



Nurse led Education on e-cigarette use in adolescents use. M Osinibi, C J Bossley

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Background

- E-cigarettes are marketed in a similar way to sweets, attracting teenage use (see picture)
- Adolescent vaping is increasing with 15% of 18 years old using them compared to 8% of adults, (ASH July 2022)
- Increased use of disposable e-cigarettes among adolescents jumped from 7% 2021 to 52% 2022 (ASH survey, 2022)
- E-cigarette use can cause inflammation and damage to the lungs, and is associated with an increase in chronic cough in adolescents

Methods

- 52 secondary schools in London contacted via email between November 2022 and August 2023
- 12 secondary schools responded and booked a face to face talk in schools
- Paediatric Respiratory Nurse Specialist delivered 45 min talk about the facts of vaping and the negative health impact in adolescent health
- 5284 pupils from year 7-12, age 11-16 years old received talk about dangers in vaping e-cigarettes and the detrimental health impact on their health
- School questionnaire given to all 12 schools, 8 responded, containing 4 questions:
 - The number of pupils caught vaping at school
 - Pupil's attitude towards vaping
 - Parents support and knowledge about vaping
 - School management when pupil caught vaping at school
- Testimonial/feedback given by Deputy Head/Pastoral Care

Spot the difference

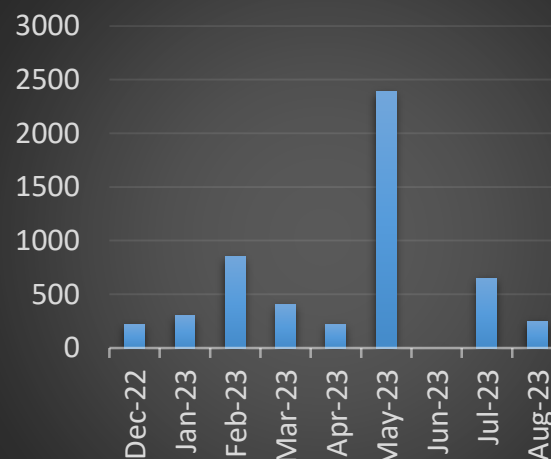


Sweet shop



Off licence

Pupils educated per month



Conclusion

- Based on testimonials, schools feel that nurse led education programmes highlight the dangers of vaping to pupils and staff
- All schools contacted managed vaping with temporary school exclusion
- Only 25% of schools covered vaping in their personal health and social education system
- Addressing the dangers of e-cigarettes in adolescents by a specialist nurse given directly in school assembly is a useful tool in preventing potentially dangerous health impacts on adolescent health