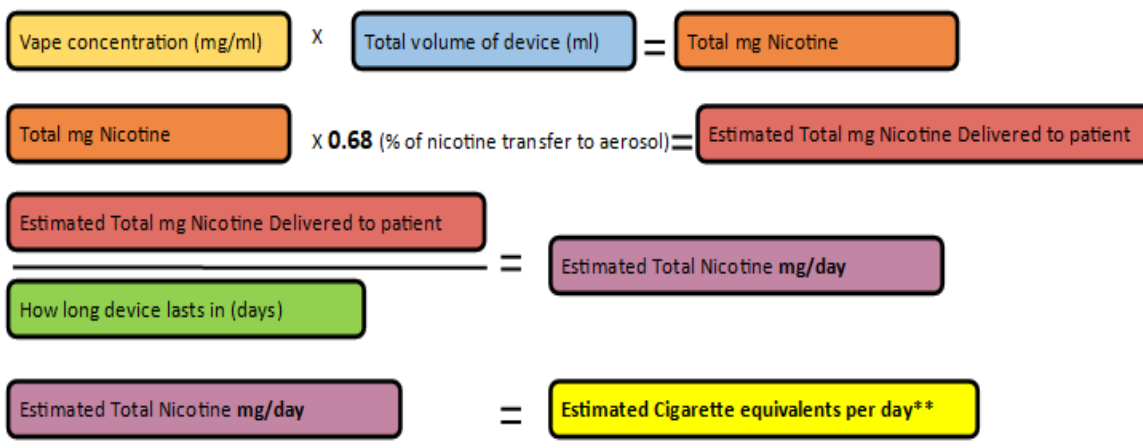


# Vaping Assessment Tool for Clinicians

Nicotine Intake Assessment Questions	Behavior Assessment Questions
What is the nicotine content of the device? (% or mg/ml) Ex. 5% = 50mg/ml Vape concentration (mg/ml)	How often are you vaping? Minutes/hours between vaping sessions ?
How much nicotine (volume) is in device? Total volume of device (ml)	How many puffs or how long is session each time you vape?
How long does a vape device last? How long device lasts in (days)	How long until you vape after waking up (time to first use)?

## How to calculate the estimated cigarette equivalents/day:



1 mg nicotine/ 1 cigarette

\*\*This is only intended to be an estimate. Absorption of nicotine depends on several factors including pH. Varying flavors can affect pH.

Each device differs, but this is an estimate based on vape devices with nicotine salts. Estimated Cigarette Equivalents: 1 cigarette = 1 mg nicotine

## References:

Prochaska JJ, Vogel EA, Benowitz N. Nicotine delivery and cigarette equivalents from vaping a JUULpod. *Tobacco Control*. Published online March 24, 2021. doi:10.1136/tobaccocontrol-2020-056367

Centers for Disease Control and Prevention. About Electronic Cigarettes (E-Cigarettes). Centers for Disease Control and Prevention. Published November 29, 2018. [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)

This content was developed by the Nicotine Cessation Services Access Workgroup Provider Resources subgroup in collaboration with Dr. Mark Meyers, VA Tobacco Cessation Clinical Resource Center.

## Example Vape Concentration Chart

Vape device	Nicotine Salt content expressed as % per solution	Nicotine Salt content expressed in mg/ml	Total volume of device
Vuse Alto disposable e-cig	1.8%, 2.4%, 5%	18mg/ml, 24mg/ml, 50mg/ml	1.8ml
Elf bar Ultra Disposable Pod Device	2% or 5%	20mg/ml or 50mg/ml	13ml
Puff Bar	5%	50mg/ml	1.3ml
Hyde Color	2.5-5%	25-50mg/ml	1.6ml
LoonMaxx Disposable Device	6%	60mg/ml	6.5ml

\*\*Each vape brand has several different variations of devices with different concentrations and volumes. This is a brief example for your reference. Please look directly at your patient's vape device prior to calculating nicotine concentration. Disposable vape devices are labeled in various ways .

## Vaping counseling points

Generally, e-cigarettes contain fewer toxic chemicals than regular cigarettes, however, they still can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.
99% of e-cigarettes on the market contain nicotine, which is highly addictive.
Nicotine is a health danger for pregnant adults and is toxic to developing fetuses.
Nicotine can harm adolescent and young adult brain development, which continues into the early to mid-20s.
E-cigarettes can cause unintended injuries from explosions and fires caused by the e-cigarette batteries.
Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
E-cigarettes can be used to deliver marijuana and other drugs. E-cigarette, or Vaping, Product Use Associated Lung Injury was linked to THC (the active drug in marijuana) and Vitamin E acetate used in modified vape devices.
Teens and young adults can get free quit support from The Truth Initiative's <b>This Is Quitting</b> program by texting <b>DITCHVAPE</b> to <b>88709</b> ( <a href="https://truthinitiative.org">https://truthinitiative.org</a> )