Implementation of a Youth & Young Adult E-cigarette Cessation Program within Dental Clinic Setting: A Feasibility Study.

**Presenter:** Monika Singh, BDS, **Authors:** Rahma Mungia (PI), BDS, MS, DDPHRC, Kathleen Case, DrPH, MPH, Betsy Jones, MPA, ACPS, Marissa Mexquitic, MS, Maria Atique, DDS

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**BACKGROUND**

- Limited evidence-based research on the long-term effects of e-cigarette use in the youth/young adult.
- Therefore, the FDA recognized the need for e-cigarette cessation interventions.
- Hence, the STOHN PBRN developed a feasibility study to pilot the RAKE Assessment for Knowledge on E-Cigarettes (RAKE) Cessation Program with dental practitioners in Texas.

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**METHODS**

- Dentists and dental hygienists (n=7), who completed the web-based RAKE program training, and patients (n=12) were recruited for the study.
- A pre-post questionnaire assessed practitioners' knowledge, attitudes, and confidence levels about e-cigarettes and cessation practices.
- Patients completed a pre-assessment survey that included dependency questions, followed by a brief RAKE intervention.

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**RESULTS**

- 100% (n=7) agreement by the practitioners on RAKE being an important part of patient care.
- Section 2 and section 3 believed that they gained knowledge and will implement it (100%, n=7).
- Overall, 86% (n=6) found the program to be helpful.

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**CONCLUSIONS**

1. This study found that RAKE e-cigarette cessation program was feasible in the clinical setting.
2. Training provided a positive shift in attitudes, knowledge, and confidence in providing cessation for their patients.
3. Patients overall felt that the program was helpful to them and that they would recommend to other users.
4. Additionally, patient feedback was incorporated to develop the focus on cessation of e-cigarette use.

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**PATIENT RAKE EVALUATION**

- 75% (n=6) agreed on gaining new information about e-cigarette from their dental providers.
- 67% (n=6) stated that the program was helpful to them and 100% (n=12) said that they would recommend the program to other people who use them.

**CITATIONS**


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**Email:** msingh1@uthscsa.edu