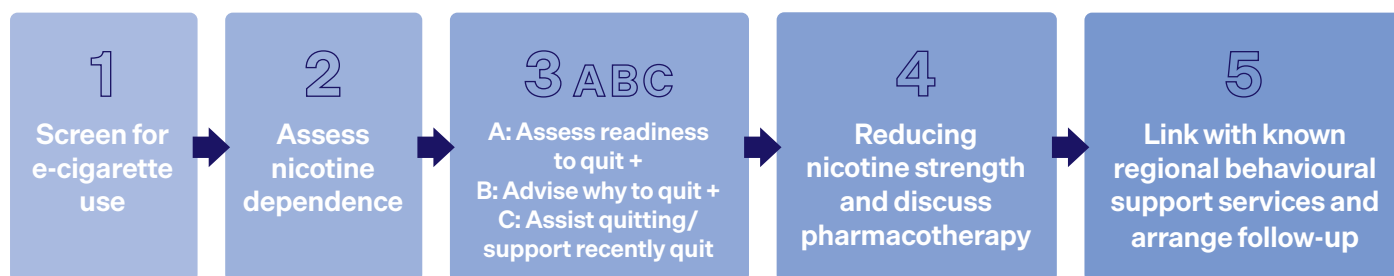


# ARFNZ proposed clinical pathway to support rangatahi to quit vaping



## 1: Screen for e-cigarette use

Screening and assessment are critical to provide safe and effective care, and to ensure our rangatahi are being listened to. Identifying substance use, its potential risks and impact on adolescents and young adults (AYA) should form part of the assessment to reduce risk and provide interventions to promote good health and wellbeing.

Although there's no validated screening tools that explicitly ask AYA about use of vaping products, there are well-studied instruments that ask AYA about tobacco/cigarette use which can be adapted.

In most cases, the health provider doing the assessment (e.g., the school nurse, GP or practice nurse) may be the only person in a position to support the AYA with quitting, so the level of that 'cessation support' must be discussed.

From 10-13 years, when the young person is mature enough to be seen separately from their parents, they should be asked about whether they use e-cigarettes/vapes or any other tobacco products. This should prompt the clinician to ask further questions about their vape use, provide education about the risks of vaping and provide support to quit vaping.<sup>1</sup>

## 2: Assess for nicotine dependence

Once vaping status has been determined and additional information on vaping behaviour and habits has been identified, clinicians can then assess for nicotine dependence. The Modified Hooked on Nicotine Checklist (M-HONC) has been chosen as the assessment tool for this guideline.<sup>2</sup>

### 3A: Assessing readiness to quit

Assessing the readiness of the AYA to quit vaping is an integral part of the pathway. The successful outcome of quitting will be influenced by how motivated and engaged the person is to quit. It is also important to recognise that a large part of this success will be reliant on establishing rapport, developing trust and asking permission to advise about e-cigarette/vape use first.<sup>2</sup> A non-judgemental 'no blame/fault' approach should always be taken.

Discussing the known risks associated with vaping may help the young person learn more about its impacts on their overall health and well-being and help them move closer to a state of readiness to quit. Open discussion about vaping also helps to strengthen the therapeutic relationship. Personalising the advice and benefits of quitting can further support the discussion around quitting e-cigarettes/vapes.

### 3B: Assist with a quit plan if ready

Once the AYA readiness to quit is determined, clinicians will be able to tailor quit vaping interventions specific to their stage of readiness.

## 4: Reducing nicotine strength and consider NRT

There is currently little evidence for pharmacotherapy recommendations to help people quit vaping. Recommendations that have been published to date are based on preliminary results and are largely adapted from existing smoking cessation interventions. Use of NRT medications for vaping cessation would be considered 'off-label' and healthcare providers should inform clients that medication options are based on tobacco cessation treatment approaches.

Dealing with nicotine cravings can be one of the most complex and difficult parts of quitting vaping. Several strategies may help minimise nicotine withdrawal symptoms, which can be uncomfortable and, for some people, quite severe depending on their level of nicotine dependence.

## 5: Link with known regional behavioural support services and arrange follow-up

Crucial to the success of the AYA's attempt to quit vaping is behavioural support and ongoing follow-up. While both the initial and ongoing support can be provided by a range of clinicians and key workers, referral to a more specialised service may be required for more complex needs.

At this point in time (Sept 2023), the range of specialist quit vaping support for young people is minimal with large regional variations on the type of support a young person is able to access. First point of contact may be with any of the following key workers: school health nurse, teacher, school principal, youth worker, social worker, sports coach or a youth health service. Referral to their healthcare professional should follow to discuss their quit plan and to provide oversight of nicotine titrations and NRT usage if required. Once this has been determined, ongoing behaviour support and follow-up may be able to return back to the referring worker or service.

### Points to consider

Some regions may have youth health services that may be able to offer support for youth wanting to quit (please see list of known services in appendix). However, not all regions have these services available so access to behavioural support, peer support and counselling may be limited or absent.

Current smoking cessation services aren't funded to support youth to quit vaping. If youth 16 years and older are dual users (vape and smoke), they may be eligible for these services (please check across different regions).

1. Matua Raki: Mental health and Addiction. Screening and Assessment. The National Addiction Workforce Development Centre. Update 2016.  
2. Clinician's Guide to Supporting Adolescents and Young Adults Quit Vapes.

# Regional behavioural support services

## Stop smoking services can help with advice and information to stop vaping.

If rangatahi are dual users (smoking cigarettes and vaping) they may be eligible for stop smoking support.

Rangatahi wanting to quit vaping should still contact their healthcare professional and/or their local stop smoking service in the first instance, who may then be able to refer on to other support services in their region.

### Northland

#### Toki Rau Stop Smoking Services

Ph 0508 TOKIRAU (0508 8654 728)

[www.tokirau.co.nz](http://www.tokirau.co.nz)

### Auckland and Waitematā

#### Ready Steady Quit

Ph 0800 500 601

[www.readysteadyquit.org.nz](http://www.readysteadyquit.org.nz)

#### The Fono

Ph 0800 FONO4U (0800 366 648)

[www.thefono.org](http://www.thefono.org)

### Counties Manukau

#### Living Smokefree

Ph 0800 569 568

[www.healthpoint.co.nz/public/community/living-smokefree-counties-manukau](http://www.healthpoint.co.nz/public/community/living-smokefree-counties-manukau)

#### SouthSeas Healthcare

Ph 09 273 9017

[www.southseas.org.nz](http://www.southseas.org.nz)

### Waikato

#### Once and For All Stop Smoking Service

Ph 0800 ONCE4ALL (0800 6623 4255)

[www.onceandforall.co.nz](http://www.onceandforall.co.nz)

#### K'aute Pasifika Trust

Ph 0800 252 883

[www.kautepasifika.co.nz](http://www.kautepasifika.co.nz)

### Western and Eastern Bay of Plenty

#### Hāpainga Stop Smoking Service

Ph 0800 HAPAINGA (0800 427 246)

[www.healthpoint.co.nz/mental-health-addictions/stop-smoking/hapainga-stop-smoking-service](http://www.healthpoint.co.nz/mental-health-addictions/stop-smoking/hapainga-stop-smoking-service)

### Rotorua, Taupō, Tūrangi

#### Manaaki Ora Smokefree Support Services

Ph 0800 348 2400

[manaakiora.org.nz](http://manaakiora.org.nz)

### Taranaki

#### Taranaki Stop Smoking Services

Ph 0800 TUIORA (0800 884 672)

[www.tuiora.co.nz](http://www.tuiora.co.nz)

### Tairāwhiti

#### Turanga Health Stop Smoking Service

Ph 06 869 0457

[www.healthpoint.co.nz/mental-health-addictions/mental-health/te-hauora-o-turanganui-a-kiwa-ltd-mental](http://www.healthpoint.co.nz/mental-health-addictions/mental-health/te-hauora-o-turanganui-a-kiwa-ltd-mental)

### Hawkes Bay

#### Te Haa Matea

Ph 0800 824 943, 021 2216546

[www.healthpoint.co.nz/mental-health-addictions/stop-smoking/te-haa-matea-hawkes-bay-stop-smoking-service/](http://www.healthpoint.co.nz/mental-health-addictions/stop-smoking/te-haa-matea-hawkes-bay-stop-smoking-service/)

### Whanganui

#### Ngā Taura Tūhono (Whanganui Stop Smoking Service)

Ph 0800 200 249

[www.wrhn.org.nz/stopsmoking](http://www.wrhn.org.nz/stopsmoking)

### MidCentral

#### Te Ohu Auahi Mutunga (TOAM) (Otaki, Palmerston North, Manawatu, Horowhenua, Tararua)

Ph 0800 40 50 11

[www.tewakahuia.co.nz/toam-te-ohu-auahi-mutunga](http://www.tewakahuia.co.nz/toam-te-ohu-auahi-mutunga)

### Capital and Coast, Hutt Valley, Wairarapa

#### Takiri Mai Te Ata Regional Stop Smoking Service

Ph 0800 926257

[www.takirimai.org.nz](http://www.takirimai.org.nz)

#### Pacific Stop Smoking Service (Hutt Valley Pacific Health Service)

Ph 04 577 0394 / 0800 747 213

[www.pacifichealthhutt.co.nz/population-nutrition](http://www.pacifichealthhutt.co.nz/population-nutrition)

#### Pacific Stop Smoking Service (Pacific Health Plus)

Ph 0800 747 587

[www.phplus.co.nz/stop-smoking](http://www.phplus.co.nz/stop-smoking)

#### Vibe Youth One Stop Shop

Ph 0800 CHAT2VIBE (0800 24 28 28)

[vibe.org.nz](http://vibe.org.nz)

### Nelson Marlborough

#### Stop Smoking Service Nelson Marlborough

Ph 0800 NO SMOKE (0800 667 665)

[www.healthnz.govt.nz/hospitals-services/hospitals/nelson-marlborough/stop-smoking-service#contact-us-7817](http://www.healthnz.govt.nz/hospitals-services/hospitals/nelson-marlborough/stop-smoking-service#contact-us-7817)

#### Te Hā – Te Piki Oranga

Ph 0800 ORANGA (0800 672 642)

[www.tpo.org.nz](http://www.tpo.org.nz)

### Canterbury and Chatham Islands

#### Te Hā – Waitaha Stop Smoking Canterbury

Ph 0800 425 700

[www.tehawaitaha.nz](http://www.tehawaitaha.nz)

#### Tangata Atumotu Trust (Pacific Stop Smoking Service)

Ph 0800 PASIFIKA (0800 727 434)

[www.tat.org.nz](http://www.tat.org.nz)

### South Canterbury

#### Arowhenua Whānau Service

Ph 0800 615 5180

[www.aws.health.nz](http://www.aws.health.nz)

#### South Canterbury Stop Smoking Service

Ph 0800 542 527

[www.scdhb.health.nz](http://www.scdhb.health.nz)

### West Coast

#### Oranga Hā – Tai Poutini: Stop Smoking West Coast

Ph 0800 456 121

[www.orangaha.nz](http://www.orangaha.nz)

### Southern

#### Ngā Kete Mātauranga Pounamu – Southern Stop Smoking Service

Ph 0800 925 242

[www.nkmp.maori.nz/service/southern-stop-smoking-service](http://www.nkmp.maori.nz/service/southern-stop-smoking-service)

#### Oamaru Pacific Island Community Group

Ph 021 2258789

[www.oamarupacific.nz](http://www.oamarupacific.nz)