



THE COSTED TRIAL
SWITCHING AWAY FROM SMOKING



Selecting an e-cigarette for use in smoking cessation interventions: sharing learning from the COSTED trial

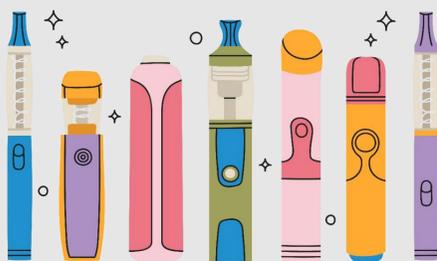
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Background

- The Cessation of Smoking Trial in the Emergency Department trial (COSTED) aims to ascertain whether brief advice, the provision of an e-cigarette and referral to Stop Smoking Services increases smoking cessation in people attending the Emergency Department.
- Patient and Public Involvement (PPI) and scoping work was undertaken to select an appropriate e-cigarette for the trial.

Method

- A three phase approach:



You don't think about six month price...You want something that's easy to replace.

[Avoid] Giving them loads of options and overwhelming them when they're like "I'm not even sure if I wanna quit!". It's easier to make it really simple – "if you'd like to be part of the study then try this"

The [pod kit] came with a bit of charge, so for the purposes of trying to catch people at the A&E and get them on it there and then...the fact that you can take them straight out the box and get rolling with them is a massive advantage.

Trying out flavours that you might like is easier with the pods which you can just swap over - it's harder to empty out like the liquids for the vapes.

A checklist for device selection for e-cigarette smoking cessation interventions

Findings

- Key criteria raised by the panel for device selection were: satisfaction, usability, affordability and availability.
- The closed-pod device selected for the trial was rated highly for satisfaction and usability and had mid-price range consumables which were widely available.

Recommendations

- Systematic scoping work should be undertaken before selecting an e-cigarette for smoking cessation interventions to ensure appropriateness for the population and setting.
- Decision making must be alert to current vaping market forces, where preference for type of device and point of purchase is rapidly evolving.
- We propose a bespoke checklist template, based on our findings, to assist with this process.

Applicability

Considerations relevant to intervention or service context, including:

1. Needs of target population (e.g. vulnerable groups, previous experience with vaping)
2. Consultation time allocated for advice on e-cigarette use
3. Form of support offered, e.g. ongoing support or one-off intervention
4. Choice of commercial partner, including reputation, market share, customer support and independence from tobacco industry

1. Satisfaction

1. Flavour (including range of flavours)
2. Throat hit
3. Nicotine satisfaction / strength (including range of strength and e-liquid)

2. Usability and Design

1. Ease of set-up and maintenance
2. Type of draw
3. Battery - ease of charging, battery life
4. Pre-charged, ready to use
5. Aesthetic qualities of device and packaging – look and feel

3. Affordability

1. Starter kit cost
2. Ongoing costs of consumables (refill pods or liquids, coils etc)

4. Availability

1. Online availability
2. Bricks and mortar availability (convenience, grocery, specialist vape shop sector)