

Leicester's experience of using e-cigarettes and harm reduction approaches in the community

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Declaration

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Louise is also an associate of the New Nicotine Alliance
<http://nnalliance.org/>

She receives no personal benefit of any kind from the tobacco industry, the pharmaceutical industry or the e-cigarette industry

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Year on year increases in use of ecigs

- 2014-15
 - Full year figures
 - 2,005 quits from 4,098
 - 180 quits from 293: 61% success
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- 2015-16
 - Full year figures
 - 1,920 quits from 3,718
 - 487 quits from 752: 65% success
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- 2016-17
 - Full year figures
 - 1,631 quits from 3,184
 - 512 quits from 851: 60% success

Who were they?

(2016-17 data)



- 52% women, 48% male
- 3 under 18, 40 over 70, most between 30-60
- 76% White British
- 77% from health inequalities groups
- Of all the pregnant women seen, 38% used an ecig (n194)

Common features of those on the margins

- Anxiety
- Learning difficulties
- Hearing voices
- Depression
- ADHD
- Bipolar disorder
- Schizophrenia
- Self-harm
- Extreme emotional distress
- Low self-esteem
- Poor coping skills
- Dependence on prescription and non-prescription meds

What else unites them?

- Alcohol use
- Drug dependence
- Episodes of homelessness
- Cannabis use
- Chronic pain
- Repeat attendance at stop clinics
- Have a hard time saving any money



What we observe

- Less likely to research options
- Less likely to have mobile internet
- Higher strength liquid needed
- Takes a looooooong time
- Multiple products have been used
- High CO readings

Action Homeless project



- Special offer from Ecig Wizard
- Out of 35 SQDs, 20 got a free ecig from ECW
- 50% harm reduction, several quits
- 50 to date
- They come back!
- They're not interested in NRT

What we learned about the use of ecigs with people with poor mental health

- Lapses are common but not full relapses
- They go on to be *almost* independent of the SSS
- Don't reduce nicotine too soon (ever?)
- Can help to separate cannabis and tobacco
- Helps them learn about their addiction/dependence
- Ecigs mean they don't have to make such huge changes
- Saving £50 a week on tobacco, getting back on track, doorway to other health behaviour change

When it goes well



- 'The best thing I've ever done'
- 'It turned my life around'
- 'I'm volunteering at 3 charities'
- 'I'm not dependent on tobacco any more'

But...implications for stop smoking services

- They're a poor bet for 4 week quits
- May be unattractive to stop smoking services with high targets
- Shared care with the GP is often essential



Thank you for listening