

Vaping Nicotine

Helping our Teens Quit



Teens Want to Quit

- Majority of adolescents (>60%) who smoke or vape are interested in quitting, suggesting readiness for intervention. (National Tobacco Youth Survey)
- Immediate Referral to PCP

Developing a Plan

- Set a Quit Date
- Removal of Nicotine Products
- Reduction vs Quitting “Cold Turkey”
- Working with the Family
- Motivational Interviewing—Follow-up Appointments
- Discussion of Withdrawal Symptoms and Offering Treatment and Support
- Treating Underlying Mental Health Conditions
- Quit Apps
- Nicotine ‘Replacement Therapy

Motivational Interviewing

- Health Concerns—75% of teens are worried (current and future)
- Cost—Reviewing how much money can be saved
- Physical Fitness (Is it better with or without?)
- Peer Group (find non smokers—having a best friend as a smoker greatly reduces odds of quitting)



Underlying Mental Health Concerns/Withdrawal Symptoms

Treatment of Underlying Depression and/or Anxiety—therapy referral and if needed medication

Stress Reduction – therapy, exercise, yoga, sleep

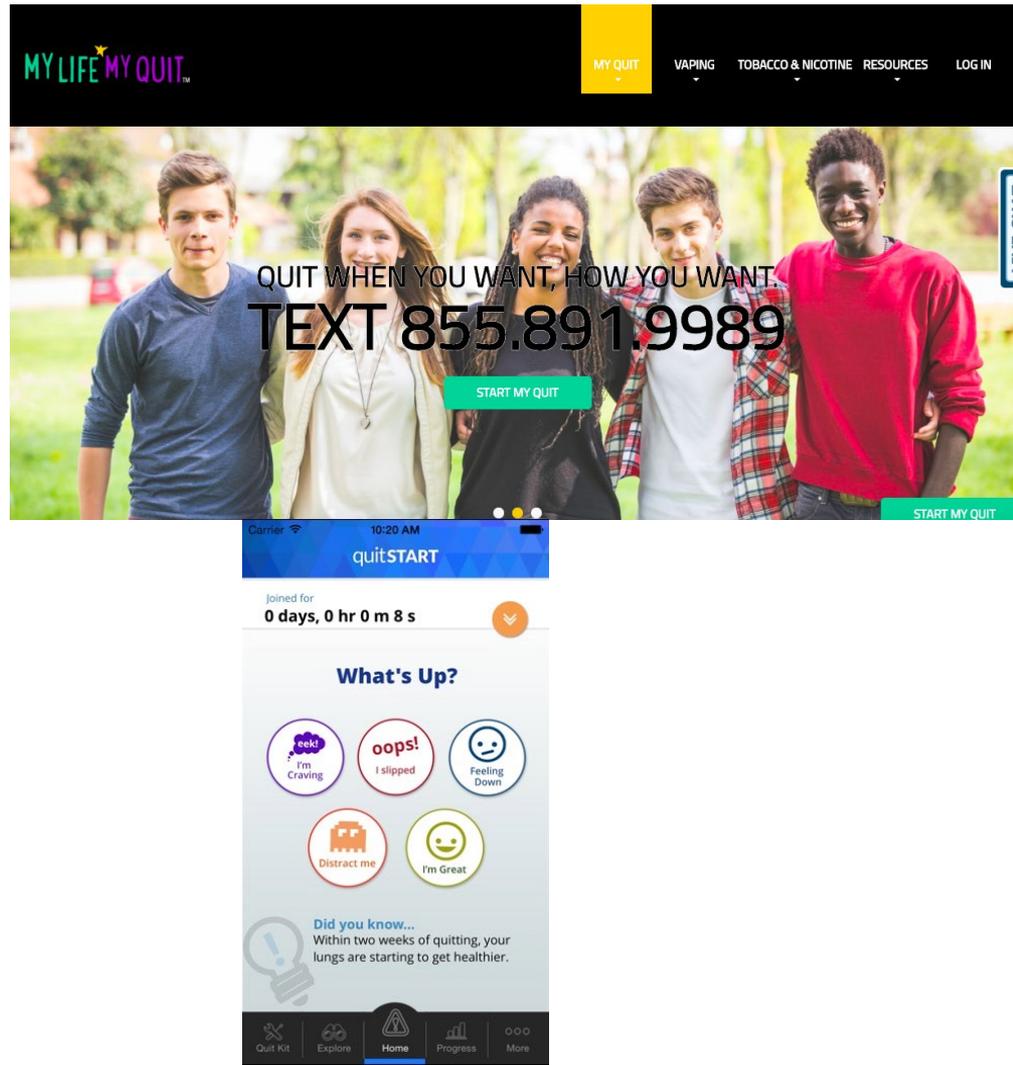
Management of Withdrawal Symptoms

Anger, Irritability, Weight Gain, Increased Appetite,
Dysphoria,

Sleep Disturbances

Apps

- *MyLifeMyQuit*
- *SmokeFreeTeen*
- *QuitStart*



Nicotine Replacement Therapy

Prescription Needed for Patients under the age of 18

- Patch
- Lozenge
- Gum

