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5	'Problem patients and physicians' failures': What it
6	means for doctors to counsel vaccine hesitant patients in
7	Switzerland
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- 19
- 20 Abstract

This article reports on our qualitative inquiry into the meanings biomedically trained 21

22 doctors in Switzerland attach to treating vaccine hesitant (VH) and underimmunized patients.

- With support from social science literature on 'good' and 'bad' patients and doctors, we 23
- explore how both doctors and patients cross the boundaries of these conceptual categories in 24
- 25 situations involving vaccine hesitancy and underimmunization. The doctors we interviewed
- (N=20) and observed (N=16 observations, subsample of 6 doctors from the interview sample) 26

27 described how they screened, measured, and diagnosed patients' levels of vaccine hesitancy. 28 Our results emphasize the meanings doctors associated with counseling hesitant patients, 29 especially while managing their own professional responsibilities, legitimacy, and reputations 30 among colleagues and patients. Doctors' discourses constructed the figure of 'problem 31 patients,' characterized through their (potential) non-adherence to vaccination 32 recommendations, desire for lengthy consultations and individualized counseling, and 33 dogmatic ideologies running contra to biomedicine. Discussions around the dilemmas faced by doctors in vaccination consultations brings to the fore several key, yet underdiscussed, 34 35 paradoxes concerning VH, patient-doctor relationships, and the constructs of 'good'/'bad' doctors and patients. These paradoxes revolve around expectations in Western societies for 36 37 'good' patients to be autonomous health-information seekers and active participants in 38 clinical encounters, which research shows to be the case for many VH and underimmunizing 39 individuals. However, in the eyes of many vaccination advocates and proponents of biomedical approaches, VH patients become 'bad' patients thru their risk of non-adherence, 40 41 which has implications for the population at large. In these consultations, doctors find 42 themselves conflicted around the expectations to promote vaccination while, at the same 43 time, being active listeners and good communicators with those who question their biomedical training and legitimacy. Understanding these paradoxes highlights the need to 44 45 better support HCPs in addressing VH in clinical practice.

46 Keywords:

47 • Switzerland
48 • Vaccine hesitancy
49 • Underimmunization

- 50 Patient-provider interactions
- Good and bad doctors

52

- Good and bad patients
- Problem patients
- Adherence and compliance
- 55

# 56 1. Introduction

57 "During my training, the idea was implicitly there that we shouldn't have people who are against vaccination in our offices, almost as if it were a failure of the 58 pediatrician. It was like having problem patients. I would say to [these patients], 'Listen, 59 that's not OK.' I was more judgmental. (...) After a few years, I became more interested 60 61 because I realized that these people were much more vigilant when it came to health than the average person. Then, auto-didactically at first, I realized that my role as a doctor 62 63 was to respect patients in their entirety. It's not because they refuse something that I 64 can't be their doctor anymore. My colleagues would always criticize me. I would tell them, 'If I was an oncologist and a patient refused chemotherapy, 'It's ok!' I can still be 65 their doctor. It's not because they refuse chemotherapy that I have to throw them out." 66 (Dr. Caspari, pseudonym) 67

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In this statement, Dr. Caspari, a pediatrician from the French-speaking region of Switzerland, covers several of the issues that this article touches upon: (1) how doctors classify patients based upon vaccination attitudes and behaviors, (2) dilemmas doctors face when seeing vaccine hesitant (VH) patients, and (3) how doctors' willingness to accept these individuals has repercussions for their reputations as doctors intraprofessionally and with patients. Drawing upon data gathered from qualitative interviews with medical doctors and observations of vaccination consultations in Switzerland, we argue that the dilemmas doctors face in situations involving vaccine hesitancy (VH) often arise from paradoxical expectations
inherent to the social constructs of 'good' and 'bad' patients and doctors.

As we will demonstrate, the constructs of 'good' and 'bad' patients and doctors are 78 79 inherently problematic when it comes to VH. VH patients tend to demonstrate characteristics 80 of 'good' patients insofar as they proactively seek health information and participate in 81 consultations. However, through their potential nonadherence, they transgress the bounds of 82 acceptable patient behavior. Conversely, 'good' doctors are expected by public health 83 authorities to pursue vaccine recommendation adherence while maintaining communication 84 with patients whose rationales may contradict their medical training and biomedically institutionalized recommendations. 85

86 We begin by providing a brief review of literature into vaccine hesitancy and under-87 immunization. We next describe the important roles healthcare professionals (HCPs) play in influencing patients' attitudes and behaviors around vaccination. Then, we tie these 88 discussions into conceptual understandings of 'good' and 'bad' doctors and patients, which 89 90 lays the groundwork for understanding the paradoxes of norms that patients and HCPs have internalized in relation to vaccination decision-making in Western societies. We conclude the 91 92 introduction section with information on the Swiss context, where complementary and 93 alternative medicine (CAM) use is popular and often discussed relationally to biomedicine. 94 This qualitative research was conducted in the context of a larger Swiss National Research 95 Program focusing on both routine childhood vaccinations and the human papillomavirus (HPV) vaccine (Deml et al., 2019a). 96

97

98 1.1 Vaccine hesitancy: A "threat" to global health

99 In early 2019, the World Health Organization listed VH among one of ten important100 threats to global health. The announcement called attention to a recent 30% increase in

measles cases globally and the importance of healthcare professionals (HCPs) as "the most
trusted advisor and influencer of vaccination decisions," who need to "be supported to
provide trusted, credible information on vaccines" (WHO, 2019).

104 The Strategic Advisory Group of Experts (SAGE) Working Group on Vaccine Hesitancy defined VH as a "delay in acceptance or refusal of vaccination despite availability of 105 106 vaccination services" (MacDonald, 2015, p. 4146). Scholars have criticized this definition, 107 pointing out (1) the presentation of VH as a behavior (i.e. delaying or refusing certain or all 108 vaccines), whereas hesitancy is a "psychological state" (p. 6566), (2) hesitancy is used as an 109 umbrella term that incorrectly includes those who categorically choose not to vaccinate, and (3) hesitancy can be erroneously used as a causal explanation for underimmunization, while 110 111 other determinants of health, such as pragmatics, access barriers, and inadequate services or 112 policies, may play a larger role in vaccine uptake (Bedford et al., 2018).

113 Others contend that VH is an ambiguous notion, stating its common usage does not 114 always take into account larger socio-medical trends. Peretti-Watel et al. (2015), for example, 115 propose a theoretical framework which "considers VH a kind of decision-making process that 116 depends on people's level of commitment to healthism/risk culture and on their level of confidence in the health authorities and mainstream medicine" (p. 2). Additionally, 117 118 understanding VH from a global perspective poses methodological challenges because 119 "[d]erminants of vaccine hesitancy are complex and context-specific-varying across time, 120 place and vaccines" (Larson et al., 2014, p. 2150). It is therefore important to specify our 121 consideration of VH in Switzerland, which is a rich country situated in the heart of Western 122 Europe.

We acknowledge these subtleties and pragmatically define *vaccine hesitancy* as attitudes expressing concerns, worries, and skepticism about the safety, efficacy, or necessity of vaccination. We define *underimmunization* as the behavior of not adhering to the Swiss

vaccination schedule (FOPH, 2019), by omitting or delaying some or all of the recommendedvaccines.

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## 129 *1.2 Healthcare professionals and vaccine hesitancy*

130 The roles HCPs and doctors in particular play in influencing patients' vaccination 131 behaviors and attitudes have been well documented in public health and medical literatures (Opel et al., 2013; Verger et al., 2015). Important factors include providers' knowledge, 132 133 attitudes, behaviors, communication styles, and information sources (Opel et al., 2012; 134 Paterson et al., 2016). A key factor influencing patients' vaccination decisions is trust in the provider (Ames et al., 2017). For example, Benin et al. (2006), through analysis of 33 135 136 qualitative interviews with mothers, explain how trust in providers is a main determinant in 137 vaccination decisions: "Mothers identified as more trustworthy those relationships in which 138 their providers expressed a passion about vaccination, seemed knowledgeable, were able to 139 offer satisfactory answers to questions that were asked, did not act condescending or rushed, 140 and treated them like an individual" (p. 1539).

Recent VH literature focuses on building vaccine confidence and lowering hesitancy 141 142 among HCPs. MacDonald and Dubé (2015), for example, note that "many healthcare 143 providers are themselves vaccine-hesitant and therefore unlikely to dispel their patients' concerns and doubts about vaccinations" (p. 792). This commentary responded to a study 144 145 showing 43% of GPs in France sometimes or never recommended at least one vaccine to target patients. GPs who made vaccine recommendations, compared to those who did not, 146 were more comfortable explaining benefits and risks and reported having more trust in 147 official sources of information. This suggests that GPs' knowledge on vaccination benefits 148 and risks could be reinforced (Verger et al., 2015). Manca (2018), through qualitative 149 150 interviews with doctors and nurses in Canada, found that despite general support for

vaccination, HCPs expressed anxieties about specific vaccinations, pharmaceutical companyinfluence, vaccine novelty, and limitations of biomedical knowledge.

Common concerns faced by HCPs when addressing VH have also been reported. Although not a recommended practice (Gilmour et al., 2011), doctors sometimes dismiss families from their practices due to parental vaccine refusal, justifying dismissals by citing fear of litigation and lack of shared goals and of perceived trust from patients (Flanagan-Klygis et al., 2005; O'Leary et al., 2015). Another trend pediatricians face involves parents requesting to delay vaccinations or to follow alternative vaccination schedules (Wightman et al., 2011).

160 Researchers have examined job satisfaction among doctors who regularly counsel 161 patients about vaccination. A survey among a nationally representative sample of 162 pediatricians and family medicine doctors in the US showed that pediatricians were more likely to cite lower job satisfaction when addressing vaccination concerns and questions and 163 164 to perceive a lack of respect toward their medical judgement in disagreements over vaccine 165 recommendations (Kempe et al., 2011). Forty percent of pediatricians and family doctors in a similar US study reported lower job satisfaction due to requests to delay vaccinations, 82% 166 167 felt that agreeing to delay vaccines could build trust, and 80% responded that families might 168 leave their practices in cases of disagreement (Kempe et al., 2015).

169

## 170 *1.3 Patients and doctors: the good and the bad*

We draw upon the surprisingly underdeveloped sociological literature concerning
doctors' subjective constructions of 'good' and 'bad' patients and upon similar literature
concerning patient and HCP perspectives on what constitutes 'good' and 'bad' doctors.
Whereas such distinctions are admittedly reductive, they are conceptually useful in
delineating doctors' expectations of patients in vaccination consultations and vice-versa.

176 Although the previous discussion highlights difficult situations doctors face 177 concerning VH, it does not provide detailed understanding into their experiences with VH 178 and unvaccinated patients. However, one notable study from the US evaluated pediatric 179 resident and medical student reactions to 3 imaginary scenarios in which parents of one-year-180 olds questioned evidence-based recommendations: parents (1) requesting unnecessary 181 antibiotics for a viral infection, (2) considering tympanostomy tubes for recurring ear 182 infections, and (3) hesitating about vaccination (Philpott et al., 2017). Participants assigned to 183 the VH group were significantly more likely to consider "the parent as difficult, saw less 184 value in the conversation, and had lower respect for the parent's views" (p. 1701), and 41% of VH group participants indicated they would be pleased if VH parents did not return to their 185 186 clinic.

187 Doctors' subjective perceptions of their patients are not trivial matters. Street et al. (2007) examined doctors' perceptions of patients and communication styles in a study 188 189 involving doctors and patients from 10 US outpatient settings. They explained that 190 "physicians were more patient-centered, less contentious, and showed more positive affect to 191 patients they judged to be better communicators, more satisfied with care, and more likely to adhere to treatment" (p. 594). With conceptual support of research from Jaye et al. (2006) 192 193 Hafferty and Hafler (2011), and Higashi et al. (2013) into students' internalization of the 'hidden curriculum' of medical school, Sointu (2017) conducted qualitative interviews with 194 195 medical students undergoing clinical rotations in the US. She provides convincing evidence 196 showing how such internalizations shaped their sense of patient worth and the distinction between 'good' and 'bad' patients. 'Good' patients are described as good communicators, 197 198 knowledgeable, compliant with doctor recommendations, active participants in decision-199 making, interesting, and individuals with whom doctors can empathize and identify (Higashi 200 et al., 2013; Sointu, 2017). In contrast, 'bad' patients have been defined through their noncompliance with doctor recommendations, questioning of HCP legitimacy and authority, lack
of knowledge, and being difficult or problematic (Jefferey, 1979; Wright & Morgan, 1990;
Higashi et al., 2013; Sointu, 2017).

From a public health perspective, patient adherence to official vaccination recommendations is a major consideration in vaccination consultations because high levels of compliance are required for immunization programs to be effective at population levels. Doctors are therefore expected to achieve high levels of patient adherence to vaccination recommendations. For example, Brownlie and Howson (2006) describe how HCPs perceive their professional responsibilities and engage in "governing health at a distance" (p. 433) by taking public health targets into account during vaccination consultations.

211 Patient nonadherence has traditionally been understood within the framework of the 212 knowledge deficit model (Lawrence et al., 2014; Kitta & Goldberg, 2017), wherein the assumption is that nonadherence is due to patients' irrational behavior and/or lack of 213 214 sufficient knowledge. However, medical sociologists and anthropologists have argued that 215 nonadherence can be reframed as irrational in the eyes of medical experts and as rational 216 from patients' perspectives (Donovan & Blake, 1992; Bury, 1997). Research has also shown 217 that appropriate communication from physicians is correlated with higher treatment 218 adherence among patients and that physicians who communicate poorly have higher risk of 219 patient nonadherence to recommendations (Zolnierek & Dimatteo, 2009).

Social science literature on the subject of 'good' and 'bad' doctors revolves primarily
around the issue of communication. A study involving 60 laypeople in Australia found that
patients constructed 'good' doctors by emphasizing doctors' communicative abilities,
interpersonal skills, ability to listen, willingness to spend time with patients, compassion,
empathy, and how much patients could trust them (Lupton, 1996). Interestingly, most
participants considered doctors' interpersonal skills to be more important than their medical

226 knowledge and expertise. Participants described 'bad' doctors as viewing patients like they were on a "production line" (ibid, p. 160), not having enough time, hurried, and not listening 227 228 to patient concerns or questions. In a follow-up study with 20 doctors in Australia, Lupton 229 (1997b) describes how doctors, like the patients described above, also underscored the 230 importance of communication. Doctor participants described how 'good' doctors "should be 231 able to draw patients out, to listen to their concerns and to translate medical jargon into terms that patients can easily understand" (p. 488). Participants further argued that doctors should 232 233 be empathetic and able to understand patient perspectives. In contrast, they described 'bad' 234 doctors as dishonest, bad listeners, patronizing, or having purely financial interests. Such understandings underscore the importance of affect (i.e. how people feel) in clinical 235 236 encounters, especially when individuals may favor the emotional elements of their 237 experiences with HCPs over the medical expertise and knowledge HCPs might offer (Lupton, 238 1997a; Navin, 2015). It is important to note that doctors also recognized the roles of their 239 own feelings and affect in clinical encounters in the above-discussed literature. 240 Lutfey (2005) combines the concepts of adherence and 'good doctoring' in an ethnographic analysis of two diabetes clinics in the US. From HCP perspectives, she argues 241 242 that by pursuing patient adherence to medical recommendations, HCPs take on multiple 243 roles: educators, detectives, negotiators, salesmen, cheerleaders, and policemen. She further argues that the goal of persuading patients only "superficially appears to dismantle the 244 245 paternalism of traditional physician roles" (p. 423). In other words, when patient adherence is 246 HCPs' desired primary outcome, they struggle to effectively engage in true shared decision-247 making.

248 1.4 The Swiss Context: Biomedicine and CAM

Participants' professional reputations and identities are embedded within the broaderSwiss context, where complementary and alternative medicine (CAM) use is prevalent

251 among 25-50% of the population (Wolf et al., 2006; Klein et al., 2015). CAM use has been 252 associated with VH and underimmunization in other high-income countries, and this 253 association is complex, multifaceted, and merits further study (Wardle et al., 2016). In 2009, 254 the Swiss populace voted through a constitutional referendum to integrate CAM into its 255 healthcare system by, among other aspects, including its reimbursement through basic 256 mandatory health insurance (Saller, 2009; Debons, 2015). Given the popularity of CAM in 257 Switzerland, medico-professional perspectives on vaccination are inscribed into contexts in 258 which the authority of CAM and biomedicine is oftentimes expressed relationally. This 259 article complements our previous qualitative research into CAM and VH in Switzerland 260 (Deml et al., 2019b) by here focusing on how medical doctors who do not practice CAM 261 address VH in clinical practice.

262

263 1.5 Research Questions

With the goal of better understanding doctors' perceptions of VH and underimmunized patients, we ask the following questions: (1) how do doctors in Switzerland evaluate VH with their patients?; (2) how do doctors describe their perceptions of patients based on their vaccination attitudes and behaviors?; and (3) when seeing VH patients, how do doctors construct and manage their own roles, responsibilities, and reputations?

269

#### 270 **2. Methods**

We conducted semi-structured qualitative interviews with biomedical doctors (N=20) and ethnographic observations of vaccination consultations between doctors and parents (N=16 consultations with 6 doctors from the sample of the interviewed doctors) between August 2017 and October 2018 in the French- and German-speaking regions of Switzerland (FR-CH and DE-CH, respectively). We first interviewed doctors and then observed some of their

276 consultations in order to triangulate data from doctors' discourses through comparison to data 277 collected from observations of what happened during consultations. We specifically focus on 278 doctors because vaccinations consultations are usually conducted by physicians, 279 predominantly pediatricians, and general internists in Switzerland. 280 We recruited doctors through our research networks by calling potential participants, 281 sending recruitment letters and study flyers via email, and via snowball sampling. We purposively sampled vaccination consultations for observations in order to observe 282 283 interactions with parents with whom doctors were likely to discuss vaccination for the first 284 time or with parents considering their children's first vaccines. MD, a sociologist trained in qualitative methods, conducted 10 interviews and observed 7 285 286 consultations in FR-CH. JN, a biomedical doctor with training in qualitative research, 287 conducted 10 interviews and observed 5 consultations in DE-CH. PK, a senior medical student with training in qualitative methods observed 4 consultations in DE-CH. 288 289 Our transdisciplinary research team of medical sociologists, anthropologists, public health 290 specialists, a pediatrician, and a general internal medicine and infectious disease specialist, 291 along with the support of an advisory board of clinicians trained in biomedicine and CAM, a 292 researcher in anthroposophic medicine, public health experts, and policy makers, 293 collaboratively drafted a qualitative interview guide. The guide was based on VH literature 294 and piloted for coherence and clarity prior to data collection. Questions were based on the 295 following themes: (1) doctors' background and training, (2) patient-provider interactions, and 296 (3) perspectives on vaccination, immunity, and public health. Participants responded to open-297 ended questions in their own words. Interviews ranged from 34 to 82 minutes (average 63 298 minutes), were digitally audio-recorded, and transcribed verbatim. 299 Vaccination consultations were observed and documented in field journals. Following the 300 consultations, we wrote field notes into a narrative format. We systematically filled out

301 observation guides which were created with the research team, based on VH literature, and
302 designed to capture items of interest; we documented the reason(s) for consultations, the
303 person who initiated vaccination discussions, the vaccinations discussed, the amount of time
304 spent discussing vaccines, and our interpretations of doctor and parent emotions and
305 communication styles.

306 MD and AB the interview transcripts and consultation observations in the original language of utterance, and analyses were complemented by regular discussions with the main 307 308 research team. We made a point to reflexively discuss our own perspectives during analysis 309 in order to minimize the bias potentially introduced by our own beliefs, experiences, and assumptions. Research discussions were guided by the Framework Method (Gale et al., 2013) 310 311 which provided structure to our analysis based in constructivist grounded theory (Charmaz, 312 2006). In other words, through several in-depth readings of the data, we iteratively revisited 313 our analytical framework by inductively coding segments of text into themes which emerged 314 from the data. Throughout data analysis, we used sensitizing concepts (Bowen, 2006) so as to 315 retain our focus on patient-doctor interactions, doctors' perceptions of patients based upon their vaccination perspectives, and influences on doctors' vaccination perceptions. Data were 316 317 coded and our analytical framework was revised with the support of MAXQDA software 318 (VERBI, 2018).

The local ethics committee (*Ethikkommission Nordwest- und Zentralschweiz*) approved the conduct of the study. We obtained informed consent from participating doctors for interviews and both parents and doctors for observations. Quotes from interviews or observations have been translated into English. Pseudonyms are used for all participants.

324 **3. Results** 

After thematically analyzing the data collected from interviews and observations, we organized our findings in line with the study research questions. Participant characteristics can be found in Table 1. We first describe how doctors' discourses depicted different types of patients based upon patient vaccination attitudes and behaviors. We then discuss the various dilemmas participating doctors face when seeing VH and underimmunized patients. We finish the results section by showing how such dilemmas raised questions related to doctors' professional reputations and legitimacy, not only among patients, but also with other HCPs.

## 333 *3.1 Testing the waters and diagnosing levels of hesitancy: Different types of patients*

An essential first step when discussing vaccinations with patients involved doctors *testing the waters* to gauge to what extent patients express VH. Evidence from interviews and observations show how, in such encounters, doctors assessed and diagnosed VH similarly to how clinicians diagnose medical conditions. However, instead of focusing on physical conditions, they diagnosed levels of VH. Through this process, doctors constructed different types of patients and tailored communication accordingly.

340 Doctors described the initiation of vaccination discussions with new patients as short,
341 sometimes apprehensive, consultation moments. Dr. Ferri described such instances, "There is
342 always a brief moment where I say to myself, 'How is this going to go?'"

Doctors' descriptions of initial encounters detailed how they were quickly able to discern levels of VH through communication, affect, and feeling. They explained how they could "see quickly," "feel right away how patients react," and "sense that people are a little hesitant." Dr. Délèze explained how patients convey VH, "They start off by telling me that they're not really into medicine. As long as they can do something homeopathically, they will. Or that they have not been vaccinated themselves." Dr. Topf described his experiences, "You realize [their perspectives] very quickly in the consultation. Even before I start talking about vaccines, you sense people a little bit. Then, I already have the impression, 'Yes, this isgoing to be difficult.'"

352 Doctors' discourses constructed different types of patients which do not fit neatly into 353 previously discussed 'good' and 'bad' patient archetypes. Doctors' descriptions retained the 354 common "for or against" narrative in vaccination discourses, but only to a certain extent. 355 Doctors used the terms "pro" and "anti" vaccine in their discussions, but their explanations provided nuanced descriptions of patients' vaccination attitudes. Dr. Pieren's comments 356 reflect this, "I would say about 80% have no questions. (...). Around 5% say, 'We decided 357 358 against vaccination.' (...) About 10-15% have further questions about one vaccine but are not against it." Overall, doctors' discourses placed patients into three main categories: (1) 359 360 compliers, (2) hesitant, undecided, or skeptical patients, and (3) refusers or non-vaccinators. 361 Compliers. Compliers follow providers' recommendations and trust doctors and their advice. Most patients fell into this category. Dr. Dardel explained how patients actively 362 363 sought out vaccinations, "A lot of people come especially for the vaccines. They are surprised 364 if there is a consultation without vaccines. (...) Especially immigrants. For them, it's normal to vaccinate." Since our discussions with doctors focused on vaccine hesitant and 365 366 underimmunizing parents, the doctors did not describe compliers in great detail. Compliers 367 adhered to normative vaccination practices, and doctors did not often elaborate upon these 368 parents' motives for vaccination.

*Hesitant, undecided, or skeptical patients.* These patients were the most heterogeneous
group. In terms of their backgrounds, doctors found it difficult to ascribe them specific
characteristics as a rule but generally noted these individuals as having attained higher
education, from the upper-middle class, and health conscious. Doctors described a subgroup
of patients who vaccinate despite concerns, a subgroup Enkel et al. (2018) refer to as
'hesitant compliers' in their analysis. Participants explained how some hesitant patients had

specific questions that could be answered quickly or by providing fact sheets. Others required
more of the doctors' time and wished to engage in detailed discussions. These types of
patients had concerns about necessity, safety, novelty, and age appropriateness of certain
vaccines.

379 Refusers and non-vaccinators. Doctors rarely had vaccine refusers and non-vaccinators in 380 their offices. Many nonetheless described them as a source of tension and frustration, using a range of rather negatively connoted vocabulary to describe them. Participants described 381 refusers as "alternative," "selfish," being from "hardcore, mega anti-vaccination regimes," 382 "stubborn," "determined," "dogmatic," "informed," and as people whose "minds were made 383 up." Dr. Rossi expressed concern that anti-vaccine individuals were collectively "gaining 384 385 ground" and "a little bit like the Taliban" in their extremism. Several doctors reported how 386 engaging in dialogue with refusers often proved to not be worth their time or energy because they perceived these patients' stances to be immutable. 387

388

# 389 *3.2 Dilemmas in addressing vaccine hesitancy*

Although participants reported a minority of their patients falling into the latter two 390 391 categories, virtually all doctors described how consultations with hesitant patients occupied 392 more of their time. These patients proved to be more challenging, required more emotional 393 capacity, and confronted doctors with more dilemmas than their interactions with compliers. 394 That said, some doctors lauded patients for having skeptical stances. For instance, Dr. 395 Ammann explained, "[Adolescents] are allowed to think about [the HPV vaccine]. I give them a brochure (...). I let them ask critical questions." Dr. Caspari expressed a similar idea, 396 397 "These are people who ask questions. It's not a complete refusal of vaccines. Generally, 398 skepticism is a sign of intelligence. (...) It all depends to what degree there is skepticism, I suppose." 399

400 Dr. Oblinger realized she had overestimated how many hesitant patients she had in her office, explaining, "It was funny. I always said, 50% [of parents] are vaccine hesitant. Then I 401 402 realized when I did a survey that my subjective perception was completely wrong. About 5% 403 of my patients are vaccine hesitant." Such a realization echoes Dr. Caspari's assertion that these patients may be perceived as "problem patients," and shows how doctors may 404 405 overestimate their prevalence. Not all participants would likely agree that such patients are problems. However, it was clear from the interviews and observations that their interactions 406 407 with VH patients put them into memorable situations bringing them to reflect about their 408 responsibilities vis-à-vis vaccination. Below, we describe some of these dilemmas, which lays the groundwork for discussion around what they reflect not only about patients themselves, 409 410 but also about how relationships with VH patients has repercussions for the construction of 411 doctors' professional responsibilities, identities, and reputations among patients and HCPs.

412

## 413 *3.2.1 Accepting non-vaccinating patients*

414 Reflecting one of the preoccupations of public health literature, participants discussed refusing to treat non-vaccinating patients. Whereas no interviewees reported actively refusing 415 416 underimmunized patients, several were aware of colleagues, particularly pediatricians, who 417 categorically refused them. Dr. Delèze, who had opened her practice several years before the 418 interview, described how she had begun establishing a patient base by accepting hesitant and 419 non-vaccinating patients. She began facing difficulties in continuing their care, "It's starting 420 to weigh on me to have a lot of non-vaccinated patients. The day that I have a child who catches measles in my waiting room, I'll have trouble sleeping." Such reflections brought her 421 422 to clarify the dilemma in which she found herself:

423 "I'm not really sure where to position myself. Should I just refuse [unvaccinated424 patients] as a principle? But that means that I would show the door to quite a few

425 families. (...) Vaccination specialists don't recommend that we do that because they say that this creates whole casts of unvaccinated children. (...) I just think about how 426 427 I completely disagree [with some parents] on this principle and how I won't be able 428 to give them proper care." 429 Concerned with the potential of measles outbreaks occurring in her private practice, Dr. 430 Délèze explains her conflicted position by weighing her own personal feelings on the matter against biomedical recommendations from "vaccination specialists." 431 432 Several doctors were conflicted due to previous clinical encounters with vaccine 433 preventable diseases resulting in severe health consequences or death. They struggled coming to terms emotionally with these experiences and hoped to prevent similar situations. Dr. 434 435 Gilliard remembered a baby contracting measles from exposure to an unvaccinated 436 individual, "I saw a 3-week-old baby die from measles and find it unacceptable that this can happen nowadays (...) even though there is an excellent vaccine. This shouldn't happen." In 437 438 other testimonies, doctors similarly questioned why these preventable diseases and deaths 439 could occur when they could be prevented with vaccinations. Many felt a responsibility to continue providing care to non-vaccinating individuals in the hope that they might change 440 441 their minds.

442

## 443 *3.2.2 Individualization and delays*

Doctors expressed somewhat negative attitudes and ambivalence about modifying the
recommended vaccination schedule. Dr. Fischer described how recommendations were
already "complicated enough," elaborating, "In order to avoid errors, we need
standardization." When asked about *à la carte* schedules, Dr. Morand called them a "tedious"
nuisance, explaining, "It's hours spent on discussion. We try to stay calm and say, 'Listen,

let's talk about each disease, one-by-one. So, why do you want to protect [your child] againsttetanus but not meningitis?'

451 Other doctors echoed Dr. Morand's efforts to remain calm, citing the importance of 452 informing patients about each vaccine, even in cases of disagreement. Dr. Gilliard explained, "I think these people understand that I disagree. (...) But what is the most important for me is 453 454 that these babies and children receive medical care." Dr. Rossi expressed being personally 455 against delaying vaccinations but explained sometimes needing to find a compromise, "For 456 anti-vaccine parents, if they are only partially convinced and they accept to vaccinate a little 457 later (...), I think that it's the lesser of two evils than those who refuse everything." Others did not take issue with patients requesting individualized vaccination, 458 459 particularly for premature or ill infants. For instance, Dr. Rüesch explained how some 460 mothers, most from Switzerland and some from eastern Europe, prefer delaying vaccinations, 461 "If the child doesn't attend daycare and if there are no other specific reasons, I don't force 462 anyone to vaccinate. (...) [Some parents] don't want to vaccinate against everything. They 463 want to wait a bit. They simply want a differentiated vaccination schedule. We can do that. I don't really care." In these cases, doctors reported a tendency to prioritize certain vaccines, 464 465 such as MMR (mumps, measles, rubella), tetanus, and pertussis. Doctors expressing 466 willingness to diverge from Swiss recommendations explained how they insisted less on 467 certain vaccines, such as those classified as complementary vaccines by the FOPH. Some 468 pediatricians reported being conflicted when offering HPV vaccinations to younger patients, 469 such as those 11-13 years old, citing the challenges in broaching sexuality with adolescents. 470 In these instances, doctors felt that these discussions were the responsibility of schools or 471 parents and preferred that the decisions were made outside of their offices.

472

## 473 *3.2.3 Maintaining dialogue and trust*

474 When counseling VH patients, doctors commonly discussed the necessity of engaging in 475 meaningful and careful dialogue. When describing initial discussions, Dr. Délèze explained 476 how she evaluated potential for communication, "If the parents are against [vaccination], I try 477 to measure to what extent they are against it to see if it's a subject that we can or cannot talk about." Dr. Rossi also discussed the prerequisite of an exchange, "I can take more time as 478 479 long as I feel there is a discussion. From the moment when I feel that we have finished the discussion, there are no more arguments or exchanges of different viewpoints, or we are 480 481 overemotional or dogmatic, I stop there." Furthermore, Dr. Oblinger described how her 482 approaches had changed over the years: 483 "In the past, I would bring up arguments and become emotional myself. Now, 484 I realize that if I speak more neutrally, [parents] come back. But you can't 485 always give the same answer. You have to get a feel for where the parents are. (...) You can't put on a pre-recorded tape." 486 487 In all of these instances, doctors recognized the importance of individualizing the 488 vaccination discussions in order to tailor them according to patients' willingness, or lack thereof, to have productive conversations about vaccination. 489 490 A common compromise doctors made during difficult consultations involved them 491 insisting less or avoiding discussions with parents they perceived as determined to not 492 vaccinate. Dr. Dardel expressed concern that too much insistence might result in trust being 493 "broken" with parents. Dr. Rossellat explained how these consultations were "difficult" and 494 described these instances as being filled with "tension." She elaborated, "I've never had a person like that change their mind. Actually, it's difficult to know what I should do because I 495 496 just create more tension. For me, it's extremely important to inform them." Dr. Rüesch 497 justified ending such vaccination consultations due to time constraints, "I don't argue 498 anymore with those who ideologically think that vaccinating causes harm because my time is

too precious, honestly." When counseling those who were decided not to vaccinate, it was
common for doctors to describe disengaging from discussion in order to mitigate the
perceived potential for conflict and to save time.

502

## 503 *3.2.4 Patients planting seeds of doubt into doctors' knowledge*

When we asked how to improve vaccination communication, many doctors reported a desire to feel more supported in "knowing the facts" in order to be more informative in consultations. Doctors argued that higher confidence in their own knowledge could improve communication with VH patients. Dr. Meier discussed a desire to be comforted by the scientific literature and explained, "Patients put doubt into what you know. (...) Scientists and researchers don't do enough to try and to put at ease some of the worries."

Several doctors also wanted to further understand patients' information sources and anti-vaccination arguments. Dr. Rossellat recounted the difficulties of having patients who come to appointments "armed" with anti-vaccination arguments, "The worst is when they have seen a television report or something that is super up-to-date. Then they come with these arguments, and I haven't seen what they have." Dr. Gersbach noted how patients "all go and ask 'Dr. Google." Such statements reaffirm the idea of VH individuals as active agents, both in medical encounters and in health information seeking behaviors.

517

#### 518 *3.3 Professional reputations, vaccine hesitancy, and underimmunization*

519 Doctors positioned their vaccination views and practices by referring to official 520 recommendations and medical literature, responsibility toward their patients and society. 521 They also referred to their reputations among patients and colleagues. Many framed their 522 practices by distancing themselves from VH and anti-vaccine HCPs. The evidence we 523 gathered overall constructed normative discourse surrounding acceptable ways to address VH

as HCPs by actively pursuing vaccine uptake, despite the dilemmas described above forwhich there were no straightforward solutions.

An underlying theme to the construction of doctors' reputations around vaccination involved the figure of 'good' and 'bad' doctors and HCPs. Similar to the 'good'/'bad' patient distinction, our goal is not to ascribe doctors into such categories but rather to call attention to how doctors perceived themselves and their colleagues in similar terms. Additionally, our evidence shows how doctors were aware of vaccination-related reputations, both about themselves and about other colleagues, and how they could easily spread among patients and colleagues.

533

# 534 *3.3.1 Managing reputations with patients and positioning professional practices*

Doctors explained how they felt they were perceived by VH and non-vaccinating patients when promoting vaccinations. Several described such patients' perceptions of them as "corrupt" and "in the pockets of pharmaceutical companies." Dr. Rossellat recounted, "[Patients] always have the impression that you are on the side of public health and pharmaceutical lobbies. You're kind of perceived as the bad guy." Such statements echo Lupton (1996, 1997b)'s findings showing how doctors and patients alike perceived 'bad' doctors as being corrupt and having purely financial interests.

542 Several doctors reported clearly stating their vaccination positions in order to avoid 543 ambiguity with patients. During a consultation with a mother and father of a 5-week-old, we 544 observed Dr. Mattli respond to the mother's request for vaccination counseling. After 545 describing the FOPH recommendations, Dr. Mattli explained her position by distancing 546 herself from hardline vaccination advocates and opponents. We here recount this episode 547 from observation notes: 548 Dr. Mattli mentioned there were anti-vaccine people, explaining that in her view, both 549 sides used fear to influence others. She clarified that she was "no vaccination Taliban" 550 and that she did not use fear with patients. She told the parents, "No matter what you 551 decide, I'm going to care for you." She concluded by repeating her recommendation 552 to follow the official vaccination schedule.

553

554 Some doctors explained a need to distance themselves from their perceptions of CAM 555 providers' vaccination practices and beliefs. Dr. Délèze, for example, discussed a reputation 556 she had begun having among patients due to her acceptance of unvaccinated patients, "People 557 come for that reason and say, 'Yes, you're open [to non-vaccination].' I correct them guite 558 often. I say that I am not a homeopath, that I am pro-vaccine, and that I do not want any 559 confusion about my title. Unfortunately, it's a reputation that can spread more quickly than 560 others." We observed such professional distancing during a consultation with Dr. Délèze and a mother: 561

562 Dr. Délèze asked if they were going to continue the vaccination schedule they had previously agreed upon. The mother hesitated before saying that she had been 563 564 wondering about aluminum in vaccinations. She appeared embarrassed in divulging 565 that she had seen a homeopathic doctor who had brought up the topic. Dr. Délèze, 566 frowning, seemed annoyed about having to address this issue. She slowly explained 567 that the homeopath was correct about aluminum being in some vaccines in small 568 amounts in order to prompt an immune reaction. Dr. Délèze then asked the mother if the other doctor had changed the mother's mind. The mother slowly mumbled that he 569 had not, she was "100% for vaccines," and explained how the homeopathic doctor 570 had introduced doubt into her mind. Dr. Délèze shook her head disapprovingly and 571 said, "They're good at doing that." 572

In Switzerland, where CAM use is popular, Dr. Délèze found it important to assert
biomedicine's legitimacy in opposition to CAM, which she associated with doubt about
vaccines and anti-vaccine attitudes. Other participants also commonly associated VH and
vaccine refusal with CAM. Dr. Dardel recounted why he saw relatively few VH patients,
"People who absolutely don't want to vaccinate maybe go see a different type of doctor. (...)
A large majority of my patients are convinced of the importance of vaccinations. (...) The
others see homeopaths or people who practice natural medicine."

580 Overall, doctors reflected about how they positioned themselves in terms of their level 581 of support for vaccinations with their patients and what this meant for how patients perceived 582 them. Sometimes, this meant presenting themselves to patients as providing emotionally 583 "neutral" approaches, as Dr. Mattli explained to the parents in her consultation. For others, 584 this meant differentiating their practices and recommendations from the recurring figure of 585 the anti-vaccine CAM provider.

586

# 587 *3.3.2 The intraprofessional gaze*

During interviews, doctors compared their vaccination practices and perspectives to 588 589 those of their colleagues and to official recommendations. As evidenced by the introductory 590 quote from Dr. Caspari, accepting anti-vaccine patients was at one point in his career viewed as a "failure of the pediatrician." He explained how when he was a pediatric intern, doctors 591 592 who vaccinated less were "pointed at by other doctors," and called "blue flowers," with the 593 suspicion that they "practiced homeopathy." Having felt this normative expectation from his colleagues about vaccination, Dr. Caspari wondered if his acceptance of VH patients brought 594 judgement from colleagues. He nonetheless expressed relief in knowing that he had expert 595 596 support, "Luckily, I had the support of vaccinologists to help me to know that I'm right [to 597 accept these patients]."

598 Participants reported being aware of normative expectations from colleagues, Swiss 599 recommendations, and medical literature to promote pro-vaccination discourse and increase 600 vaccination uptake. They also reproduced similar discourse during interviews by discussing 601 other HCPs' vaccination practices. Some commented on HCPs' vaccine doubts and 602 questioned where they came from. Dr. Ferri expressed her astonishment about VH doctors, 603 "Part of the problem is that there are people from the medical field who claim to be medical 604 but are skeptical towards vaccination. That can be quite destabilizing for people." She then 605 wondered, "How can a doctor with the same training as me be so opposed to vaccination?" 606 Several doctors criticized other HCPs' decisions to dismiss families who refused vaccination by pointing out the ethical considerations, epidemiological consequences, and 607 608 doctors' responsibilities in providing care to everyone. Dr. Oblinger described a difference of 609 opinion that she had had with a colleague in her shared practice. Her colleague wished to 610 dismiss parents who did minimal vaccinations. Dr. Oblinger explained to her, "My mission as 611 a doctor is to accompany everyone, especially those who have doubts." She elaborated, "It's 612 bad that a pediatrician (...) might select [patients] or refuse them. (...) In doctors' offices in 613 the Netherlands, everyone goes, and the doctors have to take them. (...) Here, you can say, "I 614 just take German-speaking Swiss residents who are willing to vaccinate."

615 Doctors commonly perceived CAM practitioners as perpetuating anti-vaccine discourse. Dr. Rossi explained, "Often, there has already been a discussion with an 616 617 alternative doctor, who played the role of pediatrician or general practitioner and who has 618 already convinced the parents." Other doctors expressed concern about other HCPs' training and information sources. Some discussed how midwives or nurses might be spreading 619 620 information that encourage people to vaccinate less and suggested regular refresher courses 621 as a possible remedy. Dr. Balen explained how there should be stricter surveillance for HCPs 622 regarding the information they provide to patients, "We currently can't forbid [HCPs] from

making divergent recommendations. I think we should actually be obligated to inform parents
according to the latest scientific standards." In other words, participants hypothesized that
certain HCPs were at fault in promoting negative vaccine attitudes. Others, through
discussion of other HCPs' questionable practices, such as dismissing patients for their
vaccination perspectives or decisions, implied that there were unacceptable ways to address
parents' VH.

629

#### 630 4. Discussion

631 Evidence from our observations and interviews shows how doctors screen, diagnose, and measure patients' levels of VH. Doctors' classifications of patients based upon their 632 633 vaccine perspectives set the stage for different styles of communication with different types 634 of patients. Although the categories they constructed are similar to other typologies in VH literature (Leask et al., 2012; Rossen et al., 2019), doctors' subjective descriptions of 635 636 different types of patients have not yet received much research attention. Furthermore, 637 analysis of participants' perceptions of how other HCPs address VH provides important 638 insight into medico-professional expectations about addressing VH in practice.

Framing patients and doctors into 'good'/'bad' binaries is admittedly limiting but 639 640 nonetheless conceptually useful. This heuristic exercise brings to the fore the shifting roles of 641 patients and doctors in contemporary societies, where the abundance of health information 642 circulates via mass media and online more quickly than ever before (Dedding et al., 2011). VH therefore serves as an emblematic case study of challenges doctors encounter in 643 interactions with well-informed or uncertain patients, with such challenges underscoring the 644 645 often-overlooked paradoxes of addressing VH in clinical practice. One paradox results from recent sociomedical trends shaping 'good' patients and 646

647 healthcare consumers as inquisitive, autonomous, informed individuals who are active

participants in health decision-making (Armstrong, 2014). Research shows that these 648 649 characteristics generally ring true for VH individuals (Reich, 2018). However, by questioning 650 biomedical knowledge in an attempt at being 'good' patients and potentially not adhering to 651 vaccination recommendations, VH parents cross the lines into 'bad' patient territory. This 652 paradox is particularly useful for researchers and clinicians because it aids in understanding 653 VH individuals' rationales from a patient perspective instead of labelling patients with 654 vaccination questions as categorically anti-vaccine. This paradox also calls attention to how, 655 as other research has shown, parents who actively seek out information are doing so in the 656 best interests of their children (Wang et al., 2015). Researchers and clinicians will benefit from understanding that criticizing information-seeking parents and VH individuals serves as 657 658 a punishment for such behaviors, which have been encouraged by health promotion efforts 659 over the last several decades.

660 Another paradox results from the consideration of what constitutes 'good' and 'bad' 661 doctors. As discussed above, 'good' doctors are meant to be good communicators, 662 empathetic, and involve patients in the decision-making process. They are also expected to elicit patient adherence to public health vaccine recommendations. When patients do not 663 664 adhere, doctors risk becoming 'bad' doctors in the eyes of the medical establishment. Faced 665 with potential loss of face, doctors are, in the 'good/bad' binary model, expected to maintain 666 communication, show empathy, and involve patients in decisions which transgress official 667 vaccination recommendations. This paradox demonstrates how doctors are situated in a 668 network of conflicting expectations in which they are called upon to situate themselves and their professional practices. Moreover, this paradox is particularly salient because it calls 669 670 attention to the tensions involved when translating 'one-size-fits-all' approaches to individually meaningful approaches in clinical practice. In effect, as the evidence we gathered 671

shows, participants reported the necessity of adopting pluralistic approaches in order to tailorcommunication according to patients' vaccination attitudes and practices.

A common construction in participants' discourses around VH patients was the figure 674 675 of the 'problem' patient. Such patients required more of the doctors' time, communication 676 skills, and medical expertise due to their additional questions, diverging viewpoints from 677 biomedicine, and questioning of the legitimacy of health systems and doctors' expertise. 678 However, not all participants' accounts fully support the caricaturized image of these patients 679 as "problems." Despite the challenges they posed, some doctors described such skepticism as 680 a healthy, and even scientific, stance for patients to take. As long as dialogue was possible, most participants were open to patients' vaccination questions and understanding of their 681 682 reluctance to vaccinate. This finding brings a more nuanced picture of patient adherence and 683 'good'/'bad' patients to the sociological literature and underscores the problematic nature of 684 persisting 'anti/pro' dichotomies in vaccination discourses (Brunson & Sobo, 2017).

685 One of our most striking findings demonstrates how doctors' self-perceived 686 professional responsibilities and reputations were linked to how they addressed VH. Doctors 687 were aware of having certain reputations among patients vis-à-vis their openness to VH or 688 non-vaccination. These reputations circulated among hesitant patients who actively sought 689 doctors empathetic toward VH patients. Participants also discussed how the spread of these 690 reputations could reinforce their own positions, which manifested through doctors 691 encouraging patients to adhere to vaccination recommendations. Additionally, their 692 discussions of these reputations constructed HCPs who deviate from official vaccination 693 recommendations, or who support patients' VH, as practitioners who fail to meet their 694 professional responsibilities.

695 Some doctors problematized their reputations among colleagues and patients by696 insisting that they did not want to be known as non-vaccinating doctors or to be associated

697 with CAM. Findings from Deml et al. (2019b), however, suggest that CAM providers in 698 Switzerland are not categorically opposed to vaccination. Participants' perceptions 699 associating CAM and non-vaccination likely reflect diverging epistemologies between biomedicine and CAM. That said, this interprofessional distancing may have been 700 701 exaggerated by study participants due to our focus on vaccination. For example, a 702 representative study, unrelated to vaccination, of pediatricians in Switzerland reported that 703 23% of respondents had attended complementary medicine (CM) training, 65% were 704 interested in pursuing CM training, 16% provided CM to their patients, and more than 50% 705 used CM for themselves or their families (Huber et al., 2019).

706

## 707 5. Conclusions

708 Professional reputations being intertwined with how doctors address VH and underimmunization clearly has implications for patient-HCP interactions. Future research 709 710 could benefit from heightened attention to the roles and expectations that HCPs have 711 internalized regarding vaccination. Our findings bolster Karafillakis and Larson (2018)'s assertion that researchers should focus on issues facing HCPs: "The burden of addressing 712 713 public and parent hesitancy cannot be placed on health professionals, without first taking the 714 time to understand and address their own concerns and to build their confidence" (p. 800). 715 Likewise, future research will benefit from paying attention to the affect and feelings that 716 HCPs associate with such clinical encounters. As we have shown, doctors are not immune to 717 emotions in their experiences with vaccination consultations. Additionally, doctors regularly engage with parents who value the emotional aspects of clinical encounters and who have 718 719 expectations of being listened to and taken seriously.

Our findings raise an important question for vaccination consultations: is the more
important goal to achieve vaccination uptake or to better inform and communicate with VH

722 patients about the consequences and benefits of their choices? Insisting too heavily on 723 vaccination uptake, without actively engaging with patients' hesitancy, can lead to the stigmatization of hesitant and non-vaccinated individuals. Approaches focusing primarily on 724 725 adherence likely undermine public health goals of increased vaccination uptake because pro-726 vaccination communication can be perceived as condescending, belittling, or patronizing to 727 those who hesitate or actively choose not to vaccinate (Nyhan et al., 2014; Masaryk & 728 Hatoková, 2016). When patients feel belittled or patronized, other determinants of vaccine 729 acceptance suffer through the erosion of trust in HCPs, public health institutions, and 730 biomedicine. The philosophical and ethical analysis of the doctor-parent relationship 731 provided by Navin (2015) shows how the clinical encounter provides opportunities for 732 doctors to gain, maintain, or lose patient trust in biomedicine. He explains, "when a 733 pediatrician refuses to respectfully respond to a mother's worries about the necessity or safety 734 of vaccination, (...), he may also undermine the trust *she* is willing to place in *his testimony* 735 about vaccines (p. 30, emphasis in original). 736 VH and underimmunization are complex, multifaceted social phenomena, and HCPs

737 play substantial roles in shaping patient perceptions around vaccination and vaccine uptake. It

is therefore important to be attentive to the expectations created for HCPs by dominant public

739 discourses around vaccination and the growing body of scientific literature's

740 recommendations about addressing VH in clinical practice. Doctors' internalization of this

741 oft-polarized social issue and of the intraprofessional medical gaze, which promulgates

normative vaccination practices, may increase doctors' apprehension about engaging with

vaccine hesitancy and underimmunization due to anxieties of "failing" their patients, the

744 public, and their profession.

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