

CARD 4E CHECKLIST TIP SHEET

The CARD system makes vaccination a more positive experience for everyone. The 4E Checklist explains how to implement CARD in your setting. For more information, visit CardSystem.ca.



☐ EDUCATION

Educate patients about their coping options using the CARD acronym (Comfort, Ask, Relax, Distract). This can be done at vaccination check-in.

Patients can also learn about CARD ahead of time. This way, they are prepared, and can bring their own coping items.

☐ ENVIRONMENT

Set-up your space to be comfortable and inviting. Include distractions, seating, and privacy.

Minimize fear cues (sights and sounds that can increase distress).

Do this for all patient areas: check-in, waiting, procedure, and aftercare.

☐ ENGAGEMENT

Use behaviours that promote coping (be calm and use neutral language) in all interactions with patients and support persons. Avoid drawing attention to fear cues.

Support patient coping choices.

Use injection techniques that minimize distress.

☐ EVALUATION

Collect patient feedback about levels of fear, pain, and dizziness, and overall experience.

Use this information to guide future vaccinations with patients, and to refine your implementation.