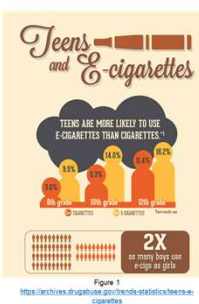


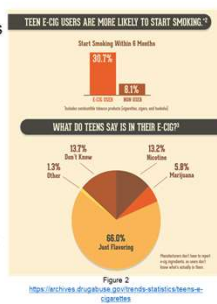
# Implementation of a Youth & Young Adult E-cigarette Cessation Program within Dental Clinic Setting: A Feasibility Study.

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## 1 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 ReACH Assessment for Knowledge on E-Cigarettes (RAKE) Cessation Program with dental practitioners in Texas



## 2 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 practitioner's 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

Involving staff in the study: explaining what the study entails and how it may benefit people.

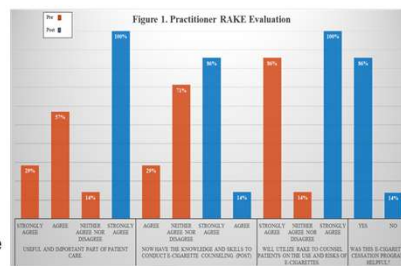
For middle school and high school patients: start by asking if they know anyone who vapes and if they know what a vape pen contains. Then progressing to explaining about the harms of vaping.

For older individuals: Asking if they smoke/vape as part of the health history, and then directly asking if they know what their vape pen contains, and what their thoughts on quitting are.

Table 1 Enrolling patient/dental staff participants

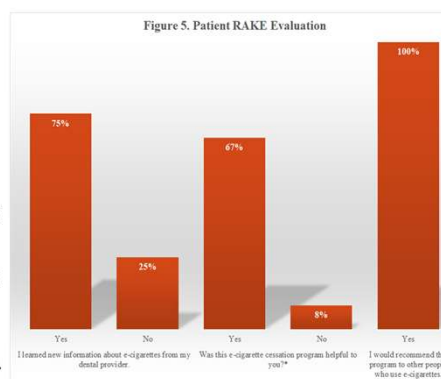
## 3 RESULTS

- 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



### PATIENT RAKE EVALUATION

- 75% (n=9) agreed on gaining new information about e-cigarette from their dental providers.
- 67% (n=8) 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.



## 4 CONCLUSIONS

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



Image: A person smokes a Juul e-cigarette in New York on July 8, 2018. Gabby Jones / Bloomberg via Getty Images file

## 5 CITATIONS

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- <https://archives.drugabuse.gov/trends-statistics/teens-e-cigarettes>
- Image: A person smokes a Juul e-cigarette in New York on July 8, 2018. Gabby Jones / Bloomberg via Getty Images file



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