vaccine.

Your physicians and providers here have extensively reviewed the data regarding these vaccines.

The vaccines are **safe** and are our best tool in protecting you, your loved ones, and our community.

For the most up to date information on the COVID-19 Vaccine in the North Country please visit:

<https://www.uvmhealth.org/coronavirus/covid-19-vaccine/new-york>

Or use the QR Code below:



THE
University of Vermont
HEALTH NETWORK
Champlain Valley Physicians Hospital

Family Medicine

COVID-19 Vaccine
Information & Frequently
Asked Questions



The University of Vermont
LARNER COLLEGE OF MEDICINE

What vaccines are available?

There are 3 vaccines available currently: Pfizer, Moderna and Johnson & Johnson.

What are the differences between the 3 vaccines?

Brand	Type	Efficacy
J & J	Protein	66.3%
Moderna	mRNA	94.1%
Pfizer	mRNA	95%

The higher the efficacy, the better the chance of preventing serious illness from COVID-19.

What is mRNA?

mRNA stands for messenger RNA. Messenger RNA is a way for our body to “send” information within our cells to make the proteins that are the building blocks of our bodies.

So what is an mRNA vaccine?

These vaccines use our bodies’ built-in systems around mRNA to train our immune system to recognize and fight the COVID-19 virus.

What does mRNA have to do with DNA? Will the vaccine affect my DNA?

The vaccine does not affect DNA. While similar, mRNA is composed of different building blocks than DNA. mRNA is built from the DNA “blueprint” in the normal steps of how our genes function, not the other way around.

How much have mRNA vaccines been studied?

Researchers have been studying and working on mRNA as a method for vaccines since as early as 1988. Even those studies were built on work around using mRNA dating back to its discovery in 1961.

Does the vaccine give me COVID? Can I get someone sick right after getting the vaccine?

The vaccine does not give you COVID. You will not spread the effects of the vaccine directly to someone after receiving it.

What are the side effects?

Some people report flu-like symptoms including fatigue, muscle pain, fever, headache. These are normal and will last for a few hours to a few days. Some people experience no side effects.

Are the vaccines safe?

Yes. So far over 3.5 billion people have already received a dose of one of the vaccines with no evidence of serious safety concerns.

I heard/read about a lot of really bad side effects and deaths because of the vaccine. Is that true?

No. Reports about dangerous side effects from the vaccine being common are not true. Many of these rumors have come from media companies or journalists misinterpreting information from the Vaccine Adverse Events Reporting System also known as VAERS. The events logged into this system are self-reported by patients. With so many people receiving vaccines, the VAERS database has been filled with common medical events that happen in our routine life. Using complex statistics, scientists can monitor this

database to determine if these reports are from the vaccine or are simply common events. Multiple follow up studies continue to show that the vaccines are safe and that the risk of COVID-19 is far worse than any known side effect.

Will the vaccine completely prevent me from getting COVID?

No, vaccines are designed to improve your body’s response to illnesses but cannot fully prevent it. These vaccines have been proven to significantly prevent serious illness and death from COVID-19 if you do catch the virus. The overwhelming majority of COVID hospitalizations, ICU patients, and deaths are among unvaccinated people.

Does being vaccinated help me keep others from getting sick?

Yes. People vaccinated from COVID-19 get less sick, have less symptoms, and are sick for less amounts of time. All these factors help reduce the spread of the COVID-19 virus. Articles or information that say otherwise have been shown to have misinterpreted earlier studies on vaccinated COVID spread.

What if I have other medical conditions and problems? Should I still get the vaccine? Who shouldn’t get the vaccine?

Very few people are not able to get one of the COVID-19 vaccines. In fact, many with pre-existing medical conditions are the most vulnerable and should be vaccinated as soon as possible. If you have a particular concern about the vaccine and your medical history, let us know so we can provide you the best recommendations possible.



Evaluation of Effectiveness and Limitations

- This work was presented to the CVPH FM Residency and Faculty didactic session early October 2021 with a warm response
- Effectiveness can be measured in the future predicated on response rate from patients returning for/having received COVID vaccination at their next appointment
- Limitations continue to be time resources spent with patients on their concerns surround the vaccine



Recommendations for Future Interventions

- Moving forward, particularly recalcitrant patients may benefit from dedicated office visits to discuss vaccination
- This will be particularly important in stratified demographics of patients at severe or serious COVID-19 illness dependent on endemic nature of COVID-19 and the future profile of disease
- Additionally, these educational interventions can be edited moving forward as new information and/or concerns arise



Citations

- *Vaccination Progress to Date*. New York State COVID-19 Vaccine Tracker. (n.d.). Retrieved October 5, 2021, from <https://covid19vaccine.health.ny.gov/covid-19-vaccine-tracker>.
- Olliaro, P., Torreele, E., & Vaillant, M. (2021). Covid-19 vaccine efficacy and effectiveness—the elephant (not) in the room. *The Lancet Microbe*. [https://doi.org/10.1016/s2666-5247\(21\)00069-0](https://doi.org/10.1016/s2666-5247(21)00069-0)
- Shen, S. C., & Dubey, V. (2019). Addressing vaccine hesitancy: Clinical guidance for primary care physicians working with parents. *Canadian family physician Medecin de famille canadien*, *65*(3), 175–181.

