

## Exploring Tobacco Use and Nicotine Vaping with Patients



### Key points:

- ❖ Tobacco (e.g., combustible cigarettes, chew, cigars, etc.) and electronic-cigarette vaping devices all contain nicotine, which is addictive, as well as other harmful chemicals.
- ❖ Burning tobacco creates some of these harmful chemicals.
- ❖ Vaping devices turn chemicals and flavorings into a mist combined with synthetic nicotine. Note: Some people vape substances other than nicotine (e.g., THC).

### Feedback for conversations with patients - Health effects:

- ❖ Short-term: Increased BP, breathing and heart rate, lungs exposed to chemicals.
- ❖ Long-term: Increased risk of cancers (especially lung w/ smoked tobacco and oral with chew). Chronic bronchitis, emphysema, heart disease, leukemia, cataracts, pneumonia.
- ❖ Adolescents: nicotine harms developing brain circuits; attention and learning problems.
- ❖ Pregnancy (tobacco): risk of miscarriage, low-birthweight, stillbirth, learning and behavioral problems during childhood.
- ❖ Some vape products mixed with Vitamin E-acetate: linked to serious lung conditions.
- ❖ Nicotine withdrawal: irritability, attention & sleep problems, depression, increased appetite

### Evidence-based cessation treatments:

- ❖ Medication: bupropion (Zyban), varenicline (Chantix), nicotine replacement (patch, etc.)
- ❖ Behavioral: CBT, self-help materials, Quitline (phone, chat, text, mail)
- ❖ Note: quitting usually takes multiple attempts; *lapses and relapse are not failure!*
- ❖ Note: *using more than one approach simultaneously increases success!*

**E-cigarettes for tobacco cessation:** some evidence of effectiveness, not FDA approved, must completely switch to e-cigarettes to avoid tobacco harms. Not appropriate for adolescents.

### Effective brief interventions use Motivational Interviewing! Ask-Provide-Ask Example

ASK	PROVIDE	ASK
“What are your thoughts about quitting tobacco?”	“Some options that can help with quitting include...”	“What next steps make sense for you?”
“Would it be ok to share some information with you?”	“These are some of the health effects of tobacco...”	“What are your thoughts about this information?”
“What do you <i>like</i> about smoking?” LISTEN “What are the <i>not so good things</i> about smoking?” LISTEN	Referrals & Information Follow-up & Ongoing support	“Where are you at from 0-10 as far being ready to quit?” “What made you choose x and not a <i>lower number</i> ?”

- ❖ LISTEN for ambivalence and clues about types of support needed.
- ❖ REFLECT-BACK what you hear. AFFIRM autonomy.

### Sources:

National Institute on Drug Abuse (NIDA): <https://nida.nih.gov/drug-topics/commonly-used-drugs-charts#tobacco-and-nicotine>  
Centers for Disease Control and Prevention (CDC): [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)  
[https://www.cdc.gov/tobacco/data\\_statistics/sgr/2020-smoking-cessation/fact-sheets/adult-smoking-cessation-e-cigarettes-use/index.html](https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/fact-sheets/adult-smoking-cessation-e-cigarettes-use/index.html)