

Ready to Ditch the Vape? Supporting Adolescents and Young Adults to quit vaping

Authors:

WAHHAB MARY¹, BRONWYN MILNE¹

¹ *The Department of Adolescent Medicine, Sydney Children's hospital Network (SCHN), Sydney, NSW Australia*

Presenter's email: mary.wahhab@health.nsw.gov.au

Background: In the last decade, the emergence of electronic cigarettes/vapes has changed the landscape of nicotine product use among adolescents and young adults (AYA). The prevalence of e-cigarettes use threatens decades of progress in tackling tobacco use with its high nicotine content, appealing colours and flavours, low costs, wide availability and discreet designs targeting adolescent and young adult age group.

This presentation will outline the approach used to provide assessment and targeted interventions for adolescents who vape.

Description of Model of Care/Intervention: Screening tools such as the Modified Hooked On Nicotine Checklist (M-HONC) and Time To First Vape (TTFV) can be used to assess nicotine dependence. The 5A-step Algorithm- The 5As can be a helpful framework to support AYA in quitting vapes in adolescents. The first line of treatment should rely on behavioural approaches along with motivational interviewing counselling, cognitive behavioural therapy, mindfulness based interventions and other support. Pharmacotherapy treatment such as combination nicotine replacement therapy may be used with behavioural approaches to support the young people in quitting vapes.

Effectiveness/Acceptability/Implementation: The HONC and TTFV have been well studied and clinically effective in assessing nicotine dependence to guide interventions to tobacco cessation. Similarly the 5As brief intervention framework is commonly used to guide smoking cessation and therefore all these can be adapted to assist AYA in quitting vapes.

Conclusion and Next Steps: There are well studied instruments and interventions that ask adolescents and young adults about tobacco use which can be adapted to use with AYA to address e-cigarette use. Further research is needed to specifically investigate the effectiveness of this model.

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