



ADOLESCENT VAPING HARM

VAPING CESSATION AND EDUCATION ON HARM NEED IN THE COMMUNITY

VAPING IS SAFER THAN SMOKING TOBACCO:

- Move away from comparison
- Both are poison to the body
- Both have chemicals that damage lungs
- Both are addictive
- Nobody compares Methadone (medical cessation for drug addicts) as 'safer' than taking Morphine as a drug if taking it casually
- The dose makes the poison - adolescents excessive vaping behaviour

WHY IS VAPING HARMFUL?

- Nicotine
- Propylene Glycol
- Glycerine
- Formaldehyde
- Acrolein
- Diacetyl
- Flavourings (more than 100 different chemicals to make different flavours)
- Plastic
- Copper
- Lithium battery

HARMFUL SYMPTOMS:

- Acute and chronic inflammation of lungs
- Chest infection- Pneumonitis
- Pneumothorax – air leak in lungs
- Dry mouth
- Mouth ulcer
- Increase dental cavities
- Sleep disturbance
- Addiction
- Increase heart rate
- Stiffness of arteries, leading to increase in blood pressure

DIGITAL NHS INPUT:

Primary diagnose	Secondary diagnose
9-19y	9-19y
6	40

Hospital admissions for vaping related disorders:

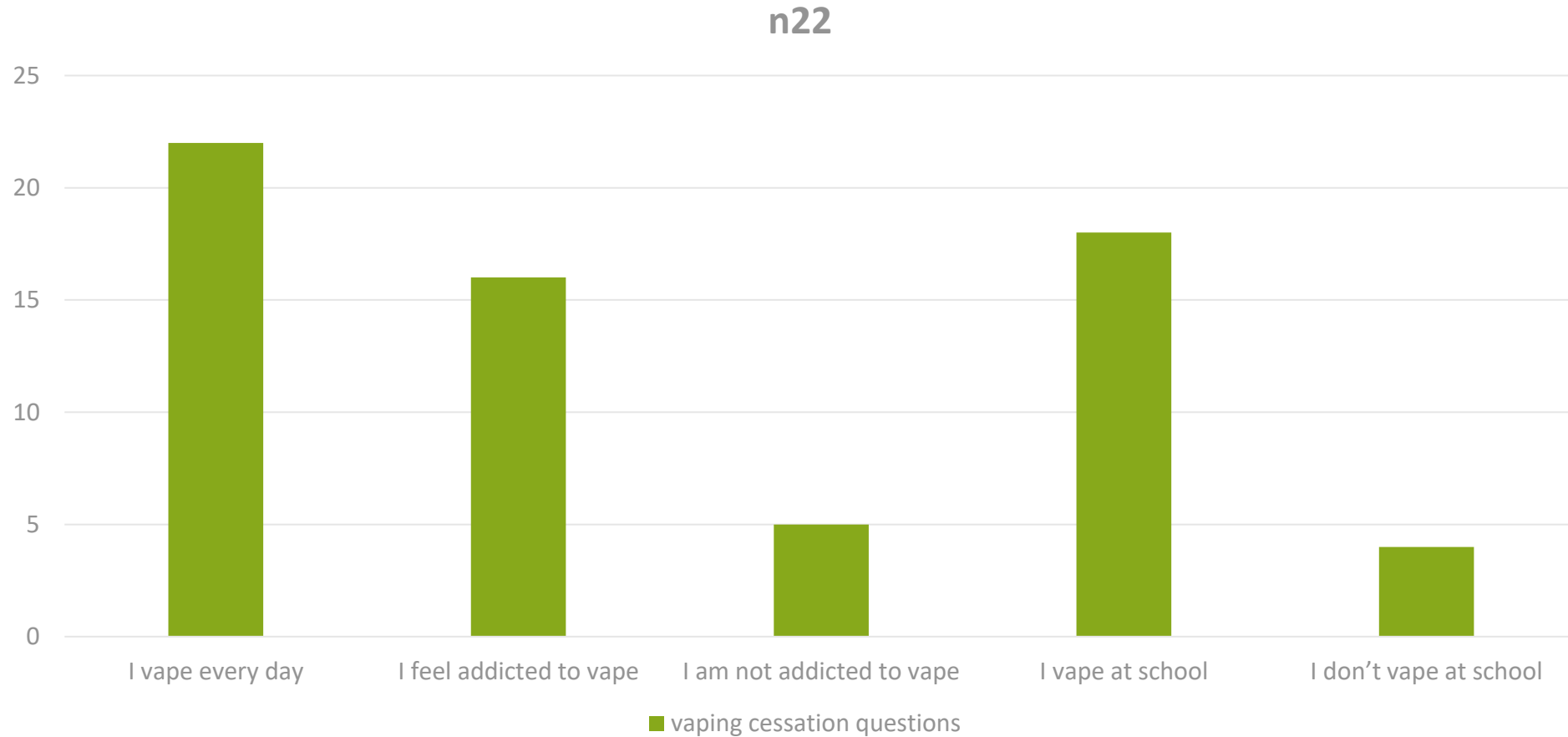
A count of Finished Admission Episodes where 'vaping-related disorder' has been recorded as the

- i) Primary Diagnosis
- ii) Primary or Secondary Diagnosis

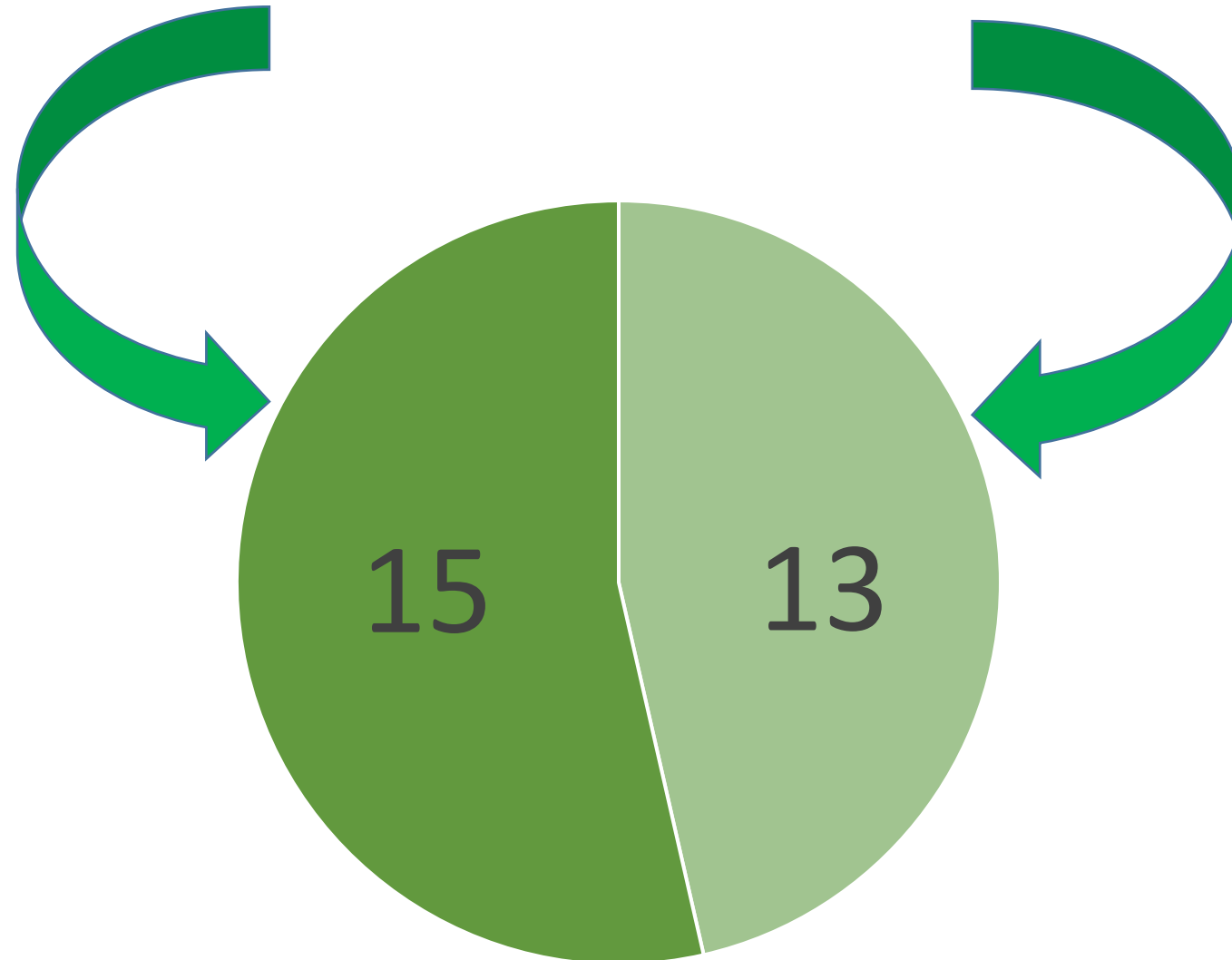
Broken down by patient age, gender and ethnicity 2020-21 to 2022-23 (2022-23 is provisional). <https://digital.nhs.uk/>

ADOLESCENT KINGS REFERRAL DATA 2018-2024

70% OF REFERRAL IN 2023-2024



Average age at referral/average age started vaping





WHAT OTHERS ARE
SAYING

EVELINA HOSPITAL

SUKESHI. MAKHECHA MSC,IPRESC,MRPHARMS

PAEDIATRIC RESPIRATORY SPECIALIST PHARMACIST

SPECIALIST PHARMACIST SAYS :

- No vaping cessation in community, inequality within paediatric service
- Struggle to refer a young person
- Parents get conflicting information
- No guidance for pharmacist with NRT or vaping cessation
- GP resistance to help with vaping cessation
- Schools desperate to help young adolescents with vaping addiction

EVELINA HOSPITAL

PAEDIATRIC ASTHMA CLINICAL NURSE SPECIALIST
ASHIRA SIMMONS

CNS ASHIRA SAYS:

- We are seeing children as young as 11 with vaping habit
- The adolescents we see disclose to us they pick up a vape of the floor to get a 'drag'
- Our patients/young people tell us: vape is easily hidden, can be bought in corner shop, peers sharing vapes and collectively buy them, favourite brands are Lost Mary and Elf bar, it is difficult to stop even if they want to, flavours are important to them...
- What do we do about vaping: history of vaping, talk about vaping harm, acknowledgment of peer pressure, document in notes
- What we can not do: vaping cessation referral, vaping harm in adolescents leaflets, cure

LOCAL INDEPENDENT AND STATE SECONDARY
SCHOOLS

WHAT DO LOCAL SCHOOLS REPORT:

- Head teachers and Safeguarding Leads concern about vaping at school premises
- No referral system to help pupils that struggle stopping vaping
- Parents enquiring about vaping harm education and referral
- School nurses lack support and education in vaping harm
- School nurses report lack of information in community and help stops for their pupils

PRIMARY CARE

DR BOM LEE

CYP SEL ICS PRIMARY CARE CLINICAL LEAD

PRIMARY CARE CONCERNS:

- Are we over promoting vaping as smoking cessation tool to adults and disregarding adolescent use of vapes?
- Vapes can be as addictive as smoking a cigarette regardless if less harmful
- Are we repeating a history of use in cigarette, prolonged vaping use harm in years to come for adolescents
- Lack of leaflets about the harm of vaping to children and adolescents
- Our paediatricians and A&E consultants seeing rise in admissions in their departments caused by vaping

WHAT ARE OTHERS DOING?

- **Solutions4Health** Smoking cessation services included vaping cessation
- Wandsworth and Richmond Council – Primary Tobacco Team offer vaping cessation
- **School Nurse Isle of White** vaping cessation education and home visits
- **Kenvue** - formerly Johnson&Johnson provide vaping cessation plan and leaflet, Nicorette mouthspray approved for this purpose by MHRA (adult based)
- **Nicorette.co.uk** Vaping cessation for adults
- **NCSCT** National Centre for Smoking Cessation and Training – vaping cessation adult based
- **Lloyds Pharmacy Online Doctor** – advice about vaping cessation, adults only

WHO ARE WE WORKING WITH?

- Prof Andrew Bush is the Professor of Paediatrics and Paediatric Respiriology, National Heart and Lung Institute, and Consultant Paediatric Chest Physician, Royal Brompton Harefield NHS Foundation Trust
- Society Inside – not-for-profit organisation tackling vaping harm and stopping vaping to be recreational vaping for all including adolescents
- Catch 22 not-for-profit organisation covering community health and prevention
- Evelina Hospital Respiratory/Asthma Services
- Lambeth Together – presentation on the 17/9 to The Executive Group about funding vaping cessation services for adolescents in community, providing better education about harms

THERE IS A NEED OF VAPING CESSATION
SERVICES IN COMMUNITY WITH MORE
EMPHASIS ON EDUCATION ABOUT HARM FOR
CHILDREN AND ADOLESCENTS

**Please take 5 minutes to
complete this form and give
some feedback about the
session.**





King's College Hospital
NHS Foundation Trust

Senior Paediatric Clinical Nurse Specialist

Mira Osinibi

Kings College Hospital

Denmark Hill

02032995183

Mira.osinibi@nhs.net