

Rohan - Dual Use Animation Scenario

Rohan: Yes, I've cut down my smoking a lot. My wife is happy about that, but she doesn't know that I've started vaping at the same time. It's easier to vape when I'm working on job sites rather than smoking. I can just quickly pull my vape pen out of my pocket whenever I feel the need.

Doctor: You started vaping because it's easier to use than smoking while you're at work, and while doing so, you found that the vape was helpful in cutting down your cigarette use. Tell me a bit more about your plan to completely stop smoking.

Rohan: I still enjoy smoking. Especially after dinner and when I'm working around the house. Using both is working for me. I get to smoke when I'm at home but can vape when I'm at work.

Doctor: Would it be okay if we talked a bit about using both cigarettes and vapes?

Rohan: Sure.

Doctor: How much do you know about the effects of using both products?

Rohan: I know smoking isn't good for my cough and health overall. I know everyone wants me to quit. I hear that vaping is safer than smoking.

Doctor: You're right. Smoking is unhealthy and certainly one cause of a chronic cough. Vaping, on the other hand, has only been around for a few years and the products are always changing. So, we don't really know a lot about how these products will affect our health in the long run. We do know there are some immediate effects though.

Rohan: Like what?

Doctor: Breathing in any chemicals can irritate the lungs. The vaped liquid puts fewer harmful and toxic substances into the body than those found in cigarettes. Still, these toxins are not completely harmless.

Rohan: Ya, but I've been vaping for a while now and I'm fine. And I've cut down my smoking.

Doctor: Cutting down your smoking is a great start. Using both products, however, can expose you to more toxins. We call this dual use.

Rohan: Oh [confused]. Then vaping isn't really helping me?

Doctor: Cutting back on your cigarettes is a very important first step. While the best option is to give up both, another option is to quit smoking cigarettes completely. I wonder what you think about stopping smoking completely and only vaping instead?

Rohan: It's hard to quit smoking [pause]. But vaping is helping.

Doctor: Could we spend a few minutes thinking about how to make it safer and easier for you?

Rohan: Okay.

Doctor: For starters, use the vape juice from a reputable store and ideally use a vape pen without any flavours. Most importantly never use any other products in your vaping device because there have been serious lung injuries from inhaling those products.

Rohan: Ya, I already do that and don't try to add anything else.

Doctor: You mentioned that you typically smoke after dinner and when working around the house. How can you switch those times to vaping instead?

Rohan: I guess I have to let my wife know that I will be doing that and also stop buying cigarettes so it's easier to use the vape.

Doctor: What about other times when you crave or have a cigarette?

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Rohan: In the morning when I wake up I have to have a cigarette to get going or I get all antsy. But now because I vape, I really don't smoke in the same way I used to – only the times I told you.

Doctor: Okay sounds like you experience withdrawal in the morning. What about having a few vape puffs instead.

Rohan: I can try that.

Doctor: What might come in the way of you switching completely?

Rohan: Nothing really. I just have to make sure I always have my vape pen and pods around.

Doctor: So to summarize, you are going to stop buying cigarettes and switch completely to vaping for now. One last thing, monitoring the vaping can help you make sure that you are using just the right amount in the right situations. I can give you handouts that guide you on how to monitor the vaping if that helps. How does that sound?

Rohan: I can do that. I don't need handouts - I'll just use my phone.

Doctor: Okay. Try to make sure you only vape at specific times and not continuously. Track where you are or what you are doing and how you're feeling. Also track the times you vape and how much you are vaping at each session. It would be great to follow up with you in a few weeks to see how it's going and if any adjustments need to be made.

Rohan: Okay, sounds good. Thanks doc!