

Tessa - Vaping Cessation Animation Scenario

- Tessa: I'm so frustrated and desperate to quit smoking. I watched both of my parents die from lung cancer because of their smoking and I really don't want to end up like them. You know how much I've tried. I don't know what else to do.
- Clinician: This has been a long journey for you, and you've been trying especially hard over the past year to quit. You haven't given up though and were able to quit for about a month.
- Tessa: Yeah, but I keep going back to smoking. But, I'm not ready to give up. My partner Katie quit and she thinks I can too. What do I do now?
- Clinician: Well, let's look back at what you've tried. What worked? What didn't?
- Tessa: I saw the social worker. He suggested a bunch of strategies. I found some helpful, but they didn't help me quit completely.
- Clinician: What did you find helpful about those strategies?
- Tessa: I made a list of my triggers. Then I had some coping strategies to tackle each one. The problem was, they worked for a bit, but the cravings were too strong and I gave in.
- Clinician: Tracking your triggers and having a plan can help you be better prepared. But it sounds like you're hoping for some additional support or other strategies that can help manage withdrawal and cravings. What else have you tried?
- Tessa: I met with the pharmacist so many times. She first had me try the patches. Then added some of the other products – like the lozenge. I even tried the spray. When that didn't work, she suggested I try a medication called varenicline. I couldn't tolerate it. I just got so sick. I tried a few times and failed.
- Clinician: It sounds like you're feeling frustrated that even after trying so many things to quit, nothing has worked for you.
- Tessa: Exactly. I was thinking recently about the vapes that my sister used to quit. She started vaping and without even trying, she managed to quit smoking. She said it was easier than any other method she tried. She smoked more than I do! Do you think I could use that?
- Clinician: Thanks for sharing that with me. While vaping isn't officially approved as a method for smoking cessation, there are people who have used it to quit smoking and have been successful.
- Tessa: Well I've tried everything else. Nothing has worked. I want to try this.
- Clinician: I understand. Let's chat about how vaping might be a tool to help you quit smoking, while making sure you're using the products as safely as possible.
- Tessa: That sounds okay..
- Clinician: Earlier, you mentioned that some of the strategies you used, like identifying triggers, were helpful. So first, I would say that even if you vape, I recommend revisiting those strategies and using them along with vaping.
- Tessa: Okay. I don't mind doing that.
- Clinician: Second, vaping is still relatively new. We don't yet fully understand its long term health effects. Vaping using nicotine products will keep you dependent on nicotine.
- Tessa: Okay. But is it worse than cigarettes?

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Clinician: If you switch from cigarettes to vaping, you will be exposed to fewer toxins. I wonder if you would be open to using vaping to help you quit, but eventually stopping the vaping as well?

Tessa: Well I would want to see what happens first. If I think I can go without vaping, then yes I'd consider that. I want to get started on this right away. I'm feeling excited again because maybe this will finally help me.

Clinician: It sounds like you're willing to give vaping a try to help you quit smoking, but are aware that there are some risks associated with these products. You know that they work for some people, but may not help everyone. I suggest we spend a few minutes talking a bit more about this. There are some more things to consider, such as which product to use, how much, and other details that we can sort through together. Then, we can meet regularly to see how things are going. How does that sound?

Tessa: It sounds great. Let's do that now.