

## Newham (Parent & Young Person Vape Free Journey)



A parent and young person were seen together by the local stop smoking service (SSS; Quit Well) in Newham. The parent had switched to vaping to stop smoking. The young person was vaping, having never smoked before, and had started through their peer network.

### Support

They meet with the young person and tailored support was offered; taking a more personalised approach, incorporating a greater emphasis on text message support and extending the duration of care beyond the SSS standard 12-week programme. They started by identifying the young person's vaping patterns, which consisted of using a 6000-puff device with 2% e-liquid, consuming each device over two to three days. Vaping was reported during class time and between classes.

They advised the young person to switch to a regulated vaping device and to create a more structured pattern of vaping before they set a quit date. Once a quit date was set, the young person transitioned to a 1% e-liquid over the first four weeks of support. Afterward, they gradually shifted to using 2mg nicotine gum as needed to help maintain their cessation progress.

In addition to NRT, mindfulness techniques were incorporated into the plan. The young person was provided with a breathing necklace to focus on their breathing patterns and manage anxiety.

### Outcome

Fourteen weeks after completing the support program, both the young person and their parent were successfully smoke- and vape-free.

**Amino Bano**, Specialist Stop Smoking Advisor, Queen Mary University of London