

E-cigarettes/Vaping

An epidemic plaguing our youth

Perspectives from a Pediatrician

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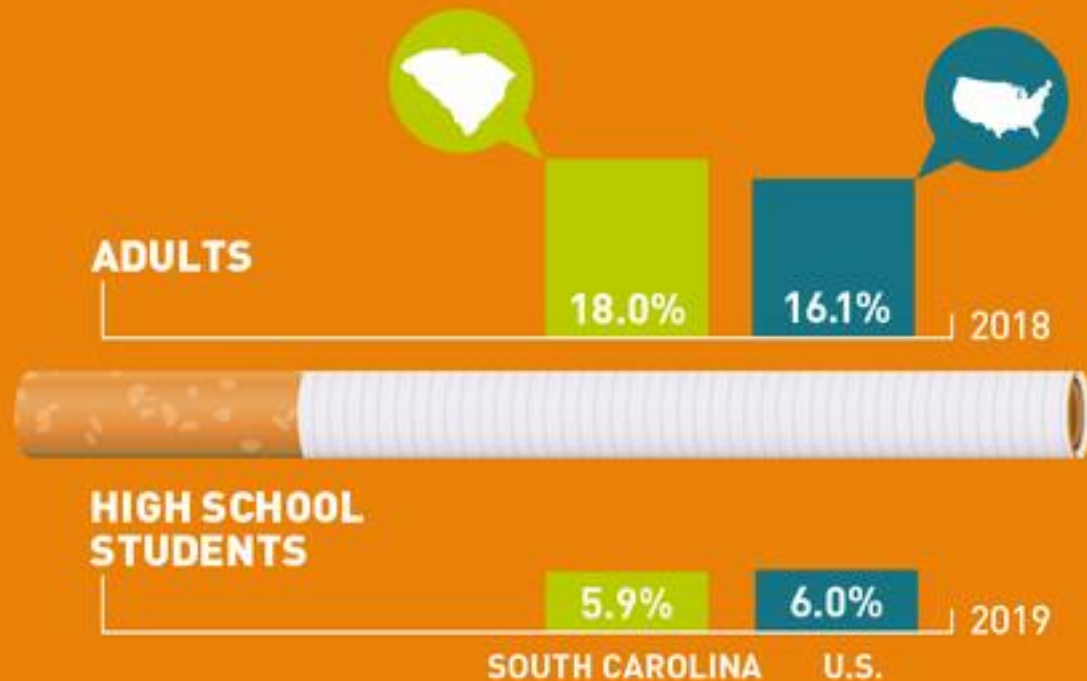


Stats in South Carolina

CIGARETTE USE

among adults and high school students

SOUTH CAROLINA



OTHER TOBACCO PRODUCT USE

among adults and high school students

SOUTH CAROLINA



HIGH SCHOOL STUDENTS (2019)



Helping Patients Quit

Ways to assist patients quit using tobacco

WHY

Talk to families



Parental smoking is the main source of secondhand smoke exposure for children. Pediatric health care providers see much of the smoking population through pediatric visits- Some parents see their child's physician more than their own.

When to ask about tobacco

Ask at every visit if anyone in the home or that cares for the children smokes. If yes, ask who and try to help them quit. If you are seeing a former smoker, check in with them to ensure they have not relapsed- particularly new parents. If quitting isn't possible, discuss strategies to keep cars and homes free from smoke.



WHEN

HOW

How to screen and treat



Focus on the benefits to the child and others in the family. Even brief advice can be beneficial. An easy way to have these discussions is the 2As + R

Ask if anyone who cares for the child uses tobacco

Assist them in a quit attempt.

Refer to resources to help quit- prescribe nicotine replacement therapy, refer to quitline or text program.

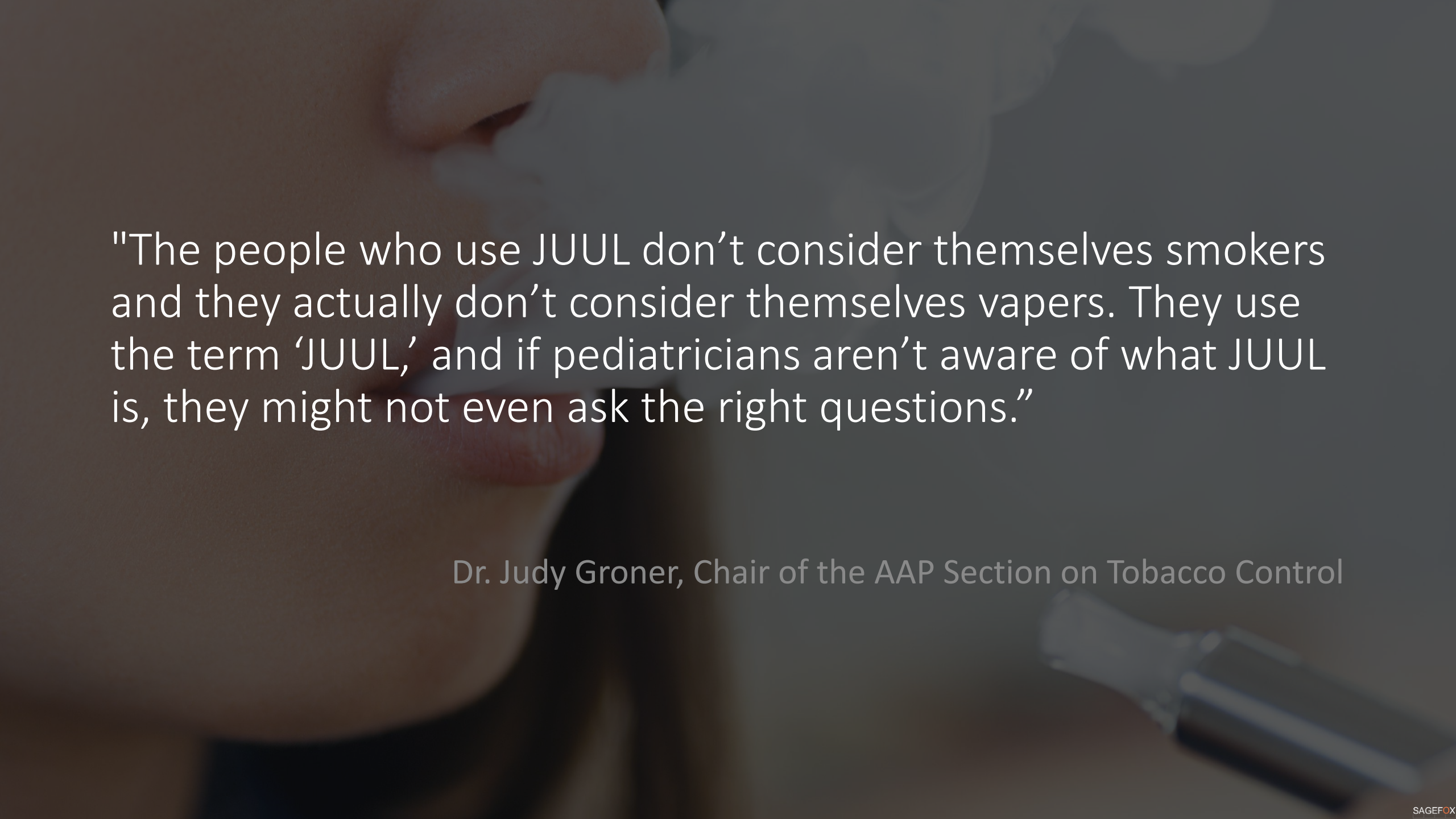
MORE

Get more information about tools for clinicians at www.richmondcenter.org

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Well what about the
adolescents?



"The people who use JUUL don't consider themselves smokers and they actually don't consider themselves vapers. They use the term 'JUUL,' and if pediatricians aren't aware of what JUUL is, they might not even ask the right questions."

Dr. Judy Groner, Chair of the AAP Section on Tobacco Control

Screening

The CRAFFT+N Questionnaire

To be completed by patient

Please answer all questions **honestly**; your answers will be kept **confidential**.

During the **PAST 12 MONTHS**, on how many days did you:

1. Drink more than a few sips of beer, wine, or any drink containing **alcohol**? Put "0" if none. # of days

2. Use any **marijuana** (weed, oil, or hash by smoking, vaping, or in food) or **synthetic marijuana** (like "K2," "Spice")? Put "0" if none.

3. Use **anything else to get high** (like a prescription or over-the-counter medication that you sniff, huff, or vape)? Put "0" if none.

4. Use **any tobacco or nicotine** products (cigarettes, e-cigarettes, hookahs or snuff)? Put "0" if none.

READ THESE INSTRUCTIONS BEFORE YOU BEGIN:

- If you put "0" in ALL of the boxes above.
- If you put "1" or higher in ANY of the boxes above.

5. Have you ever ridden in a **CAR** driven by someone who was "high" or had been using alcohol or drugs? Put "0" if none.

6. Do you ever use alcohol or drugs to feel better about how you are feeling? Put "0" if none.

7. Do you ever use alcohol or drugs when you are sad, depressed, or stressed? Put "0" if none.

8. Do you ever **FORGET** things you did while using alcohol or drugs? Yes No

9. Do your **FAMILY** or **FRIENDS** ever tell you that you should cut down on your drinking or drug use? Yes No

10. Have you ever gotten into **TROUBLE** while you were using alcohol or drugs? Yes No

Modified Version of the Fagerstrom Tolerance Questionnaire (mFTQ)

(Scoring guidelines in parentheses; remove these from instrument prior to use).

- How many cigarettes a day do you smoke?
 - Over 26 cigarettes a day (2)
 - About 16-25 cigarettes a day (1)
 - About 1-15 cigarettes a day (0)
 - Less than 1 a day (0)
- Do you inhale?
 - Always (2)
 - Quite often (1)
 - Sometimes (0)
 - Never (0)

The Four-Item E-cigarette Dependence Scale for Assessing Adolescent E-cigarette Nicotine Dependence

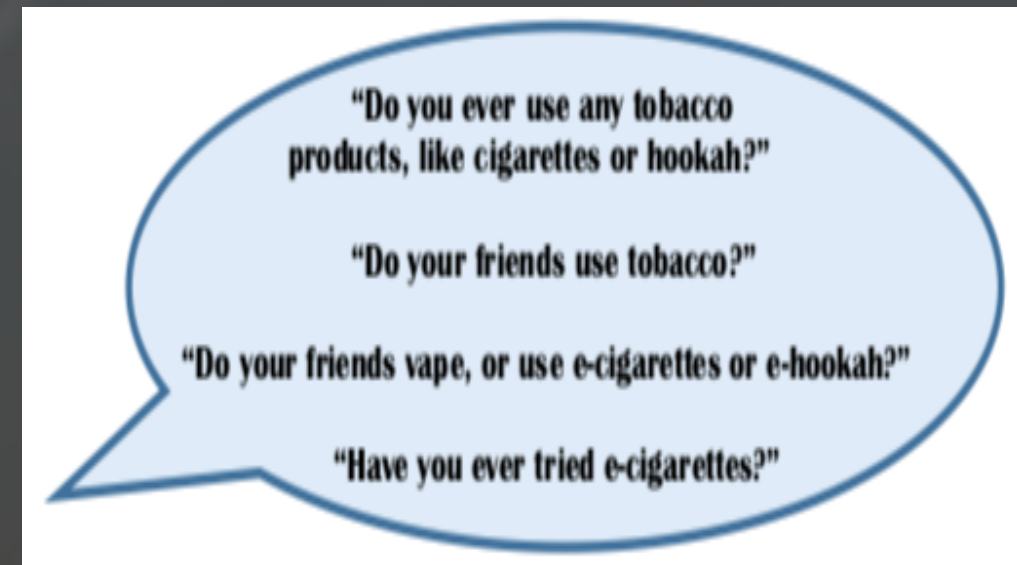
| | Never (0) | Rarely (1) | Sometimes (2) | Often (3) | Almost Always (4) |
|---|--------------|---------------|------------------|--------------|----------------------|
| Instructions. Please respond to each question marking one box per row. | | | | | |
| I find myself reaching for my e-cigarette without thinking about it. | | | | | |
| I drop everything to go out and get e-cigarettes or e-juice. | | | | | |
| I vape more before going into a situation where vaping is not allowed. | | | | | |
| When I haven't been able to vape for a few hours, the craving gets intolerable. | | | | | |

To score the measure, take the mean of the item scores.

- Yes, quite often (1)
 - No, not usually (0)
 - No, never (0)
- Do you smoke more during the first 2 hours than during the rest of the day?
 - Yes (1)
 - No (1)

Talking to Teens About Nicotine Cessation: Using the 5As

- Ask the right questions
- Advise against tobacco use and Assess readiness to quit
- Assist: if a teen is ready to quit
- Assist: if a teen is not ready to quit
 - Relevance of quitting
 - Risks of not quitting
 - Rewards related to quitting
 - Roadblocks
 - Repetition
- Arrange a Follow up Discussion



6 BENEFITS OF BEING VAPE-FREE



TAKE CARE OF
YOUR HEALTH



SAVE YOUR
MONEY



CONTROL
YOUR LIFE



BE A GOOD
FRIEND



DO YOUR BEST
IN SCHOOL



FEEL GOOD ABOUT
YOURSELF

You probably already know that e-cigarettes contain nicotine. You probably also know that the vapor includes toxic chemicals. What you need to know is that every e-cigarette – no matter the shape and size – is terrible for you. There is no way around it. You are doing real harm to your body every time you use one. If you haven't tried one, don't. And if you do use them, it's time to stop.

Not convinced? Here's something else you should know. Even if you've talked yourself into the idea that you are "just" using e-cigarettes, you are on a path to becoming addicted to nicotine. And damaging your brain. You know, that thing you will need ... for the rest of your life. **We know you probably know all of this. But if you've ever thought about vaping (or if you've tried it or do it regularly) please talk with your doctor today.**

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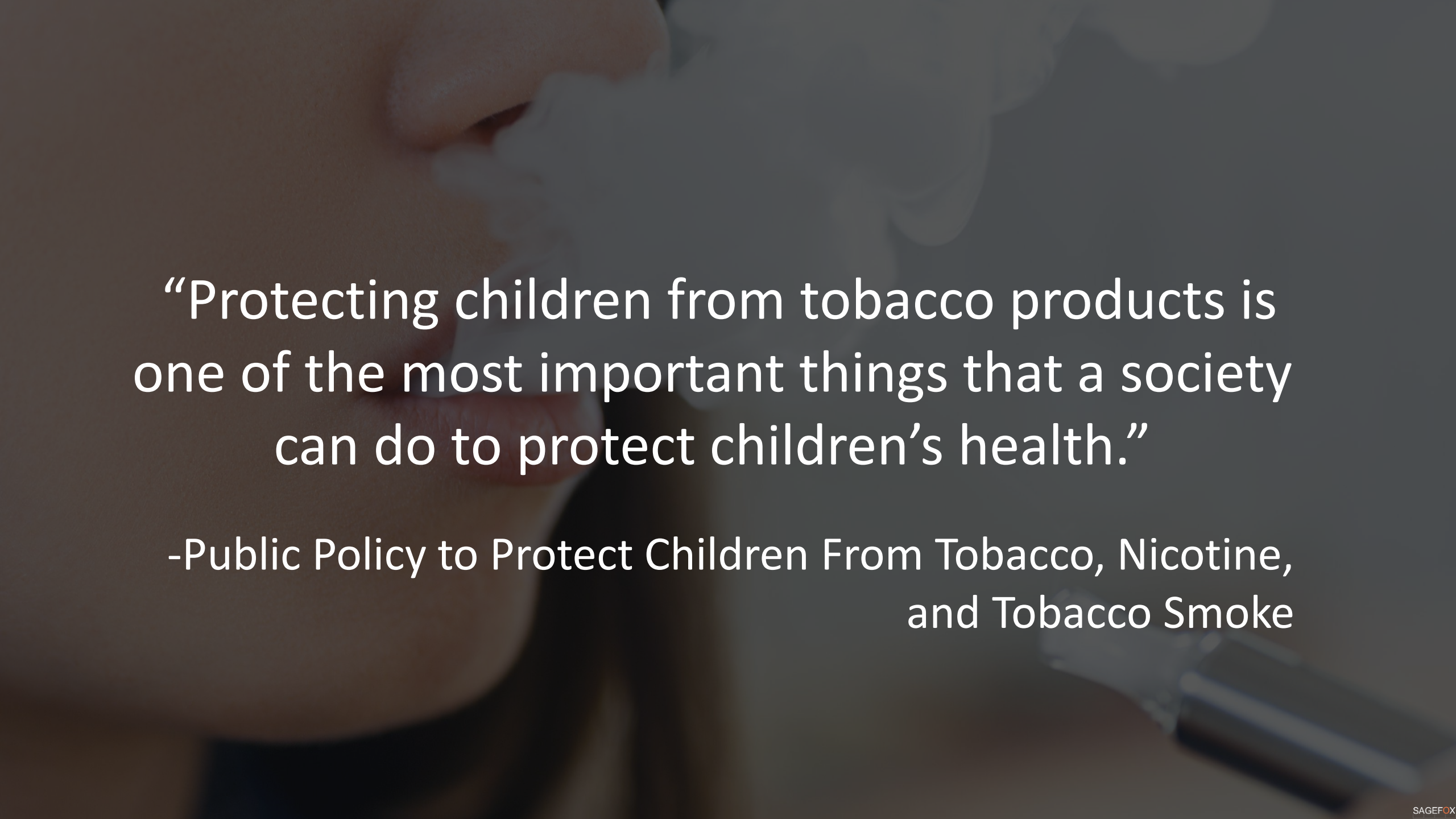
SAGEFOX

UTILIZE CESSATION SUPPORT SERVICES

There are several options for behavioral support for youth who are attempting to quit e-cigarette use:

- [Smokefree Teen](#)
 - Tobacco and vaping cessation support from the National Institutes of Health
- [This is Quitting](#)
 - Immediate text-based vaping cessation support service from Truth Initiative®
 - Text “DITCHJUUL” to 88709
- **1-800-QUIT-NOW**
 - National Tobacco Quitline
- In-person components, like **behavioral counseling or cognitive behavioral therapy**, complement online quit programs and can increase quit success





“Protecting children from tobacco products is one of the most important things that a society can do to protect children’s health.”

-Public Policy to Protect Children From Tobacco, Nicotine,
and Tobacco Smoke