

NR511: Vaccination Strategies Among Young Adults Guided by Healthy People 2030

Objectives

Healthy People 2030 set clear goals to improve the consistency with which adolescents and young adults receive recommended vaccines. The focus is on reducing preventable disease through better vaccine coverage, especially in early adulthood. Among these, a key target is to increase the proportion of adolescents and young adults who complete the recommended HPV vaccine series (Objective IID-08). However, this is just one among several crucial immunizations recommended for this age group. Other key vaccines include Tdap (tetanus, diphtheria, and pertussis), the annual influenza vaccine, MMR (measles, mumps, and rubella), the meningococcal vaccine, and the COVID-19 vaccine—all of which contribute to the Healthy People 2030 overarching goals of infection prevention and health equity (Healthy People 2030).

In clinical encounters with young adults, such as Kaylee in the virtual scenario, nurse practitioners play a crucial role in assessing immunization needs and developing evidence-based vaccination education plans tailored to the patient's age and risk factors. This reflection addresses three essential components: reviewing the Healthy People 2030 vaccination objectives, identifying recommended vaccines for young adults, and examining the impact of individual opinions on vaccine-related education strategies. Nurse practitioners must capitalize on each visit to assess vaccine status and close gaps.

An opportunity for patient education in Kaylee's case includes reinforcing the safety, timing, and protective role of vaccines through culturally competent and personalized discussions. Although Kaylee stated she is up to date on vaccines, it remains essential to verify her immunization record to confirm coverage, especially for vaccines such as HPV or the updated COVID-19 boosters. Educational strategies should include clear communication about the purpose of each vaccine, debunking misinformation, and tailoring messaging to her age, gender, and lifestyle.

According to Oyediji et al. (2024), effective vaccine counseling among young adults hinges on trust, clarity, and access to reliable health information—a role nurse practitioners are uniquely positioned to fulfill. Kaylee's personal opinions about vaccines may influence the provider's educational strategy by shaping how information is delivered, what barriers are addressed, and which motivational techniques are employed. If a patient is hesitant or misinformed, a confrontational approach may lead to resistance. Instead, strategies should emphasize shared decision-making, validate concerns, and use credible sources to encourage vaccine acceptance. As noted by English et al. (2023), countering vaccine hesitancy in young adults requires proactive, tailored education that acknowledges social influences and individual beliefs.

By anchoring patient education in national objectives and individual beliefs, nurse practitioners can promote preventive care compliance and strengthen vaccine trust among emerging adults, such as Kaylee. This patient-centered, evidence-informed approach aligns with DNP-level clinical judgment and supports long-term public health outcomes.

The HPV vaccine remains underused, often because of stigma, misinformation, or lack of provider emphasis. Oyediji et al. (2024) employed the Health Belief Model to examine HPV