

# Screening Adolescents for E-cigarette Use in Clinical Practice

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# LEARNING OBJECTIVES

At the end of this session, participants will be able to:

- Describe the importance of screening for tobacco and e-cigarettes
- Name sample screening questions for tobacco and e-cigarette use
- Understand the concept of “Asking the Right Questions”
- Understand the 5As model for addressing tobacco use
- Describe the importance of confidentiality in preventive service discussions



# Why Screen for E-Cigarette Use?

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# WHY SCREEN FOR E-CIGARETTE USE?

- E-cigarettes are the most common tobacco product used by youth<sup>1</sup>
- The US Surgeon General has declared that youth use of tobacco in any form, including e-cigarettes, is unsafe<sup>1</sup>
- Guidelines for pediatric care recommend that pediatricians discuss tobacco use, including e-cigarettes, with youth<sup>2-4</sup>



# WHY SCREEN FOR E-CIGARETTE USE?

- The pediatric visit provides an important opportunity to speak confidentially with youth about issues that impact their health, including e-cigarette use<sup>5</sup>
- Most youth report that it is important to talk with their pediatrician about tobacco use, however, youth are not always given the opportunity to do so<sup>5</sup>



# Asking the Right Questions

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# ASKING THE RIGHT QUESTIONS

- E-cigarettes go by many names, including e-cigs, vape pens, vapes, mods, and JUUL<sup>1</sup>
- E-cigarette use behavior has many names, including vaping, JUULing, and e-cig use<sup>1</sup>
- In order to accurately screen youth for e-cigarette use, pediatricians should use the correct terminology



# ASKING THE RIGHT QUESTIONS

- Pediatricians should ask youth about e-cigarette use in the context of routine screening
  - *AAP Bright Futures*<sup>TM</sup> recommends risk assessment begin at 11 years old<sup>6</sup>
- When screening, pediatricians should screen for both traditional tobacco products and e-cigarettes, using language that youth will understand





# SAMPLE SCREENING QUESTIONS

- Sample screening questions include:
  - “Do you use any tobacco products, like cigarettes, hookah, or chewing tobacco? Have you used them in the last year?”
  - “Do you use any vaping products, like e-cigarettes or JUUL? Have you used them in the last year?”
  - “Do your friends use tobacco or vaping products?”



# The 5As Model for Tobacco Screening and Counseling

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# ADDRESSING ADOLESCENT E-CIGARETTE USE USING THE 5As

- The Public Health Service “5As” model provides a model for screening and counseling adolescents for e-cigarette use during clinical practice<sup>7</sup>
- The 5As has demonstrated effectiveness in addressing tobacco with adults, and has been adapted for use with teens



# THE 5AS MODEL

- **Ask**
- **Advise**
- **Assess**
- **Assist**
- **Arrange Follow up**

Please note: this module covers the principle of “Ask.” The remaining elements of the 5As model are addressed later in this curriculum.



# ASK: THE CONCEPT

- Ask about tobacco use, including e-cigarette use, *at every visit*
- Make asking routine, consistent, and systematic
- Document as a “vital sign”
  - Use standardized documentation



# Ensuring Privacy and Confidentiality for Adolescent Patients

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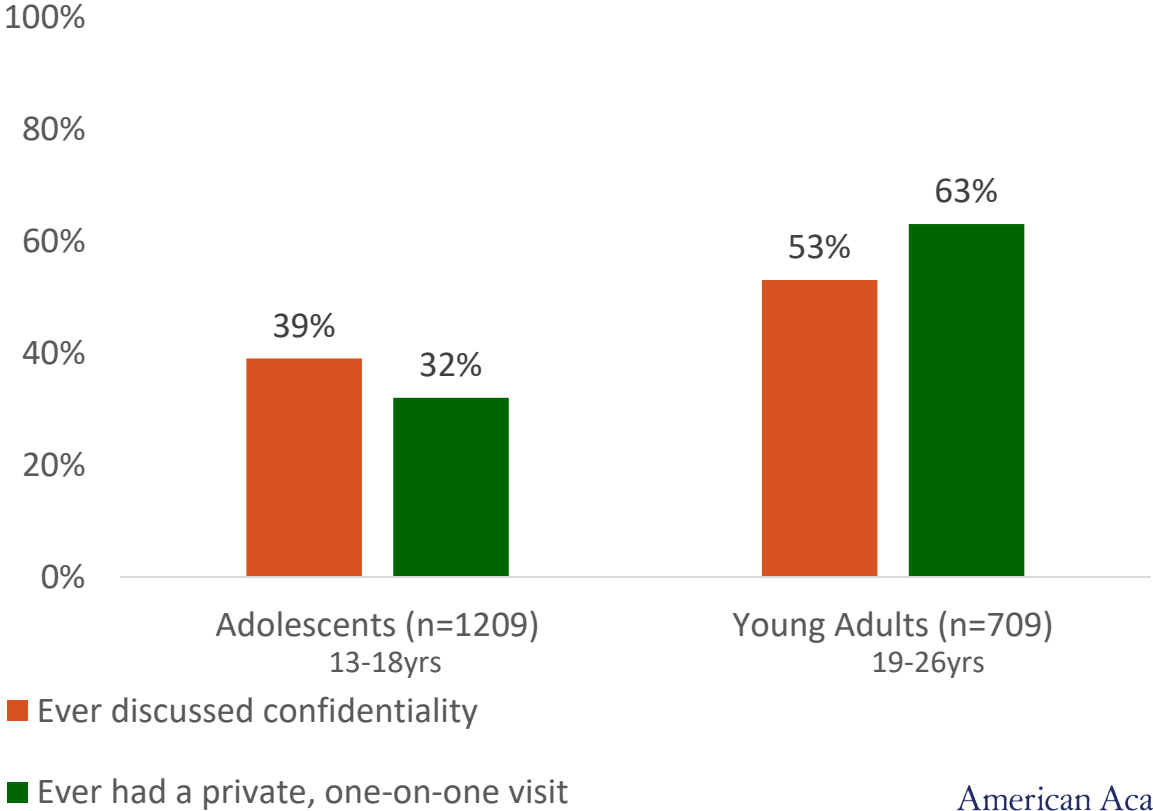


# ENSURE PRIVACY AND CONFIDENTIALITY

- **One-on-one time** refers to time during a clinical visit where youth patients speak alone with their pediatrician or other clinician about health concerns.
- **Confidentiality** refers to the idea that discussions between a youth patient and their pediatrician or other clinician are kept private, and not shared with the patient's parents or other third parties without the permission of the patient.



# YOUTH EXPERIENCE WITH CONFIDENTIAL CARE<sup>8</sup>





# ENSURE PRIVACY AND CONFIDENTIALITY

- Private, confidential conversations with a pediatrician support youth by:<sup>8,9</sup>
  - Fosters health by providing an opportunity to discuss health behaviors
  - Allowing a confidential opportunity to discuss sensitive topics
  - Building autonomy and health care responsibility
  - Building a trusting relationship with pediatric health providers



# KEY POINTS

- It is important for pediatricians to screen for adolescent tobacco and e-cigarette use as part of routine care
- When screening, pediatricians should use language that youth will understand, including appropriate terminology
- The 5As model can be used to structure clinical conversations around tobacco and e-cigarette use
- Private, one-on-one time and confidentiality can help facilitate clinical discussions around e-cigarette use



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