

# Survey of Primary Care Provider Views about Discussing Electronic Cigarettes with Patients

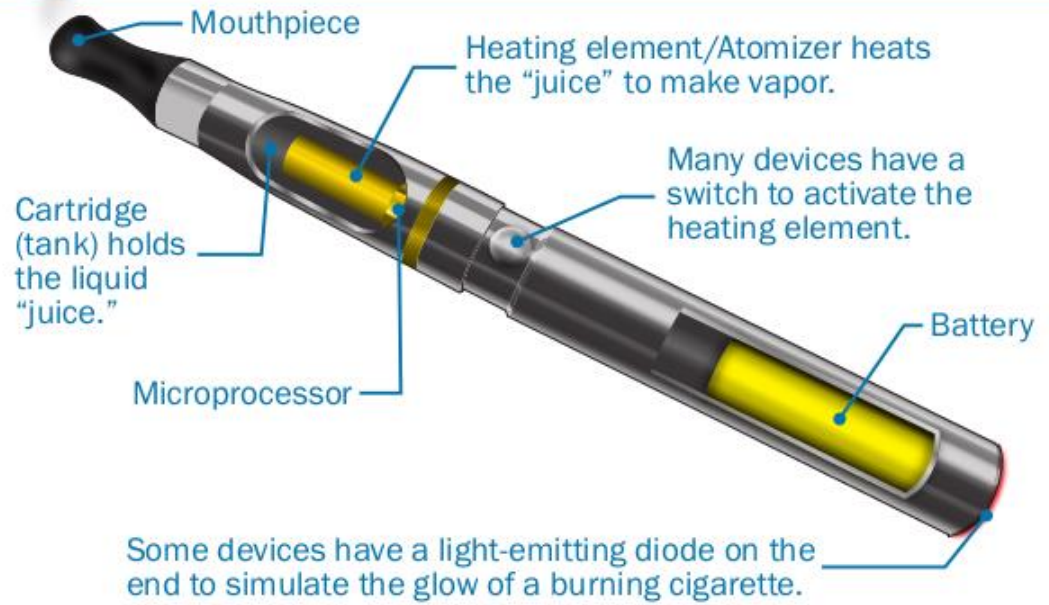
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# Mechanism behind E-Cigarettes



## Parts of an Electronic Cigarette



# Societal Trends

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## Adolescents:

- Sold in flavors
- In 2015, 16% of high school and 5.3% of middle school students reported use (Tushar Sing 2016)
- From e-cigarette use, more likely to transition to combustible tobacco use (Brian A. Primack 2015)
- Considered as “gateway” to nicotine addiction

## Adults:

- Report use of e-cigarettes as complete replacement for combustible cigarettes (Carla J. Berg 2014)
- Survey of > 10,000 adult smokers, who are motivated to quit, report that half tried e-cigarettes (Regan AK 2013)

# Trends in Primary Care

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- Findings from a survey administered to patients at OU Family Medicine:
  - Younger participants and those with less education more often reported e-cigarette use
  - Of the 28.4% who were current smokers, 74.5% had tried e-cigarettes
  - Of 22% who were former smokers, 36.8% reported e-cigarette use in their lifetime
  - 48.3% of patients were knowledgeable about the effects of e-cigarettes
  - 75.3 % of patients would want their PCP to discuss e-cigarettes with them during a clinic visit

# Objective

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Ascertained primary care providers' perspectives on:

- The harms/benefits of e-cigarettes.
- The use of e-cigarettes in smoking cessation.
- Preferred method of educating patients on e-cigarettes.
- Comfort level of discussing e-cigarettes with patients.
- Desire to learn more about e-cigarettes.

# Methods

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- Systematic, population-based sampling at OU Family Medicine
- Sample Size:
  - 18 Faculty Physicians
  - 36 Resident Physicians
  - 13 LPNs
  - 13 Medical Assistants (MA)
- 28 Item Paper Survey

# Demographics of Responses

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	<b>% (n)</b>
<b>Age</b>	
18 to 29	33% (14)
30 to 44	40% (17)
45 to 64	21% (9)
65+	7% (3)
<b>Gender</b> *3% missing	
Male	23% (10)
Female	74% (32)

	<b>% (n)</b>
<b>Professional Role</b>	
Resident Physician	30% (13)
Faculty Physician	21% (9)
Physician Assistant	0
Nurse Practitioner/APRN	0
Clinic Nurse (Rn, LPN)	21% (9)
Medical Assistant	28% (12)
<i>Total</i>	<b>43</b>

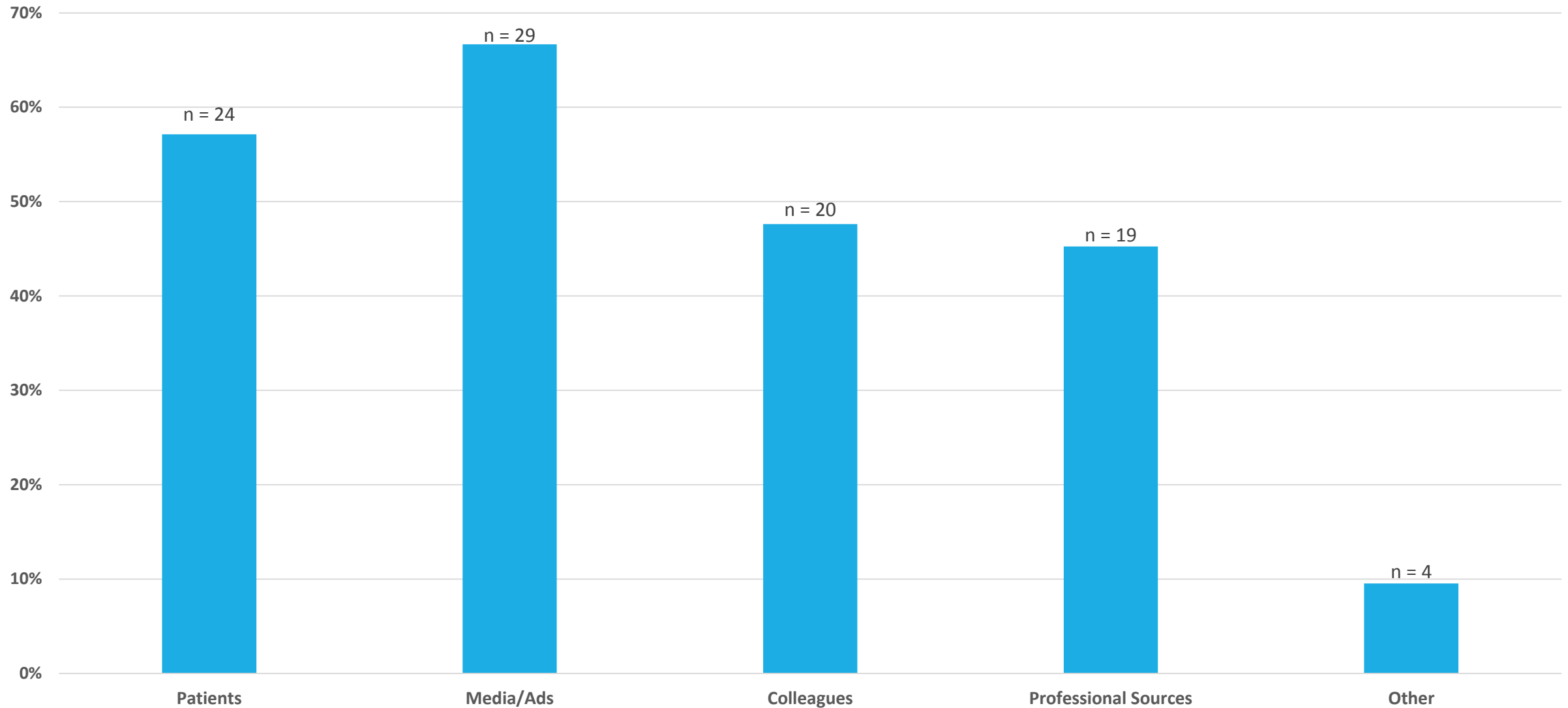
# Previous Exposure to E-Cigarettes

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	Yes	No
<b>Q7:</b> Have you heard about electronic cigarettes or vaping?	98%	2%
<b>Q9:</b> Do you think you have ever provided care to a patient who had used an e-cigarette?	95%	5%
<b>Q10:</b> Would you want to discuss electronic cigarettes with patients during their clinic visits?	74%	26%
<b>Q11:</b> Do you think clinic patients should be regularly screened for electronic cigarette use? <small>*3% no response</small>	88%	9%



Q8: Where have you obtained the information you have on electronic cigarettes/vaping?  
(Not Mutually Exclusive)



# The Harms/Benefits of E-Cigarettes

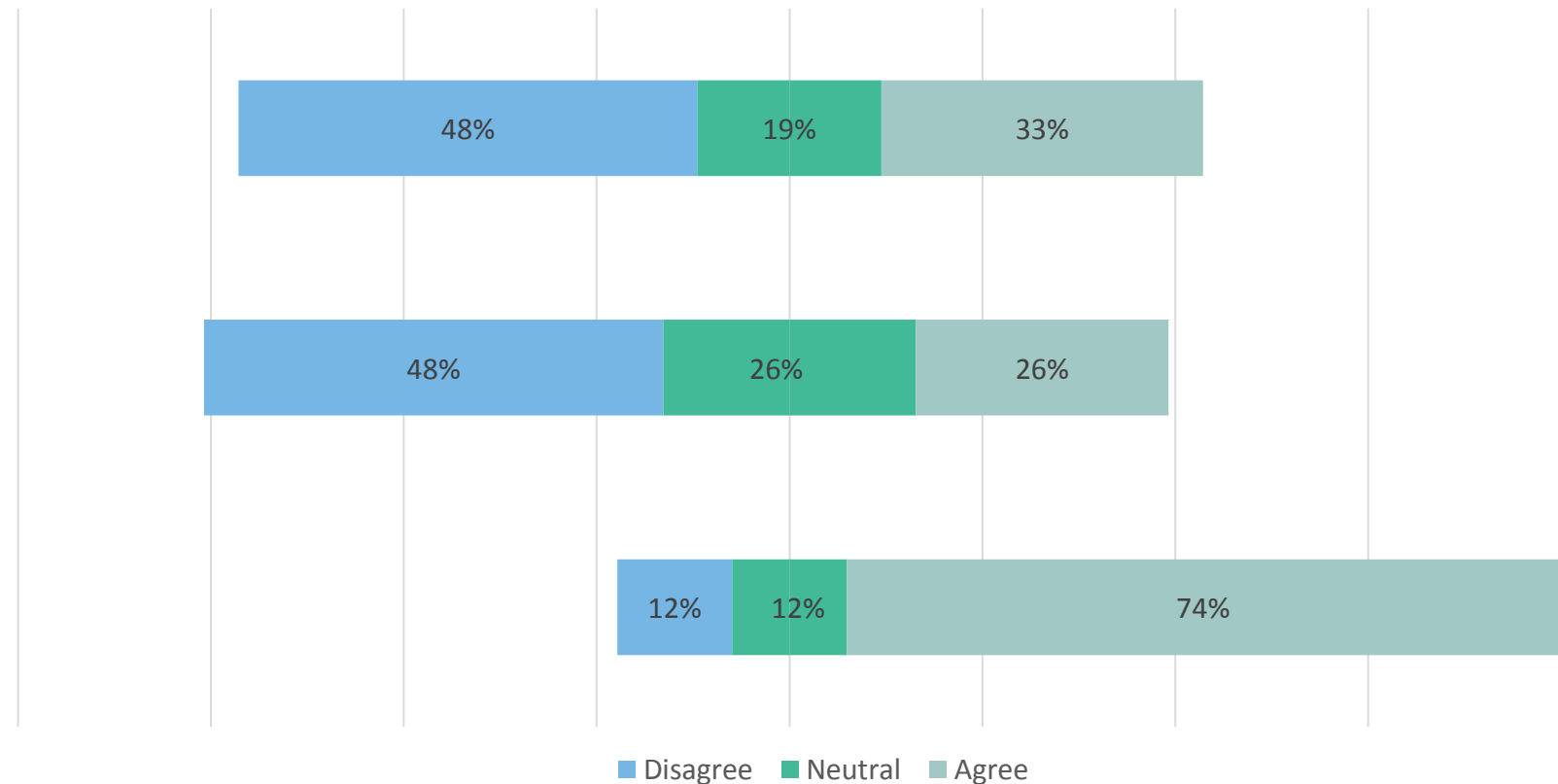
3 Tier Likert Data Breakdown

Q12: Electronic cigarettes are safer/less harmful than traditional cigarettes.

Q13: Electronic cigarettes are safer/less harmful than smokeless tobacco (chew, dip, snuff, etc.)

Q14: Electronic cigarettes contain some chemicals that may cause long-term health effects.

\*2% no response



# E-Cigarettes and Smoking Cessation

Q15: Electronic cigarettes could be a "gateway" to other tobacco use.

Q16: Electronic cigarettes encourage continuation among smokers who might otherwise quit.

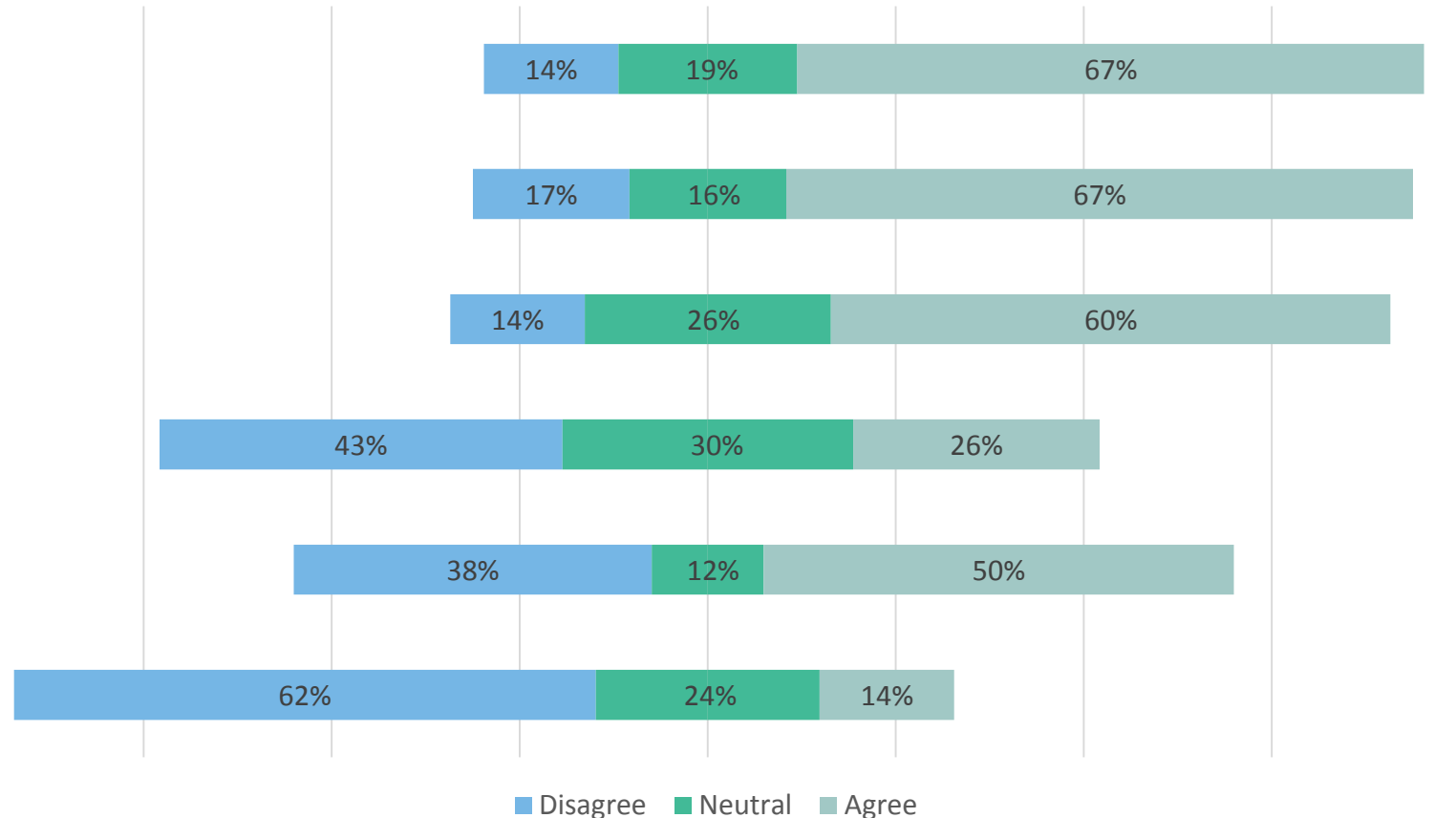
Q17: Electronic cigarettes counter the effectiveness of smoke-free policies.

Q18: Electronic cigarettes can lower cancer risk in patients who use them as an alternative to cigarettes.

Q19: Electronic cigarettes are helpful as a harm reduction strategy and/or cessation aid.

Q20: Electronic cigarettes are FDA approved as a cessation aid.

3 Tier Likert Data Breakdown



# Educating Patients

3 Tier Likert Data Breakdown

Q21: My patients know about electronic cigarettes.

\*4% no response

Q22: Discussing electronic cigarettes with patients may encourage them to use electronic cigarettes.

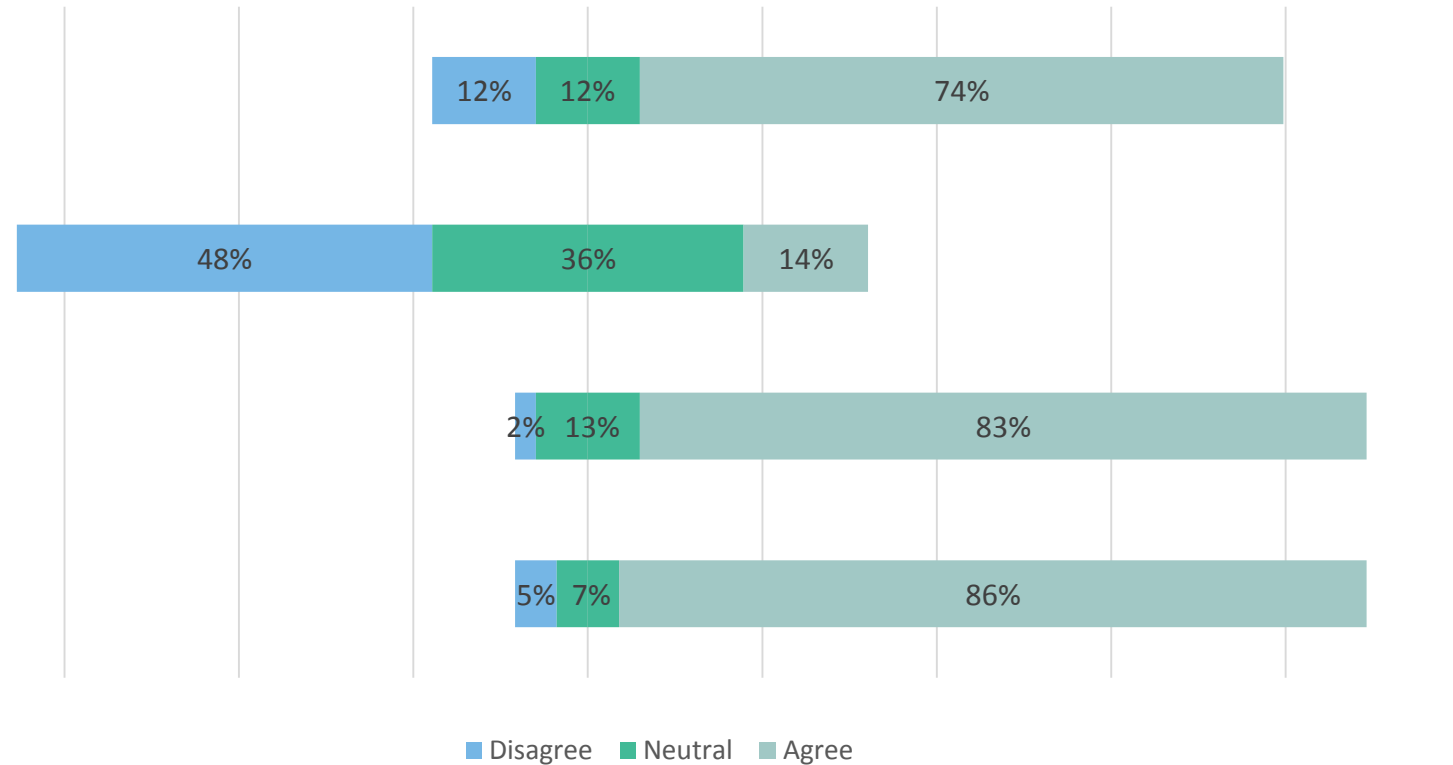
\*2% no response

Q23: It is important to discuss electronic cigarettes with patients.

\*2% no response

Q24: Parents of adolescents need to know about electronic cigarettes.

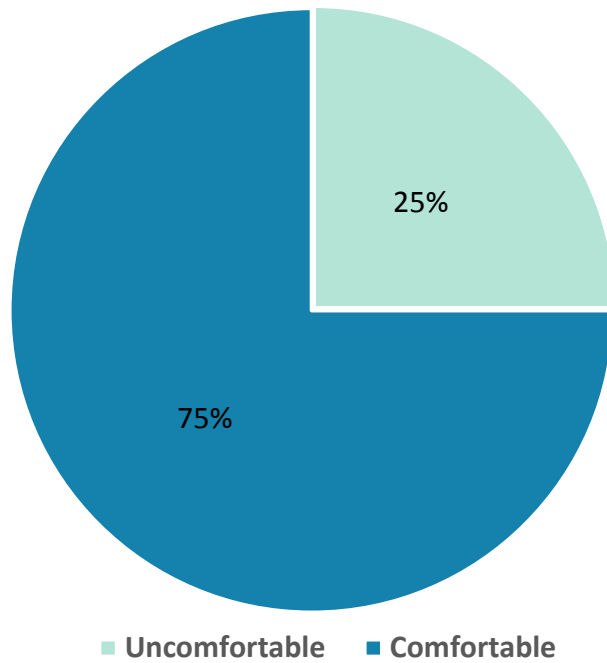
\*2% no response



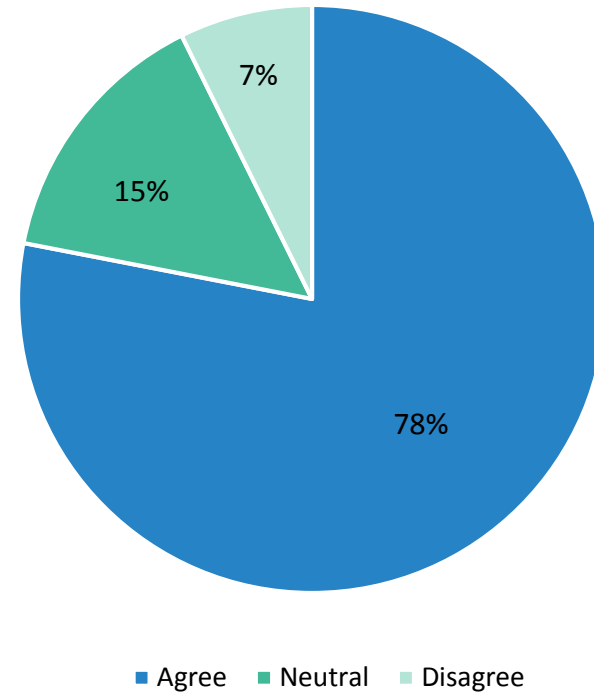
# Comfort Levels

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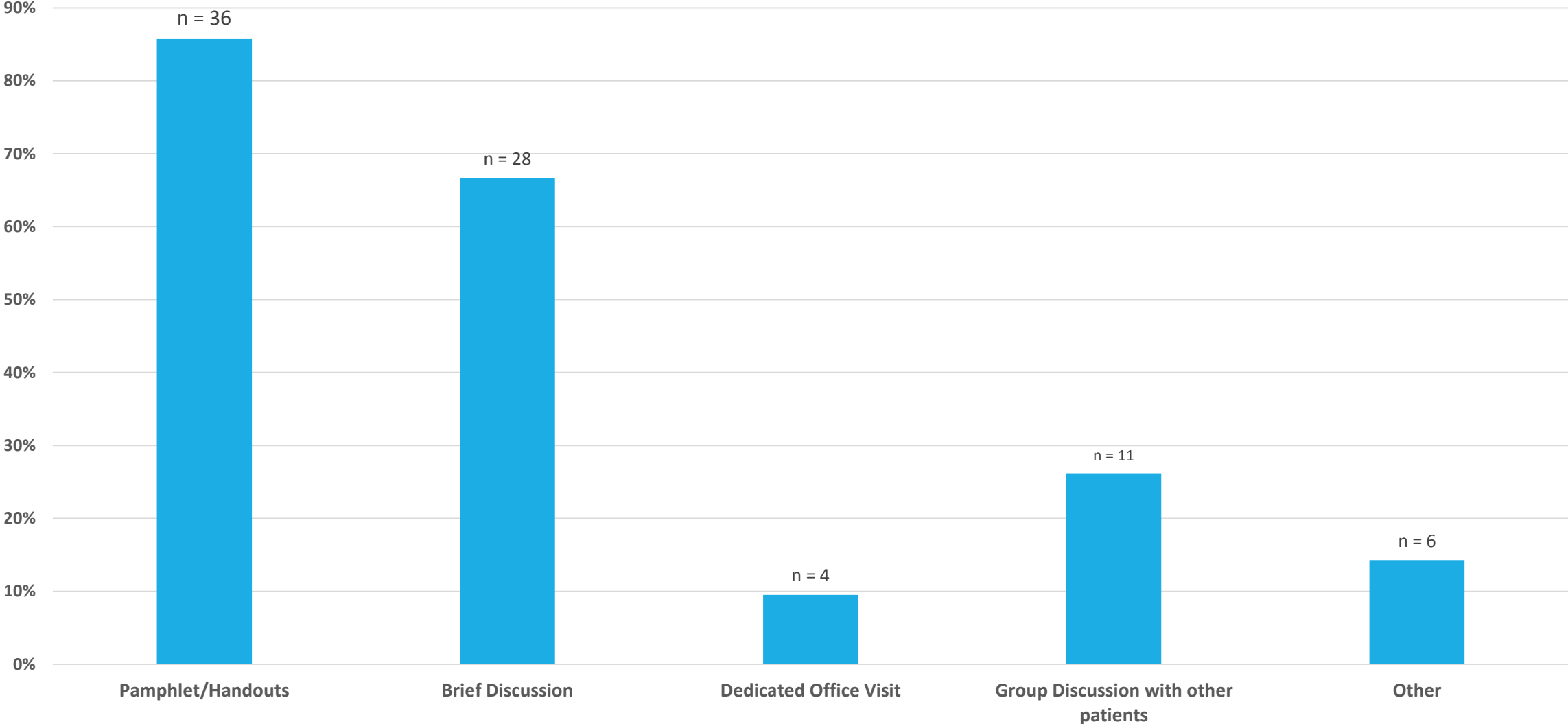
**Q25: Please indicate your level of comfort talking with patients about electronic cigarettes.**



**Q26: I would like to learn more about electronic cigarettes.**



Q27: How would you prefer to help your patients learn about electronic cigarettes?  
(Not Mutually Exclusive)



# Results Highlights

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- 48% of providers disagree that e-cigarettes are safer than combustible cigarettes and smokeless tobacco
- 74% of providers think there are other chemicals in e-cigarettes that are harmful
- Majority of providers think that e-cigarettes counteract efforts to decrease smoking initiation
- Disputable if e-cigarettes help with smoking cessation
- Majority of providers believe that patients know about e-cigarettes and acknowledge the importance of discussing them with adult and adolescent populations

# Conclusion

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- 75% of providers express some comfort with regards to discussing e-cigarettes with their patients
- 78% of providers would like to learn more about e-cigarettes
- Providers prefer to educate patients using pamphlets or by having a brief discussion during visit
- Limitation: sample size is too small to yield significant statistical analysis



# Future Work

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- Expand the sample size
- Comparison between previous work on determining patient's view of e-cigarettes with providers

# References

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# Acknowledgements

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