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Nurse led Education on e-cigarette use in adolescents.

Smoking, Adolescents, Environment

M. Osinibi¹, C. Bossley¹

¹King's College Hospital - London (United Kingdom)

Background:

Research suggests that e-cigarettes used by adolescents is increasing with 15% of 18 year's old using them compared to 8% of adults, (ASH July 2022).

E-cigarette use can cause inflammation and damage to the lungs, and is associated with an increase in chronic cough in adolescents.

Methods:

Education is one of the most effective preventative measures when it comes to nicotine use. Unfortunately, evidence shows that many adolescents are not aware of the dangers or the strength of the nicotine in their e-cigarette devices.

In order to improve the education of the dangers of vaping and discourage uptake amongst adolescents, we contacted 52 secondary schools in London via email between November 2022 and February 2023. A generic email was sent to offer a presentation in the school's assembly by a Paediatric Clinical Nurse Specialist who is a lead in smoking and vaping cessation service in King's College Hospital.

Results:

Almost third of the secondary schools responded with significant interest and enthusiasm. Thirty four percent of these schools had the presentation delivered. Testimonials were very positive from teachers, parents and students. Teachers felt that the talk helped students to understand the risk of vaping and reasons for the uptake. The education about the dangers in vaping in adolescents reached 2500 pupils in eight presentation delivered to local secondary schools.

Conclusion:

Nurse led education on the dangers of e-cigarette use and vaping in adolescents in secondary schools can be far reaching and have powerful preventive effects. We recommend all secondary schools to have preventive education about dangers in vaping on a regular basis as a part of their health education.