

## **Intensive Quit Support for Priority Populations Seeking to Quit E-cigarettes (Vaping).**

### **Authors:**

Hannah Brumm<sup>1</sup>, Joanne Isbel<sup>1</sup>

<sup>1</sup>*Quitline Queensland, Queensland Health, Brisbane, Australia*

Presenter's email: [joanne.isbel@health.qld.gov.au](mailto:joanne.isbel@health.qld.gov.au)

**Background:** The proportion of Queenslanders currently vaping has increased by 40% from 2018 – 2021 [1]. Evidence shows former tobacco users who start vaping are more likely to relapse into tobacco smoking [2]. The proportion of people exclusively vaping is increasing, and like tobacco users, most report wanting to quit [3]. There is a paucity of research on how to quit vaping [3]. Aiming to meet ever-evolving community needs, Quitline Queensland established a pathway for people from priority populations who solely vape to access intensive quit support (IQS).

**Description of Model of Care:** Since 2017, Quitline Queensland has provided IQS for select priority populations. IQS includes telephone counselling and the provision of up to 12 weeks of combination nicotine replacement therapy (NRT). Previous eligibility for the program stipulated the client must be a current tobacco user. The eligibility for IQS was expanded in March 2023 to include those solely vaping from select priority populations.

**Implementation:** Quitline's model of care for assessing nicotine dependency in tobacco users was adapted for vaping. Clients are considered suitable for NRT treatment if they vape within 30 minutes of waking or have a history of withdrawal symptoms. In the two months since the IQS eligibility expansion, 6% of IQS participants (N = 55) were exclusively vaping.

**Conclusion and Next Steps:** Quitline Queensland aims to contribute to the knowledge base by providing priority populations who vape access to IQS. As an ongoing initiative, the information collected will be continually updated to ensure it meets contemporary standards. The next steps include an evaluation of participation, completion, and quit outcomes.

**Disclosure of Interest:** None to declare.

### **References**

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