

The Evolution of Vaping Among Adolescents

Live Stream Event

May 14, 2020

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Stacey Engster, MD, is an attending physician in the Primary Care Center at UPMC Children's Hospital of Pittsburgh and is currently serving as the Medical Director of Pediatric PittNet, a practice-based research network supported by the University of Pittsburgh CTSI. She moved to Pittsburgh in 2016 to complete a two-year General Academic Pediatric fellowship through UPMC Children's Hospital. During her fellowship, Dr. Engster received a Master of Science in Clinical Research. She is passionate about substance use prevention and smoking cessation. Dr. Engster also has interests in quality improvement and medical education.

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Shannon Meyers, RN-BC is a registered nurse at UPMC Children's Hospital of Pittsburgh and serves as the nurse coordinator for UPMC SMART Choices. She received her nursing degree in 2009 and her certification in Psychiatric Mental Health Nursing in 2019. Shannon is currently working towards certification as a Certified Family Recovery Specialist and is passionate about helping patients and families effected by substance use disorders.

Narrative Description of Presentation: The Evolution of Vaping Among Adolescents

Dr. Engster and Shannon will present information on the components of e-cigarettes and discuss the recent changes in product types. They will discuss the recent trends in adolescent e-cigarette use, including flavoring and the associated continuation of use among adolescents. The known and potential risks of e-cigarettes will be presented, including e-cigarette, or vaping, product use associated lung injury (EVALI). Dr. Engster and Shannon will also discuss methods for screening, counseling and treating patients using e-cigarettes and review guidelines for nicotine replacement therapy. Resources for adolescents and parents, with information about free apps, phone helplines and text support, will also be presented.

Target Audience:

Physicians, Psychiatrists, Psychologists, Behavioral Health Therapists I, Behavioral Health Therapists II, Behavioral Health Therapists III, Nurses, Social Workers

Three (3) Learning Objectives:

By the end of this session, participants should be able to:

1. List the components of e-cigarettes and recent changes in product types
2. Discuss the known and potential risks of e-cigarettes, vape devices, and JUUL
3. Describe methods to screen, counsel, and treat patients using e-cigarettes

Three (3) References

1. King BA, Gammon DG, Marynak KL, et al. Electronic Cigarette Sales in the United States, 2013-2017. JAMA 2018; 320(13):1379-1380. doi:10.1001/jama.2018.10488
2. Gentzke AS, Creamer M, Cullen KA, et al. Vital Signs: Tobacco Product Use Among Middle and High School Students — United States, 2011–2018. MMWR Morb Mortal Wkly Rep 2019;68:157–164.
3. Soneji S, Barrington-Trimis JL, Wills TA, et al. Association between initial use of e-cigarettes and subsequent cigarette smoking among adolescents and young adults: a systematic review and meta-analysis. JAMA Pediatr. 2017;171(8):788–797pmid:28654986