



## PEI SMOKING CESSATION PROGRAM: VAPING CESSATION GUIDANCE DOCUMENT

Vaping is the use of an electronic device that heats a liquid substance producing aerosol vapor and is then inhaled by the user. The term “vaping” is used to refer to vaping non-nicotine-containing products, vaping nicotine-containing products, and vaping cannabis aerosols. The **PEI Smoking Cessation Program: Vaping Cessation** is intended only for nicotine-based vaping, so for the purposes of this document “vaping” refers only to vaping nicotine-containing products.

**Purpose:** The policy provides guidance for the implementation of Vaping Cessation, as part of the *PEI Smoking Cessation Program*.

**Disclaimer:** Evidence on vaping cessation and pharmacotherapy practices is limited. Vaping cessation recommendations highlighted in this resource are meant to provide healthcare providers with the tools necessary to support their patients and are based on the best information available. Application of clinical judgment and discretion with respect to patient care is recommended.

### Contents

<b>PEI Smoking Cessation Program: Vaping Cessation Guidance</b> .....	2
<b>Background</b> .....	2
<b>Approach</b> .....	2
<b>Patient Assessment Tool: Vaping Cessation</b> .....	3
<b>Frequently Asked Questions</b> .....	4

## PEI Smoking Cessation Program: Vaping Cessation Guidance

The **PEI Smoking Cessation Program: Vaping Cessation** offers vaping cessation support by means of nicotine replacement therapy (NRT) products for eligible PEI residents who wish to stop vaping.

### Background

- Nicotine is a highly addictive substance often found in vaping products. Nicotine dependence involves physical and psychological impacts that make it difficult to stop using vaping products.
- There are limited evidence-based guidelines regarding the use of NRT and pharmacotherapy for vaping cessation. Some literature and experts in smoking cessation suggest that NRT for smoking cessation interventions may be reasonable to apply for vaping cessation, but currently, no specific NRT guidelines exist.
- Despite limited evidence, given the harms of vaping and availability of a low-risk intervention (i.e., Nicotine Replacement Therapy), vaping cessation support is being offered on the balance of benefits and harms.
- The **PEI Smoking Cessation Program: Vaping Cessation Guidance** follows the principles of the *PEI Smoking Cessation Program*.
- A key difficulty with offering vaping cessation support is determining the mg of nicotine consumed to place the client on the appropriate tapering schedule. The **PEI Smoking Cessation Program: Vaping Cessation treatment protocol** uses a patient assessment tool to aid in determining the appropriate level of vaping cessation support required.

### Approach

- Vaping cessation support is available to all PEI residents who vape with an active provincial health card by: covering 100% of the cost of NRT products (i.e., nicotine gum, lozenges, patches, and inhaler).
- Coverage is limited to a single continuous course of treatment at a minimum of 6 weeks (42 days) to a maximum of 18 weeks (126 days) of one eligible vaping cessation product (i.e., one course of a nicotine replacement therapy) for the current enrollment year.
- Vaping cessation support is only for individuals that vape and do not use tobacco. Vaping cessation support is not for dual users of both vape and other tobacco products together. Smoking cessation interventions should be identified as first line of treatment for individuals that are dual users.
- To enroll, the individual must have an intake form completed with a Ottawa Model for Smoking Cessation (OMSC) trained Registered Nurse (RN) in the Primary Care Networks, Cancer Treatment Centre or Respiratory Therapists (RT); both the individual and RN/RT must sign the PEI Smoking Cessation Program Consultation Form.
- Coverage is limited to nicotine replacement therapy products and does not cover prescription smoking cessation drugs (e.g., Bupropion or Varenicline) as these treatment interventions are not well studied.

## Patient Assessment Tool: Vaping Cessation

Patient Assessment Tool: Vaping Cessation			
Profile	Dependence	Estimated Nicotine Consumed (mg)	Recommended Starting Dose (mg)
<b>Long Acting (patch)</b>			
Light Vape User (low dose)	<ul style="list-style-type: none"> <li>- Periodic use;</li> <li>- Social use;</li> <li>- No cravings;</li> <li>- No withdrawal symptoms if going without vaping for a day</li> </ul>	0-20mg per day	14mg
Moderate Vape User	<ul style="list-style-type: none"> <li>- Stable use;</li> <li>- Habitual cravings;</li> <li>- Vape within 30 minutes of waking;</li> <li>- Few withdrawal symptoms if going without vaping for a day</li> </ul>	20-40mg per day	21mg
Heavy Vape User (high dose)	<ul style="list-style-type: none"> <li>- Increasing use;</li> <li>- Intolerable cravings;</li> <li>- Vape within 30 minutes of waking;</li> <li>- Withdrawal symptoms if going without vaping for a day</li> </ul>	40mg+ per day	28mg
<b>Short Acting (gum, lozenge, inhaler)</b>			
<b>Gum or lozenge:</b> 2-4mg every 30 minutes as needed			
<b>Inhaler:</b> 1 cartridge every 30 minutes as needed			

*\*If unsure of light or heavy user choose 21mg (moderate vape user)*

## Frequently Asked Questions

### **What are vaping products?**

Vaping products are battery-powered devices that heat a liquid solution to create an aerosol (vapour). Vaping products have many names such as: e-cigarettes, vapes, vape pens, mods, tanks, e-hookahs and are known by various brand names. These devices do not contain tobacco and do not involve burning.

### **Who can access vaping cessation support?**

Vaping cessation support is available to all PEI residents who vape with an active provincial health card.

### **What treatment options are available for vaping cessation support?**

Support providers NRT products (i.e., nicotine gum, lozenges, patches, and inhaler), covering 100% of the cost, but does not cover prescription smoking cessation drugs (e.g., Bupropion or Varenicline) as these treatment interventions are not well studied.

### **How should we proceed in regard to approaching dual users (e.g., using both vaping devices and smoking)?**

Application of vaping cessation support is for treatment of vaping cessation and not for dual users of both vape and other tobacco products together. Smoking cessation interventions should be identified as first line of treatment for individuals that are dual users.

### **What approach should we take in supporting a patient who is using both vaping devices and smoking?**

Advise patient that they should quit smoking first and try to reduce the nicotine content of their e-juice and how often they vape. They should use an NRT or cessation medication to help quit smoking.

Once they have quit smoking, continue using NRT and provide behavioural counselling to support them to quit vaping. Follow-up counselling will be important considering the greater the level of addiction and ensuring the patient receives the right dosage.

### **Can patients switch products or increase dosage strength?**

During a course of treatment, patients may switch between one dosage strength to another.

Patients may switch from one type of nicotine replacement therapy to another at the follow up appointment or within 30 days of starting their initial treatment with a Program RN or RT.

### **How long is an individual covered for vaping cessation support?**

Coverage is limited to a single continuous course of treatment at a minimum of 6 weeks (42 days) to a maximum of 18 weeks (126 days) of one eligible vaping cessation product (e.g., one course of a nicotine replacement therapy for the current enrollment year).

**What is the maximum amount of NRT supply over the total 6-18 week (42 to 126 day) course of treatment?**

The 6 to 18 weeks (42 days-126 days) of coverage begins on the first day of enrollment. All eligible fills of the product must be dispensed within the special authorization period of 26 weeks (42 to 182 days of the first fill).

- Nicotine Patches: Over the total course of treatment, patients are eligible for coverage of up to 42 to 210 NRT patches (7 patches in each box).
- Nicotine Gum: Over the total course of treatment, patients are eligible for up to 945 pieces of NRT gum (supplied as 9 boxes with 105 pieces in each box).
- Nicotine Lozenges: Over the total course of treatment, patients are eligible for up to 792 pieces of NRT lozenge (supplied as 9 bottles with 88 lozenges in each bottle).
- Nicotine Inhaler: Over the total course of treatment, patients are eligible for up to 1008 cartridges (supplied as 24 boxes with 42 cartridges in each box).

**Can I offer NRT to pregnant women and adolescents?**

When working with pregnant or adolescent patients, healthcare practitioners should always opt for nonpharmacological smoking cessation therapies as the first line of treatment, such as behavioural counseling, before considering the use of NRT or smoking cessation medication.

Patients may opt to use NRT as a smoking cessation aid. If patients are under 16 years of age, recommending an NRT is at the healthcare providers discretion.

**Are there other assessment tools we can use to understand vaping cessation?**

The Centre for Addiction and Mental Health (CAMH) developed a [Vaping Cessation Guidance Resource](#) to support healthcare providers in working with clients who want to quit vaping.

For more information, please contact the Provincial Tobacco Control Coordinator at [quitsmoking@gov.pe.ca](mailto:quitsmoking@gov.pe.ca) or (902) 368-4319.