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Vaping: What Are the Risks?

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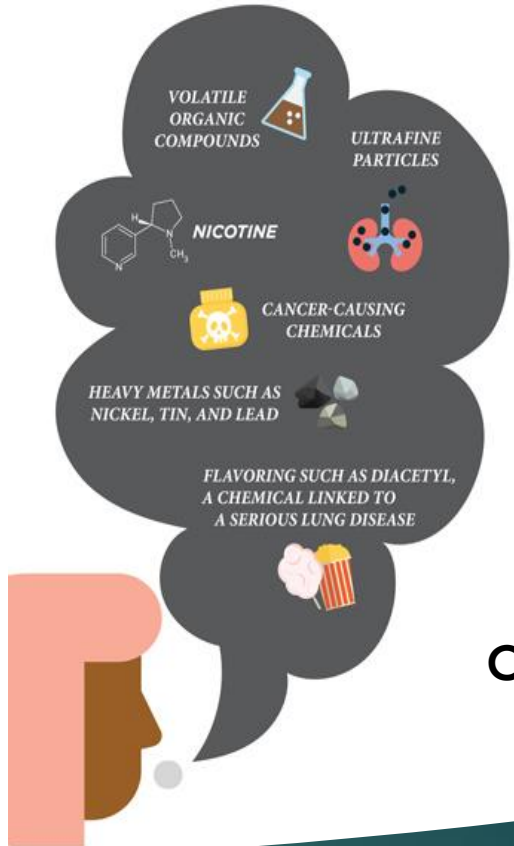
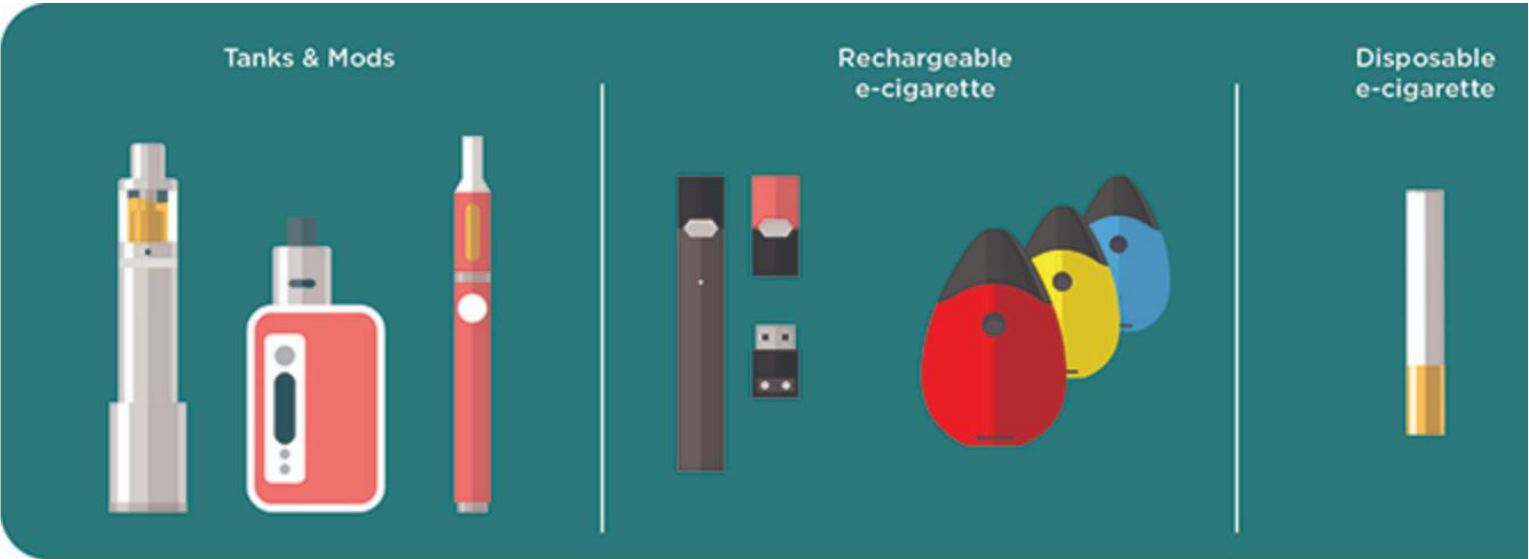
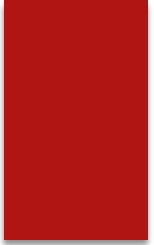
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Vaping: What are the Risks?

MATTHEW LEBOW
THE THOMAS CHITTENDEN CLINIC
JANUARY-MARCH 2020



Credit: CDC

What is Vaping?

What We Know about Vaping-Associated Lung Injuries

- ▶ All patients who have experienced these lung injuries reported using e-cigarettes or vaping products
- ▶ THC-containing e-cigarette or vaping products, particularly from informal sources like friends, family, online dealers, are linked to most cases and played a major role in the outbreak
- ▶ Lab data showed that Vitamin E Acetate, an additive in some THC-containing e-cigarettes or vaping products, is strongly linked to the outbreak

More Statistics...

Among the 2,668 hospitalized cases reported to the CDC

- 66% were male
- The median age of patients was 24 years and ranged from 13-85 years

2,022 hospitalized patients had data on substance use

- 82% reported using THC-containing products; 33% reported exclusive use of THC-containing products
- 57% reported using nicotine-containing products; 14% reported exclusive use of nicotine-containing products

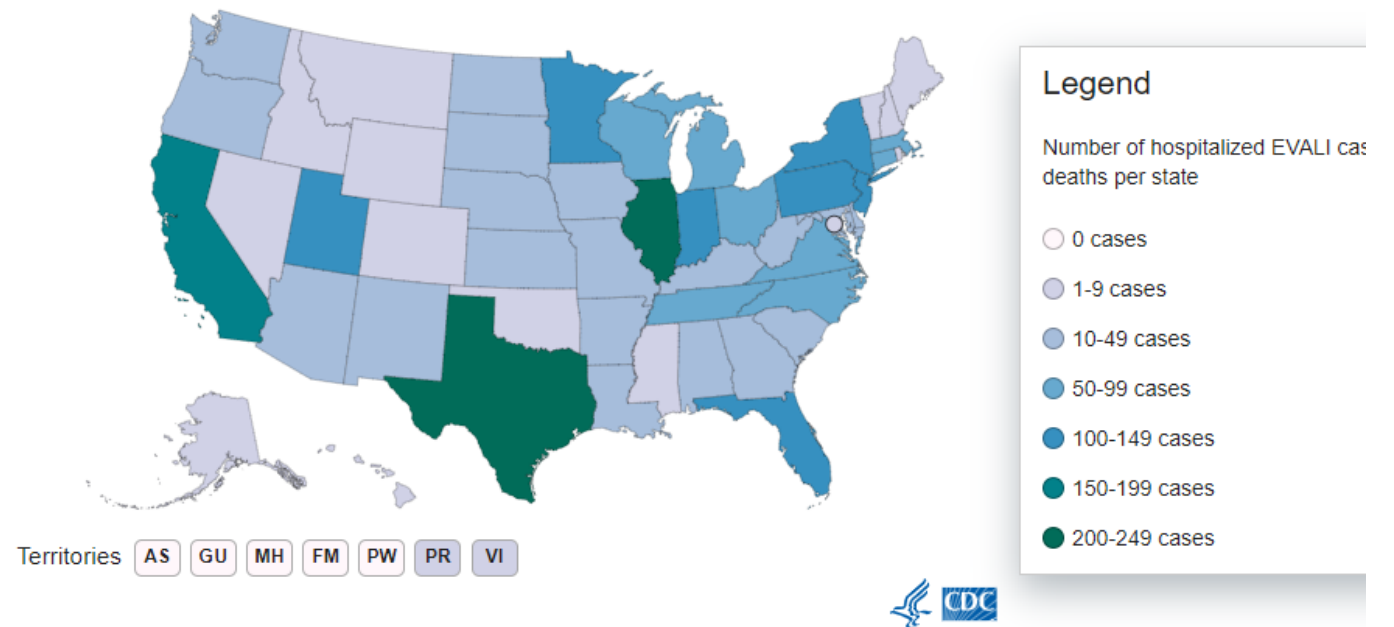
In Vermont (As of 12/31/19):

- 34 Investigated Cases
 - 3 Confirmed
 - 1 Probable
 - 1 Pending Classification
 - 29 Not a Case

Public Health Costs Nationwide and Vermont

- ▶ 15.5% (38 million) US adults smoke cigarettes
- ▶ Smoking is the #1 cause of preventable deaths worldwide
- ▶ 480,000 people die per year in US from smoking-related disease
- ▶ Total economic cost of smoking in US is more than \$300 billion/year
- ▶ JUUL is valued at \$38 billion

Number of Hospitalized EVALI Cases or Deaths Reported to CDC as of January 21, 2020



Community Perspective and Support

Vaping Store Owner: "The things being vaped that are making people sick are black market products. The benefit of flavored e-cigarettes is that it takes your mind off that tobacco thought you have. The only people who should be using this are those quitting smoking."

Patient: "I started vaping when I was 13, I would buy vaporizers for \$5. It's so easy to smoke on the bus."

Intervention

Extensive literature review on the health effects of vaping

Create a pamphlet that outlines what the risks of e-cigarettes that is simple and easy to understand and further direction to the Vermont Department of Health website where more information can be found

- This pamphlet is intended to be viewed while waiting for their doctor after being roomed. As such, it will be displayed in doctor's offices so that patients can view it as they wait

Gave presentation at The Thomas Chittenden Clinic to providers, nurses, care managers

Evaluated effectiveness with feedback survey

Results/Response

- ▶ Per staff, concept considered to be helpful way to educate patients upon risks of e-cigarette use. Specifically:
 - ▶ This may encourage patients to ask health care providers to discuss any misnomers regarding vaping or e-cigarette use
 - ▶ Copies of pamphlet may also be useful to give to patients to take home with them

Evaluation of Effectiveness and Limitations



This pamphlet doesn't reach populations that do not visit The Thomas Chittenden Clinic. Furthermore, the patient interaction pamphlet is dependent on where it is placed in the office, willingness of patient to read pamphlet, and/or if they are given a pamphlet



A quiz component to assist with patient learning may be more effective than the passive learning involved in reading a pamphlet

Recommendations
for Future
Interventions/Projects

Continue

Continue education about vaping as research develops



Perform

Perform a "talk back" teaching with patients on e-cigarettes



Create

Create an online quiz that patients can take



Distribute

Distribute pamphlets to all local/regional practices to that a broader population is reached

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