

Sunderland Specialist Stop Smoking Service (Vaping Cessation)



A 16-year-old was referred to the service by their GP in the last quarter of 2024. The young person was contacted at that time for their initial assessment and indicated that they wanted support to quit vaping. They had been vaping for about two years and were using single-use vapes containing 20mg/ml nicotine. The young person's guardian was present on the phone call and gave their consent for young person to be supported by the Sunderland Specialist Stop Smoking Service. They opted for telephone support rather than face-to-face and they received eight weeks of support.

Intervention

Initial assessment: The young person was offered 12 weeks of support to quit vaping using NRT, consisting of telephone support once a week for the first four weeks and once a fortnight thereafter. Product choice, nicotine dependence and withdrawal were discussed during the initial assessment. The young person made the informed choice to use patches (14mg) alongside the inhalator (15mg). The young person usually vaped first thing in the morning when they woke up, so they chose the 24-hour patch. How to use the NRT and possible side effects were discussed. Tips to quit vaping and coping strategies to help with cravings were also discussed with the young person. The young person picked five days from the date of the initial assessment as his quit date.

Second appointment: A week later, the young person reported having a skin reaction to the patches and was still vaping, but they had reduced their frequency of vape use. They were advised to try a 16-hour patch, which they agreed to, and another appointment was booked for the following week.

Third appointment: One week and two days from the young person's quit date, they reported they were still vaping but at a much-reduced rate. The young person also reported the 16-hour patch worked better but the inhalator did not work for them. They were advised it was a quit programme and would need to stop vaping completely, to which the young person agreed. Product choice was discussed again, and they made the informed choice to use 2mg nicotine gum in place of the inhalator.

Fourth appointment: The young person's guardian confirmed they were yet to pick up the nicotine gum, were cutting down on using the vape and wanted to stop the patches completely because they were getting stabbing pains through the arm and red areas on the skin where the patch was.

Fifth appointment: The young person was at college, so their guardian reported they had stopped vaping and had started using the nicotine gum, which they found very helpful for them.

Sixth appointment: The young person was available for their appointment and confirmed they had completely stopped vaping and felt better. The young person was

praised and asked about the nicotine gum, which they confirmed was beneficial for them.

Outcome: After the sixth appointment, the young person did not attend their follow-up appointments on two consecutive occasions, so was classed as a “lost to follow up” and the case was closed. At the time of writing (April 2025), the young person was re-contacted to obtain consent to share their case and confirmed they were still not vaping and had stopped NRT completely.

"it's a brilliant service"

Young Person Client

"I am happy to have contributed to the process of helping a young person stop vaping by offering support. Knowing that this client is still abstaining from vapes to this day is worthwhile"

Advisor: Oberuomo Odili

Oberuomo Odili, Children & Young People Vaping & Smoking Prevention
Advisor, Sunderland Specialist Stop Smoking Service.