

Vaping in Adolescents: A Primary Care Approach to Evaluation and Treatment in Today's Youth

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The number of adolescents using electronic cigarettes and other vaping devices has increased in recent years. Current statistics estimate 3.6 million middle school and high school students use vaping devices. As the use of these products increases, it is imperative that primary care providers are aware of the health risks these products pose to adolescents, such as developing e-cigarette or vaping product use-associated lung injury (EVALI), chronic pulmonary disease, and long-term developmental and cardiovascular impairment. In addition, it is important that providers are familiar with brief, accurate, and strategic screening modalities such as the Brief Screener for Tobacco, Alcohol and other Drugs (BSTAD) or Screening to Brief Intervention (STBI). Once vaping or other tobacco use is identified, providers can administer appropriate intervention based on treatment channels available such as pharmacotherapy, counseling, and education on long- and short-term health risks. As the number of adolescents using vaping devices continues to rise, it is vital that providers receive the education necessary to care for their patients. Through a review of recent literature, this project intends to be used as a tool to inform health professionals on the prevalence of vaping, the methods of identifying, managing and preventing use in the adolescent population, and the long-term risks vaping use may pose to today's youth.