

Adolescent Vaping: A Literature Review to Inform Policy Initiatives and Clinical Decision Making

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BACKGROUND

Vaping has become increasingly prevalent among adolescents ages 14-18. In 2020, 19.6% of high schoolers reported using vape products. While originally introduced by manufacturers as an alternative to combustible cigarettes, these devices have since become a dangerous social trend. Although reports have linked vaping with irreversible lung damage and harmful chemicals, further research into the health concerns of vaping remains sparse. One of the strongest factors contributing to vaping is social pressure.

PICOT QUESTION

Among adolescents, what are the major contributing factors to increased vaping behaviors and what policy initiatives have been introduced to deter these behaviors between 2018-2020?

LEARNING OBJECTIVES

- ▶ Participants will identify 3 factors contributing to the current increase in adolescent vaping behaviors.
- ▶ Participants will list 2 policy initiatives to deter vaping in the adolescent population.
- ▶ Participants will identify 2 barriers to successful policy implementation regarding vaping.

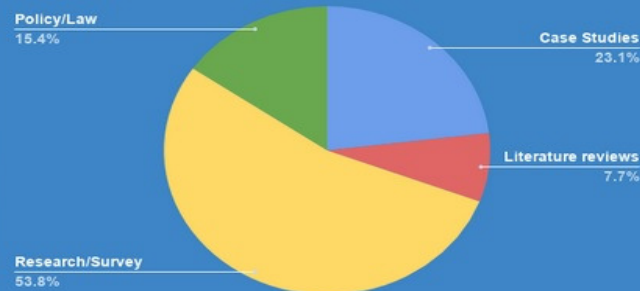
METHODS

Reoccurring themes regarding adolescent vaping were identified through both a CINAHL and Google Scholar search using the terms vaping, adolescents, health effects, electronic cigarettes, experience, social acceptance, and exposure. After identification, these themes were analyzed and condensed into a literature review in order to summarize and share the important findings.

LITERATURE REVIEW

Total Articles: 13

Literature Review Source Type



IMPACT FOR PRACTICE

Factors contributing to the current rise in adolescent vaping include increased social pressures, ease of accessibility, and misconceptions about the subsequent health effects. Many of these obstacles are a result of a lack of proper education and research required to dispel these misconceptions. Electronic vaping associated lung injury (EVALI) has caused 68 deaths since August of 2019.

IMPACT FOR POLICY

As information is discovered about vaping, policy is developing. Policies initiatives to deter adolescent vaping include: manufacturer control, age restriction, taxing, and advertising. Proposed legislation is limited to nicotine warnings. More research based policy work needs to be done to ensure adolescent safety.

INTEGRATION OF PRACTICE & POLICY

Barriers to successful policy implementation include limited critical research initiatives and inability to control purchasing. Further research regarding vaping and its health effects across the age continuum remain necessary. Further policy to regulate the use and purchase by adolescents remains ongoing.

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