

Call of Abstracts - "International conference on the E-Cigarette: patterns of use and health impacts"



Call of abstracts

"International conference on the E-Cigarette: patterns of use and health impacts" - Paris, on 5-6th December 2022

Submission form

Poster & oral presentation

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Background information

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Oral or poster

Theme of conference

Health impact

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Smoking cessation

Abstract title

Switching to e-cigarettes as harm reduction among individuals with pulmonary disease who currently smoke

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Abstract details (poster & oral)

Background, method, results and conclusions

Background

Chronic obstructive pulmonary disease (COPD) is largely caused and exacerbated by smoking, yet nearly half of people with COPD continue to smoke. Switching to e-cigarettes (EC) may be effective harm reduction for those who have been unsuccessful at quitting with currently available therapies. We sought to evaluate the extent to which people with COPD who currently smoke will switch to ECs and the impact of switching on respiratory health.

Methods

In an ongoing pilot randomized controlled trial patients with COPD who currently smoke were randomized to either receive EC or combination nicotine replacement therapy (NRT) along with behavioral counselling. COPD symptoms were measured using the COPD assessment test (CAT) score and daily cigarettes and EC use were collected at baseline, 12-weeks, and 6-months follow up.

Results

At 12 weeks, participants in the EC arm (n=28) have, on average, reduced their cigarettes per day by 58.5% vs. 61.6% in the NRT arm (n=27). Of the 34 (22 EC, 12 NRT) participants completing 6-month follow-up, 14.3% had switched completely to ECs vs 11.1% who quit smoking in the NRT arm. In EC and NRT arms 42.9% and 22.2% had reduced their CPD by > 50%, respectively. At 6-months those in the EC arm reduced their CAT score from 20.4 at baseline to 15.9 at 6-months. On average, participants had an EC satisfaction mean (SD) score on the effectiveness domain of 72.6 (26.2), the convenience domain of 91.2 (15.3), and the overall satisfaction domain of 78.8 (18.9) and participants on average have completed 72% of counseling sessions.

Conclusions

Switching to ECs is achievable and acceptable among those with pulmonary disease who currently smoke and may reduce pulmonary symptoms. This pilot RCT supports the need for expanded exploration of switching to ECs as a harm reduction strategy in among smokers who have been unsuccessful at quitting by other means.

Main messages

ECs represent an acceptable and potentially effective means of harm reduction amongst smokers with pulmonary disease. More research is needed to inform tobacco regulatory science about the health effects and behavior of EC switching.

Type of study / research

Human study

Geography of the study

Outside Europe

Funding of study

Federal source

No

State source

No

Nonprofit Grant Funding Entity Source

No

Nonprofit Grant Funding Entity Source

No

Academic Institution Source

Yes

Pharmaceutical Industry Source

No

Tobacco/E-Cigarette Industry Source

No

Declaration of interest

The submitter declares that during the past 5 years have a direct nor indirect link (professional*, personal or financial) with the tobacco and e-cigarette companies**

No