

# Evidence-based paper



**Nursing**  
Paper

## **Use of Electronic Cigarettes among Adolescents**

Name

Institution

Course

Tutor

Date

## **Use of Electronic Cigarettes among Adolescents**

The use of e-cigarettes among adolescents has become an epidemic and a major medical topic in the United States. Statistics show that adolescents using e-cigarettes have doubled in the last four years, with more than 37% of 12th graders reporting regular vaping (Lacobucci, 2019). Many e-cigarette brands contain nicotine, which poses the risk of addiction and transitioning to combustible cigarettes and marijuana. Presenting a significant health crisis, adolescent use of e-cigarettes calls for prompt interventions by various health stakeholders.

### **Level Usage Evaluation and Addressing the Risks of Negative Outcomes**

An assessment-based nursing intervention that practitioners can use to curb the use of e-cigarettes among adolescents is to determine the level of usage and take the patient through the current and potential negative health implications (Livingston et al., 2022). Nurses can assess patients to determine current negative health outcomes facilitated by vaping. The intervention enables patients to realize the risks they are predisposing themselves to due to vaping. For example, suppose an adolescent patient has periodontal disease symptoms and a history of vaping. In that case, the nurse can evaluate the correlation between the disease and the use of e-cigarettes and help the patient relate the unhealthy habit to poor health outcomes.

### **Educating Patients on the Rewards and Health Benefits of Quitting Vaping**

Using an education-based recommendation, nurses can deliberately educate their adolescent patients on the health benefits of vaping cessation. Some health benefits that come with a halt in using e-cigarettes include improved heart health, a significant decrease in the risk of developing lung disease, and a lower risk of developing periodontal disease. Helping a patient look at the picture from a long-term perspective helps them see the long-term benefits of reduced vaping.

### **Advocating for Media Coverage of the Endemic to Raise Public Awareness**

An appropriate community-based intervention would be promoting media coverage to raise public awareness regarding the illegal sale of e-cigarette products to minors (Owens et al., 2020). The availability of e-cigarettes and illegal sales to minors are some factors that have contributed to the increased prevalence of e-cigarette use among adolescents in the country. Suppose this issue receives the media and public attention it deserves. In that case, perpetrators, including manufacturers and vendors, will shy away from selling these products to minors, given the legal implications and the tainted reputation.

## **Conclusion**

Vaping is quickly becoming a trend among adolescents, predisposing them to severe health outcomes such as heart and lung diseases. Adolescents who engage in vaping are at risk of graduating to smoking combustible cigarettes and an addiction that would be challenging to quit. Healthcare practitioners and other concerned stakeholders should enact measures to control and end this endemic. Nurse practitioners can implement appropriate interventions to reduce the prevalence of vaping among adolescents. In doing so, nurses can help adolescent patients correlate current negative health outcomes with the use of e-cigarettes. Furthermore, they can educate patients on the health benefits of quitting vaping and advocate for media coverage of the endemic to promote public awareness of manufacturers and vendors who sell e-cigarettes to minors. A combination of these interventions would significantly reduce the prevalence of vaping among adolescents.

## References

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