Vaping: Help in Smoking Cessation or an Emerging Health Concern?
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Background
- Available in over 62 countries, electronic nicotine delivery systems (ENDS) were first thought to be an aid in smoking cessation.
- “Vaping-” term used for inhaling & exhaling the vapor produced by an electronic cigarette or similar device.
- There is a paucity of research focusing on nicotine consumption in relation to vaping, long-term health effects, perception of safety, and the culture of vaping.

Literature Review
- “Dripping,” pouring the nicotine e-liquid directly onto the heating element to increase inhaled nicotine and make flavors more intense increases formaldehyde concentrations (Talih et al., 2016; Krishnan-Sarin et al., 2017).
- Diacetyl, found in 39 out of 51 e-liquids tested, is used as a flavoring agent and can cause irreversible lung disease bronchiolitis obliterans or “popcorn lung” (Allen et al., 2016; Farsalinos, Kistler, Gillman, & Voudris, 2015).
- FDA banned flavorings in tobacco products due to their potential attractiveness to children in 2009 (Allen et al., 2016; Krishnan, Kistler, Gillman, & Voudris, 2015).

Research Questions
1. Does use of ENDS aid in the reduction or cessation of nicotine use in the adult population?
2. Does the use of ENDS increase the likelihood of future tobacco use among ENDS users who did not previously use tobacco products?
3. Is there an awareness of health risk among adults who use ENDS?
4. Are there social factors involved in promoting ENDS use?

Proposed Research Method
- Convergent parallel mixed methods design
- Quantitative Prospective Cohort Study across three time points (baseline, three months, and six months) using a smoking cessation tool.
- Phenomenological approach to identify the experience of ENDS users.

Analyses
- This proposed study will triangulate the results of the quantitative and qualitative approaches to help identify the implications of vaping for smoking cessation, health risk awareness, and social factors involved.

Conclusions/Implications
- The impact of ENDS use is unknown for a growing numbers of new ENDS users who previously were naive to tobacco use.
- Important to understand motivations, attitudes, and health-related behaviors associated with ENDS use.
- We must learn about the association of tobacco use with ENDS use to inform patients of potential risks.

References