The country is facing now with the controversial issues about commonly used vaccine among children and it has a big impact on health workers on how to gain back the trust of the community when it comes to childhood immunization. Immunization is a lifesaving intervention used to control and potentially eliminate vaccine preventable diseases. Immunization has important health benefits and can lead to eradication of diseases. The health allies shall work hard again to emphasize the importance of immunization programs. Some of the things to consider are the parents views about immunization, other parents may have limited information or incorrect information that can be corrected by the health workers, proper communication and counseling can fill the gaps in parent’s knowledge about potential benefits and harms associated with both immunization and choosing not to immunize. Parents have a duty to make decisions in the best interests of their children.

Health care practitioners play an important part with this issue, public educational campaigns and information dissemination should be the main priority. Parents consider health care professionals one of the most trusted sources for answering questions and addressing concerns about their child’s health. A health care practitioner must be equipped with knowledge, expertise and advice vital in creating a safe and trusted environment for discussing childhood immunizations. Reinforcing that vaccines are safe and effective can go a long way towards assuring parents that they are doing the best thing for their children. Establishing trust with parents is by asking open ended questions to identify and address concerns they may have about vaccines, restate their questions and acknowledge concerns with empathy. A strong recommendation from health
workers can also make parents feel comfortable with their decision to vaccinate. Always emphasize that prevention is better than cure.

The government and policy makers should consider reforming compensation systems if a child suffer from a vaccine related injury so that the community feel safe and secure when it comes to health issues and benefits.

The Annual schedule immunization is developed by the Philippine Pediatric Society and the Pediatric Infectious Disease Society of the Philippines, together with the Philippine Foundation for Vaccination as follows:

Depression is among the topmost emotional and mental struggles most young people go through nowadays.

Depression has been very rampant. As a result, these young people resort to many activities to like drug addiction, suicides, vandalism and many other juvenile acts.

Police reports usually have a share of a few teenage suicide attempts and those which have succeeded, many cases on drug addiction and alcoholism which are all results of depression.

It is very saddening that these things are happening at the time when there are so many platforms which can be used for diversion and enjoyment. The digital and technological environment that surround our young people seem to be affecting their emotional and mental more negatively than positively.

As we try to scan our Facebook walls, and if we have many young people “friends”, we will notice that many of them post “hugots” which are usually silent screams of their loads of depression.

Teenagers seem to have very low tolerance of pain – whether physical or emotional. And when they cannot take the pain anymore, it leads them to depression and eventually to some other serious and worse acts.

Depression is a very dangerous mental state because it can strongly dictate on people to do things which they wouldn’t do under normal state of mind. Depression triggers low self-esteem self-pity, anger and so many more negative emotions. And as depression builds up, it will eventually destroy the right track of mind of a person and who knows what happens next.
It is high time that the society pays attention to this problem. Depression is not only the problem of the teenagers. This is a problem of the whole society because when these young people are disturbed by their depression, the things they do out of depression can affect the whole community where the young person lives in starting with his/her family and circle of friends.

Depression has to be remedied if we want to save our young people – the future of our nation.

Reference:

www.webmd.com