



2021 LEAD Capstone Poster Session

A Pediatric Vaping Cessation Clinic to Treat Adolescents Addicted to Electronic Cigarettes

Devika Rao, MD

Associate Professor

Department of Pediatrics



Abstract

- A multidisciplinary pediatric vaping cessation clinic at UT Southwestern is a necessary public health measure required to help teenagers addicted to e-cigarettes quit



Objectives

- To describe the need for a vaping cessation clinic in the context of an epidemic of electronic cigarette use in adolescents
- To describe the components of and plan for a successful vaping cessation clinic



Background Information

- E-cigarettes contain nicotine, marijuana and other toxic chemicals, and are associated with pulmonary complications, and are the #1 tobacco product used by adolescents
- Although the FDA has placed some restrictions on the sales of e-cigarettes to teenagers, rates of vaping among adolescents remains high, even during the pandemic
- Pediatricians lack the training to help adolescents addicted to nicotine and marijuana



Specific Aims

- To treat teenagers addicted to e-cigarettes multidisciplinary vaping cessation clinic comprised of the following disciplines: pulmonology, addiction medicine/ psychiatry, social work, psychology
- This clinic would treat adolescents who are a) addicted to e-cigarettes and/or b) have medical complications as a result
- This clinic would be located at Children's Medical Center in Dallas



Project Plan

- 1) Recruit physicians/ medical health professionals from the disciplines of psychiatry, psychology and social work
- 2) Refine criteria for referral to the Vaping Cessation clinic among all disciplines involved
- 3) Recruit the services of a nurse coordinator
- 4) Market our clinic to local pediatric offices and schools
- 5) Start with one clinic per month, goal to increase to two clinics per month according to demand



Application of What You Learned at LEAD

- Apply my leadership style (Influencer)
- Apply my strengths (creativity, knowledge)
- Clearly articulate the problem, your proposed action, and your envisioned result in pitching your idea to leadership, with a clear “ask”



Proposed Budget

- Nurse coordinator (shared with pulmonology and psychiatry clinics)
- Clinic space for ½ day per month
- Protected time for all disciplines involved:
 - ½ day clinic per month
 - ½ day patient review per month
 - For first 6 months, ½ day per month to market clinic/ recruit patients



Innovation and Significance

- This would be the first, and only vaping cessation clinic in all of Texas, that would meet a dire need of many adolescents addicted to e-cigarettes



References

- Park-Lee E et al. *Notes from the Field: E-Cigarette Use Among Middle and High School Students — National Youth Tobacco Survey, United States, 2021*. MMWR, October 1, 2021 / 70(39);1387–1389
 - Surgeon General’s Advisory on E-cigarette Use Among Youth. <https://e-cigarettes.surgeongeneral.gov/documents/surgeon-generals-advisory-on-e-cigarette-use-among-youth-2018.pdf>, 2019
 - NAM Report - <https://www.nap.edu/resource/24952/012318ecigaretteConclusionsbyEvidence.pdf>
1. [Adams ZW, Kwon E, Aalsma MC, et al. Treatment of Adolescent e-Cigarette Use: Limitations of Existing Nicotine Use Disorder Treatment and Future Directions for e-Cigarette Use Cessation. J Am Acad Child Adolesc Psychiatry 2021; 60:14.](#)