

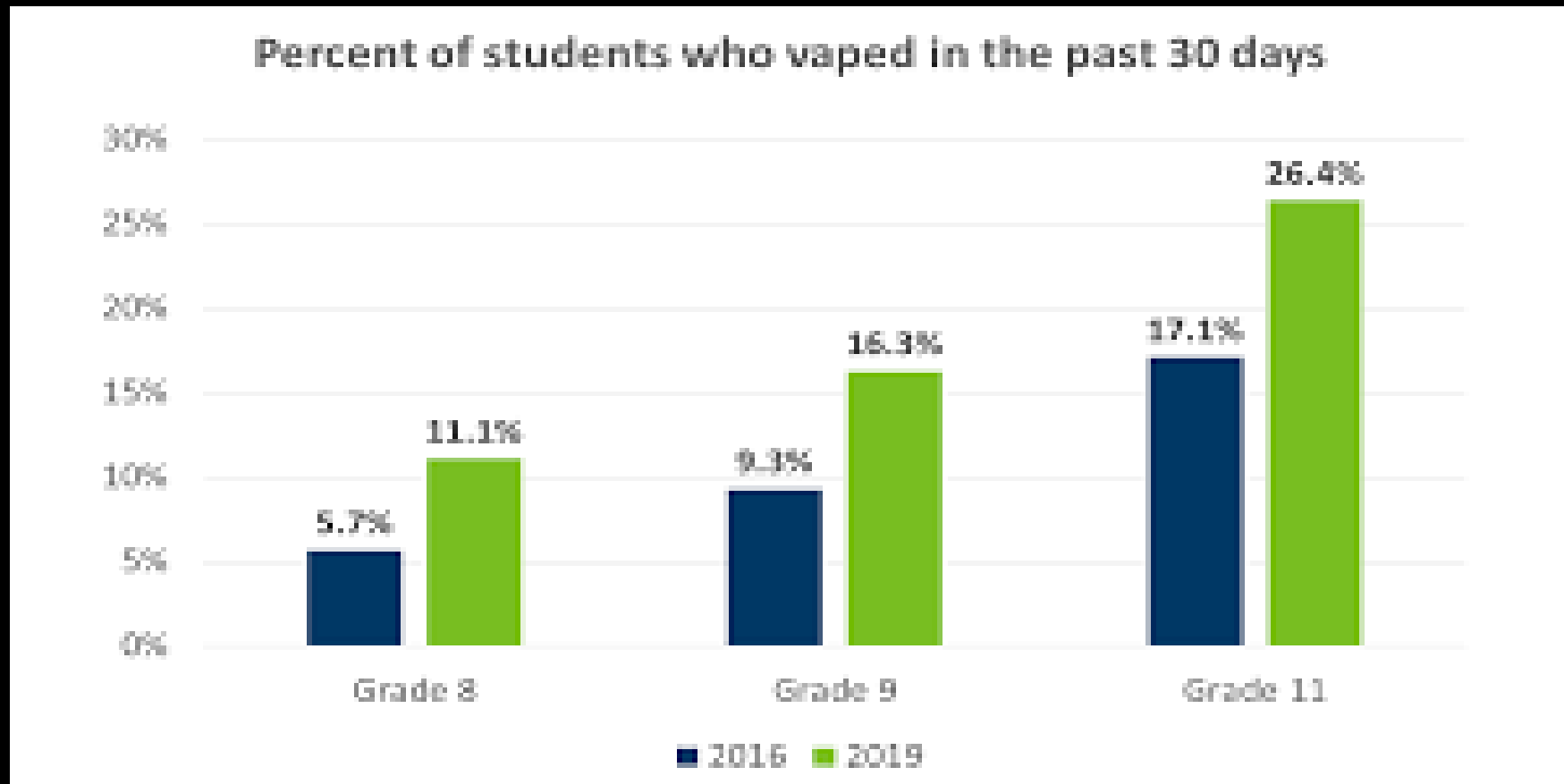
VAPING

Holly Kowalczyk RRT,CTTS

St. Luke's Hospital

Nicotine Independence Center

VAPING AND YOUTH



RISKS FOR YOUNG VAPE USERS

- Initiation to Combustible Tobacco Products
- Nicotine Addiction
- Safety Risks
 - Poisoning
 - Burns
 - E-Cig Emissions
- Long Term Health Effects

E-Cigarette or Vaping Associated Lung Injury

As of 11/21

- 2290 Hospitalized cases
- 47 dead
- $\frac{3}{4}$ are under 35years, median age 24, range age 13-78

CONCERNS

Popcorn Lung- Bronchiolitis Obliterans

- Caused by Diacetyl, Used as popcorn flavoring
- Causes permanent damage to alveoli

Contamination of E-liquids and Vape Pens

Favoring approved to ingestion, NOT inhalation

Up-Regulation of Nicotine Addiction

Long-Term Effects Unknown

Risks to Adolescent Brain Development

STARTING THE CONVERSATION

Early Adolescence:

“Do any of your **FRIENDS** or people you hang out with vape, JUUL, or smoke?”

“How about you? In the past year, how many times have you vaped, JUULed or smoked?”

Late Adolescence:

“In the past year, how many times have you...

“Do your friends or people you hang out with...

DETAILS MATTER

Names:

- E-cigs, vape pens, JUUL, Vuse, MarkTen, Blu, e-cigs, Logic, regular cigarettes, dab pens, etc...

Contents:

- Vape Juice, pods, dabs, flavoring, nicotine amount, etc...

How Much:

- How often, how long, how many pods/week/month, etc...

Why:

- With friends, to relax, feeling sad, etc...

What else do they use:

- marijuana, alcohol, pills to get high, etc...

CHANGE TALK CONCEPTS

P Partnership of Equals

A Acceptance through Empathy & Autonomy

C Compassion

E Evoke their own Wisdom

CHANGE TALK CONCEPTS

- O** Open Ended Questions
- A** Affirmations
- R** Reflective Listening
- S** Summarizing as You Go Along

CHANGE TALK CONCEPTS

- R** Resist Telling Them What to Do
- U** Understand their Motivation
- L** Listen with Empathy
- E** Empower with Achievable Goals

CHANGE TALK CONCEPTS

D Develop Discrepancy

A Avoid Argumentation

R Roll with Resistance

E Express Empathy

S Support Self-Efficacy

HAVING A CONVERSATION

Raise the Subject

- Build Rapport: Ask about life beyond substance use. Elicit likes, strength, community connections, goals, support networks & resiliency skills.
- Ask Permission: “Would it be ok to talk about what makes me worried about what you just shared?”

HAVING A CONVERSATION

Provide Feedback:

- Summarize & Reinforce Positive Choices
- Provide Feedback- “ Vaping can be dangerous for many reasons...”
- Recommend/Reinforce abstinence
- Elicit Feedback

HAVING THE CONVERSATION

Enhance Motivation:

- Explore Pros and Cons- “What do you enjoy”, “What are the bad things?”
- Explore Readiness to Change: Scale 1-10, “Why 6 and not 8?”
- Reasons to Change- “Why do you want to change?”

HAVING THE CONVERSATION

Negotiate and Advise:

- Reinforce Autonomy
- Elicit Input
- Negotiate a Goal- Small, achievable steps
- Harm Reduction
- Assist with Plan development
- Arrange Follow-up

MAKING A PLAN TO QUIT

- List reasons for quitting
- Keep track of when/why
- Develop a quit plan
- Ask for help/support
- Talk to your doctor

STUDENT COMMENTS 11/19

- They should require all student to attend.
- It is helpful and shows what can really happen with nicotine.
- It is a good program to help people stop.
- It was helpful.
- This program was great. It makes me want to stop smoking.
- I'd like to say this changed my mind and I would like to never go back to smoking.
- It was really helpful to help stop vaping.
- I will stop.
- While I do not intend to quit right now, this was helpful in giving tips for later.
- This program made me not want to vape anymore.
- I learned a lot.
- Definitely not a waste of time.

HELP AND SUPPORT

- My Life, My Quit- 855-891-9989
- DITCHJUUL- thetruth.com
- Mylifemyquit.com
- quitSTART app
- Smokefree.gov
- 1-800-quitnow

REFERENCES

American Academy of Pediatrics

- <http://ohioaap.org/adolescent-vaping-regionals/>

“Motivational Interviewing”, Miller, W and Rollnick, S (2002)