

UHSx Maternity Vaping

Integrating Nicotine Vape Products into the UH Sussex Maternity Smoke Free Service

TABLE OF CONTENTS

1.0	Definitions and Abbreviations used within this protocol	3
1.0	Introduction	3
1.1	Why are nicotine vapes being discussed as an option to aid smoking cessation	4
1.2	What are e-cigarettes and how do they work?	4
1.3	Is vaping harmful in pregnancy?	5
1.4	Risks from nicotine	5
1.5	Is a nicotine vape an effective quit aid to stop smoking?	5
1.6	Inclusion Criteria	6
1.7	Exclusion Criteria	6
1.8	Cautions	6
1.9	Partners	6
1.10	Service Delivery Protocol	7
2.0	First Appointment "Initial Assessment" (face to face)	7
2.1	Step 1: The client selects the Vape Starter Kit option	7
2.1.1	Exploring vape and e-liquid options available	7
2.1.2	The delivery mechanism	8
2.1.3	Highly nicotine dependent clients	8
2.2	Step 2: Creating a Nicotine Reduction Plan	9
2.3	Step 3: Recording appointment details	10
3.0	Second Appointment (on or around the Quit Date) (face to face)	10
3.1	Step 1: Obtain client CO reading	10
3.2	Step 2: Confirm selected vape products and obtain voucher codes	10
3.3	Step 3: Ongoing follow up	10
3.4	Step 4: Allocate First Voucher Codes	12
3.5	Step 5: Client Redeems Voucher via Totally Wicked Website	12
3.6	Step 6: Record Intervention on MIS	12
4.0	Third, fourth and fifth appointments (Weeks 1-3) Face to face, telephone, text or email.	13
5.0	Sixth appointment "Outcome Appointment" (Week 4) face to face	13
5.1	Step 1: Determine next steps	13
5.2	Step 2: Record the Intervention on MIS	14
6.0	Ordering Vape Vouchers via council nominated procurement Platform	14
6.1	How to log in and process an order	14
6.1.1	Financial costs	14
6.1.2	Holding a stock of vape products	15
6.2	Totally Wicked Voucher Scheme and Client Order Process	15
6.2.1	Totally Wicked Voucher Scheme	15
6.3	Nicotine Vaping Products and Important Information	16

6.3.1	Vapes and oxygen therapy	17
6.3.2	Storage.....	17
6.3.3	Disposal of Rechargeable Vapes.....	18
6.3.4	Totally Wicked Customer Services	18
7.0	Training	19
8.0	Monitoring	20
	Additional Guidance / Information	21
	See Also / Linked Documents	21
	Clinical protocol governance and approval.....	22
	Protocol Version Control Log	24

Maternity Vaping Protocol

(Integrating Nicotine Vape Products into the UH Sussex Maternity Smoke Free Service)

1.0 DEFINITIONS AND ABBREVIATIONS USED WITHIN THIS PROTOCOL

AN - Antenatal	ANC - Antenatal Clinic
ASH - Action on Smoking and Health	BSOTS - Birmingham Symptom-Specific Obstetric Triage System
CMW - Community Midwife	CO - Carbon Monoxide
DAU - Day Assessment Unit	EC - Electronic Cigarettes
F2F - Face to Face	HP - Health Practitioner
LTFU - Lost to Follow Up	MHRA - Medicines and Healthcare products Regulatory Authority
MIS - Maternity information System eg MIS	NCSST - National Centre for Stop smoking Training
NRT - Nicotine Replacement Therapy	RCP - Royal College of Physicians
SATOB - smoking at time of booking	SATOD - Smoking at time of delivery
SBLv3 - Saving Babies Lives version 3	SFT - Smoke free Team
SHS - Second Hand Smoking	SOP - Standard Operating Procedure
TDSMs - Tobacco Dependency Specialist Midwives	USS - Ultrasound Scan
VBA - Very Brief Advice	

1.0 INTRODUCTION

Trust wide: PRH, SRH, WH - Providers WSCC. RSCH provider BHCC

In April 2023, the government announced a commitment to support one million smokers to '[swap to stop](#)'. Under this new campaign, 1 in 5 smokers in England will be provided with a vape starter kit, alongside stop smoking behavioural support.

To facilitate this campaign, the government have enlisted [Crown Commercial Services](#) to launch a new vaping solution procurement framework. The framework offers Local Authorities access to competitive pricing across a range of suppliers selling the Medicines and Healthcare products Regulatory Agency approved nicotine vaping products (e-cigarettes).

This document sets out the pathway for integrating access to regulated nicotine vapes as a smoking cessation aid for maternity service users engaging with the smokefree pregnancy service.

The protocol is split into the following sections to guide Tobacco Dependency Treatment Practitioners on how to provide funding for regulated vape starter kits as a quit aid into their service delivery:

- 1) Key Background Information
- 2) Service Delivery Protocol
- 3) Ordering Vape Vouchers via the approved procurement platform
- 4) Totally Wicked Voucher Scheme and Client Order Process
- 5) Nicotine Vaping Products and Information
- 6) Training
- 7) Appointment Process Flowcharts
- 8) Supporting Resources

1.1 WHY ARE NICOTINE VAPES BEING DISCUSSED AS AN OPTION TO AID SMOKING CESSATION

- Nicotine vaping is substantially less harmful than smoking. It is also one of the most effective tools for quitting smoking ([Nicotine vaping in England: 2022 evidence update summary \(GOV.UK 29/9/22\)](#)).
- Users are roughly twice as likely to quit smoking if they use a vape compared with other nicotine replacement therapy medications such as: patches and chewing gum.
- Vaping is not recommended for non-smokers and young people (under 18) because it is not completely harmless.
- From April 2024 smokers will be offered one of the following smoking cessation aids:
 - Nicotine replacement therapies (NRT): patches, gum, nasal spray, mouth spray, inhalator and lozenges products
 - Nicotine vape starter kit including 4 weeks of e-liquids and atomizer heads.
- Previously pregnant smokers have only been offered NRT alongside information about vapes/e-cigarettes for them to purchase independently if they choose to do so.

1.2 WHAT ARE E-CIGARETTES AND HOW DO THEY WORK?

- An e-cigarette is a device that allows the users to inhale nicotine in a vapour rather than smoke. Using an e-cigarette is known as vaping ([E-cigarettes vs. Cigarettes - YouTube](#)).
- E-cigarettes do not burn tobacco and do not produce tar or carbon monoxide; two of the most harmful elements in tobacco smoke.
- They work by heating a liquid (called an e-liquid) that typically contains nicotine, propylene glycol, vegetable glycerine, and flavourings.
- E-liquids come in different nicotine strengths, allowing the user control of the strength required to control cravings and manage withdrawal symptoms including irritability and low mood.
- This also allows users to gradually reduce the strength of the nicotine, as required, in order to become nicotine free.
- Nicotine itself is a relatively harmless chemical and has been effectively used for many years in NRT medications to help people stop smoking.

- Some people find vaping helps them because the hand-to-mouth action is like smoking, giving similar sensations.

1.3 IS VAPING HARMFUL IN PREGNANCY?

- In the UK, e-cigarettes are tightly regulated for safety and quality ([E-cigarettes: regulations for consumer products \(GOV.UK 2/10/22\)](#))
- Experts agree vaping is substantially less harmful than smoking, but it is not risk-free. Vaping exposes users to fewer toxins and at lower levels than smoking cigarettes ([Vaping Demystified - YouTube](#)).
- Switching to vaping significantly reduces the user's exposure to toxins that can cause cancer, lung disease, cardiovascular diseases and circulatory problems, and significantly reduces the risk of heart attacks and stroke, compared to tobacco smokers.
- Little research exists regarding the safety of using e-cigarettes (vaping) during pregnancy, however evidence from adult smokers in general suggests that they are likely to be significantly less harmful to a pregnant woman and her baby than continuing to smoke. E-cigarettes do not contain carbon monoxide (CO) or many of the other harmful chemicals found in cigarettes. CO is especially dangerous during pregnancy because it deprives the baby of oxygen, slows its growth and development and results in the adverse outcomes seen in pregnancy.
- Smoking or exposure to second-hand smoke during pregnancy is responsible for an increased rate of stillbirths, complications during labour, premature birth, miscarriages, birth defects and sudden infant death syndrome (SIDS). (Ash. 2019) *
- **Licensed Nicotine Replacement Therapy (NRT) products such as nicotine patches, gum and inhalers are the recommended option. However, if a pregnant woman or birthing person chooses to use an e-cigarette and if that helps her to quit smoking and stay smokefree, she should be supported to do so. (ASH 2019) ***
- E-cigarettes do not produce tar or carbon monoxide, two of the most harmful substances in tobacco smoke (Smokefree 'Health Harms' – Impact of smoking vs vaping demonstration - YouTube).

1.4 RISKS FROM NICOTINE

- While nicotine is the addictive substance in cigarettes, the harm from smoking comes from the thousands of other toxic chemicals in tobacco smoke.
- NRT medicine has been widely used for many years to help people stop smoking and is a safe treatment.

1.5 IS A NICOTINE VAPE AN EFFECTIVE QUIT AID TO STOP SMOKING?

- Thousands of people in the UK have already stopped smoking with the help of an e-cigarette. Vapes have been popular with people who smoke for over a decade and are now the most common stop smoking aid in England.
- A 2021 review found people who used e-cigarettes to quit smoking, alongside support from an Advisor, specialist or behaviour change support, can be up to twice as likely to

succeed as people who used other nicotine replacement products, such as patches or gum.

- Using an e-cigarette can help users manage their nicotine cravings. For it to be most effective, ensure they are using it as often as required, and with the appropriate strength of nicotine in the e-liquid.
- Users will not get the full benefit from vaping unless they stop smoking cigarettes completely.
- Please refer to the NCSCT Vaping Guide for Health and Social Care Professionals for more details and evidence regarding why vaping is considered an effective quit aid – see section “8 Supporting Resources”.

1.6 INCLUSION CRITERIA

- All pregnant people self-reporting to smoking tobacco.
- All smokers where risk/benefit of NRT and e-cigarettes have been discussed.

1.7 EXCLUSION CRITERIA

- Any person under 18 years of age.
- Pregnant smokers after assessment of risk/benefit of pharmacotherapy have chosen to quit with behavioural support only.
- Haemodynamically unstable patients hospitalised with cerebrovascular accident (unstable blood pressure caused by blood clots or broken blood vessels in the brain, such as a stroke).
- Haemodynamically unstable patients hospitalised with myocardial infarction (unstable blood pressure caused by a heart attack).
- Haemodynamically unstable patients hospitalised with severe arrhythmias (unstable blood pressure caused by abnormal heart rhythm).
- Pheochromocytoma (rare adrenal gland tumour).

1.8 CAUTIONS

- Any persons with Diabetes mellitus – blood glucose concentration needs to be closely monitored when initiating any treatment [Vaping - Safety, Effect on Blood Glucose \(diabetes.co.uk\)](https://diabetes.co.uk).
- Uncontrolled hyperthyroidism.

(BNF, 2023 <https://bnf.nice.org.uk/drugs/nicotine/#cautions>)

If vape use is being considered by the pregnant person, but the individual has a history of any of the listed conditions, please refer to an obstetrician, lead midwife for the smokefree pregnancy service or GP for review.

1.9 PARTNERS

- As per Smoking in Pregnancy protocol we offer behavioural support to partners and can offer access to the Government approved Swap to Stop vouchers if they choose to use a

vape to stop smoking. Any offer of voucher codes will be given alongside an information sheet detailing information, contraindications and risks. Partners must take personal responsibility for their use of these products.

- As partners do not fall under Smoke Free Pregnancy Service responsibility for ongoing care, after the Swap to Stop 4-week voucher is issued, they will be signposted to local smoking cessation services for ongoing NRT/vape provision where available
- Behavioural support within the expectant family unit can continue to be provided by Smoke Free Pregnancy to promote Smoke Free homes.

1.10 SERVICE DELIVERY PROTOCOL

Issuing Nicotine Vape Starter Kits

- Advisors will continue to deliver the smokefree pregnancy pathway as specified in the UH Sussex Maternity Smoking Cessation guideline based on the NCSCT Standard Treatment Programme.
- [NCSCT maternity care v6](#)
- This section outlines the service delivery guidance and protocol for the issuance of a vape starter kit as a smoking cessation aid for adult smokers (18+).

2.0 FIRST APPOINTMENT “INITIAL ASSESSMENT” (FACE TO FACE)

This is an opportunity to discuss the different forms of nicotine replacement products or medication available to the pregnant smoker, and to assist them in determining the most suitable option. The options available to the client are as follows:

- Behavioural support alone
- Various options of NRT medication with behavioural support throughout pregnancy.
- Voucher codes for online redemption against a free regulated vape starter kit along with ongoing supply of e-liquids and atomizers in pregnancy as required with behavioural support.

2.1 STEP 1: THE CLIENT SELECTS THE VAPE STARTER KIT OPTION

2.1.1 EXPLORING VAPE AND E-LIQUID OPTIONS AVAILABLE

If the pregnant smoker decides to select the vape starter kit option, the Tobacco Dependency Treatment Practitioner should demonstrate (using demo kits or video demonstrations) how to operate a vape device and outline the distinct functions of each of the models available as part of the free vape starter kit as outlined in Section 4 “Nicotine Vaping Products”. The Advisor should also talk the client through the six different e-liquid choices available and determine the correct nicotine strength according to the client’s smoking habits (Table 1 below).

The below table offers the Advisor guidance on what may be an appropriate dosage for the Client based on their current smoking behaviour.

Table 1: E-liquid nicotine strength chart according to cigarettes smoked

Dosage (mg)	Strength	Cigarettes smoked per day
6mg /0.6%	Ultra-Low	<5
10 mg / 1%	Low – Medium	5-15
16mg /1.6%	Medium High	15-20
16mg / 1.6% supported by <u>NRT patches if required</u>	High	20+

2.1.2 THE DELIVERY MECHANISM

The delivery mechanism for the nicotine in a vape is quite different to that of NRT. NRT delivers a slow, steady release of nicotine to the user, enabling them to reduce their level of nicotine addiction over a 12-week period. Whereas vapes supply nicotine in a 'rush' or 'spike' similar (but not the same) to that of a cigarette. The advisor should spend time explaining how vapes work in this respect, so clients know what to expect.

Vaping is different to smoking and some clients will take longer to get used to it. **Additional NRT is less likely** to be required when clients have the right vape kit and the correct strength of nicotine content to alleviate nicotine withdrawal symptoms. It is important to offer ongoing expert support to enable clients to vape effectively.

2.1.3 HIGHLY NICOTINE DEPENDENT CLIENTS

Highly nicotine dependent clients (more likely in clients with severe mental illness, learning disability and those who use other substances) may benefit from a NRT patch in addition to the vape for the first few weeks of a vape quit programme. The dosage and combination can be adjusted to help mitigate the client's experienced withdrawal symptoms.

The main aim of using NRT in addition to a vape in heavily addicted smokers, is to reduce the high frequency of vaping that would be needed to avoid severe nicotine withdrawal symptoms in these smokers. If they do not have NRT, they might find they are constantly having to vape even when utilising the highest possible dosage, which may be frustrating and inconvenient.

The preferred form of NRT would be to use a low-level transdermal patch, as this would provide a baseline level of nicotine throughout the day. It should not give the client the 'highs' and 'lows' that they could get with other delivery mechanisms. The Advisor should issue a 10mg/15mg/25mg 16hr patch.

If issuing a patch as well as a vape, the Advisor should advise the client to keep an eye out for symptoms of receiving too much nicotine. They could experience this in the form of headaches, heart racing, feeling clammy, feeling sick. Most people would describe it as feeling like they have had one too many cigarettes. If they do experience these symptoms, they should either cut down on the amount they are using the vape or remove the patch.

2.2 STEP 2: CREATING A NICOTINE REDUCTION PLAN

When a client selects the 'Vaping Starter Kit' as their smoking cessation aid, it is important to work with the client to create a Nicotine Reduction Plan that can help the client achieve their goal for the 12-week programme.

From the outset, the Advisor needs to develop an understanding of the client's expectations of becoming tobacco and nicotine free using a vape. This insight will help the Advisor to support the client to develop a personalised nicotine reduction plan in one of the following ways:

If the client's goal is to become tobacco and nicotine free at the end of the 12-week programme, the adviser should work with the client to help them achieve this outcome.

- To achieve this the Advisor should educate the client on nicotine addiction and how the use of vapes can help reduce dependency over time when used effectively and improve their health.
- This Advisor should work with the client to develop a personalised plan to enable the client to gradually reduce the frequency of vaping and, gradually reduce the strength of the nicotine content of the e-liquid (reducing to zero) over the 12-week programme. It is important that the reduction is gradual to avoid any extreme withdrawal symptoms or cravings that could discourage the client. The plan should outline how the client can best reduce the strength and frequency of their vaping over the 12 weeks as well as factoring in any additional support they will need over the course of the programme (for example follow up calls and any other support as per the standard behavioural support offering)
- When working with a client who wants to stop vaping, it can be useful to organise support using the Ask, Advise, Act model, as outlined in the NCSCT guidance on [Supporting clients who want to stop vaping \(ncsct.co.uk\)](https://www.ncsct.co.uk/supporting-clients-who-want-to-stop-vaping)

If the pregnant person wishes to continue using the vape after the 12-week programme, then it is important for the Advisor to provide the client with the following information to encourage the client to remain smokefree during pregnancy.

Vouchers for supply of e-liquids and atomizer heads will be provided for the duration of the pregnancy and up to 28 days postnatal with CO verified quit at 28 days.

The quit must be CO verified 28 days after quit date and subsequent CO readings must be <4ppm. If a relapse is identified, then voucher code issue will cease until the client confirms they are ready to re-engage with a quit programme – a Face to Face appointment will be offered as soon as possible following any relapse being identified.

- It would also be useful to provide information and guidance for the Client on what they would need to consider if they did at some point choose to stop vaping. Many vapers get to this stage after 12 months.
- A client can start to move towards being nicotine free by:
 - reducing the frequency of vaping over time and
 - gradually reducing the strength of nicotine contained in the e-liquid.

2.3 STEP 3: RECORDING APPOINTMENT DETAILS

The Advisor should add the details of the client's chosen option to MIS. The client will need to refer to this information when ordering their chosen starter kit via the voucher scheme. The Advisor will issue the voucher codes to the client during their quit date and subsequent appointments.

3.0 SECOND APPOINTMENT (ON OR AROUND THE QUIT DATE) (FACE TO FACE)

The purpose of the second appointment is to assist the client in getting started on the 12-week programme using vapes as smoke cessation aid. Below are the steps involved.

3.1 STEP 1: OBTAIN CLIENT CO READING

The Advisor should check the smoking status of the client by taking a CO reading to confirm they are currently smoking tobacco; this should be recorded on the pregnant person's maternity records.

3.2 STEP 2: CONFIRM SELECTED VAPE PRODUCTS AND OBTAIN VOUCHER CODES

- The Tobacco Dependency Treatment Practitioner will then need to confirm the vape starter kit that the client selected during their first appointment and provide them with the starter kit details (starter kit model, e-liquid strength, and flavour).
- The Tobacco Dependency Treatment Practitioner will then use this information to determine if the service has the correct voucher available for allocation. Please refer to section 4 'Totally Wicked Voucher Scheme and Client Order Process' for an overview of voucher codes.
- Voucher codes will be obtained in advance by the Specialist Smokefree Pregnancy midwife via the approved procurement platform. For guidance on how to order, receive and manage voucher codes please refer to section 3 "Ordering Vape Vouchers via procurement platform.
- Once the midwife has placed the order, Totally Wicked (who run the client voucher scheme) will contact the midwife (via email) with the voucher code details that will be required for the client to redeem their chosen products via the Totally Wicked website.
- The Advisor will need to record the client's case reference number against the specific voucher codes allocated on the services' internal voucher management system (each service should have their own system in place to record vouchers ordered and allocated), as well as updating the notes section on MIS with the voucher details.
- These voucher codes will then be issued to the client in line with the below appointment and issuance schedule.

3.3 STEP 3: ONGOING FOLLOW UP

- The Advisor should provide an overview of the 12-week programme and schedule follow up appointments in line with the smokefree pathway. When setting the appointments, it is important that the Advisor is mindful of the timings to ensure that the voucher codes are released to the client in good time to enable the client to order required products and avoid any disruption to their vaping programme. It may be useful to time the voucher code release to coincide with follow up appointments.

- The Advisor should look to release the second voucher code ideally 8-10 days after the Quit Date Appointment so the second voucher (product type A) of the 4-week starter kit can be released to the client in good time for them to order their refill product.
- The Appointment and Voucher Issuance Schedule below outlines the required touch points involved in the stop smoking behaviour support; the timings for issuing the different types of voucher codes and the associated products that will need to be ordered.

Appointment and voucher issuance schedule:

Client Quit Schedule	Stop Smoking Behavioural Support Appointment	Voucher type	Product Type to be Issued	Product Type included	Qty
Week 0	Quit Date (2nd) Appointment	4-week starter kit voucher	K	Totally Wicked Vape kit (Skope ,Air & Tornado GTL)	1
				USB Wall Adaptor	1
				Atomizer Head	2
				10ml Switz E-liquid	5
Week 1-2*	Follow Up (3rd - 5th Appointment)		A	Refill Atomizer Head	4
Week 3-4				Refill 10ml Switz E-liquid	5
Week 4-5**	Outcome (6th) Appointment	4-week continuation voucher	L	Refill 10ml Switz E-liquid	5
Week 6-7			A	Refill Atomizer Head	4
	Refill 10ml Switz E-liquid	5			
Week 8-9	Follow Up (7th) Appointment	4-week continuation voucher	L	Refill 10ml Switz E-liquid	5
Week 10-12			A	Refill Atomizer Head	4
				Refill 10ml Switz E-liquid	5

* Voucher Code – 4-week starter, product type A to be released between week 1-2

** Continuation Voucher Code to be released between week 4-5

3.4 STEP 4: ALLOCATE FIRST VOUCHER CODES

Client Quit Schedule	Stop Smoking Behavioral Support Appointment	Voucher type	Product Type to be Issued	Product Type includes	Qty
Week 0	Quit Date (2nd) Appointment	4-week starter kit voucher	K	Totally Wicked Vape kit (Skope S, Air and Tomado GTL)	1
				USB Wall Adaptor	1
				Atomizer Head	2
				10ml Switz E-liquid	5
Week 1-2	FollowUp (3rd -5th Appointment)		A	Atomizer head	4
Week 3-4				10ml Switz E-liquid	5
Week 5-6	Outcome (6th) Appointment	4-week continuation voucher	L	10ml Switz E-liquid	5
Week 7-8			A	Atomizer Head	4
Week 9-10	FollowUp (7th) Appointment	4-week continuation voucher	L	10ml Switz E-liquid	5
Week 11-12			A	Atomizer	4
				10ml Switz E-liquid	5

- At the Quit Date Appointment, the Tobacco Dependency Treatment Practitioner should obtain the voucher codes for the 4-week starter kit (including product type K – see above schedule for product details), these should be recorded on the service's internal voucher management system and on MIS in 'smoking summary' in additional notes. The correct pharmacotherapy code needs to be updated.
- The Advisor should only release part 1 of the starter kit (product type "K") at the Quit Date Appointment. See section 'Totally Wicked Voucher Scheme and Client Order Process' for an overview of the Totally Wicked Voucher Codes.

3.5 STEP 5: CLIENT REDEEMS VOUCHER VIA TOTALLY WICKED WEBSITE

- The client will be responsible for ordering their vape products via the Totally Wicked Website using the voucher code supplied by the Advisor.
- The Advisor may choose to support the client to redeem their first voucher code from the [Totally Wicked Health Improvement](#) landing page (See Section 'Totally Wicked Voucher Scheme' for a step-by-step guidance.)
- The method of releasing voucher codes after the Quit Date Appointment will need to be determined by Advisor and the client, in line with the behaviour support and appointment schedule agreed.
- There are sample text message and email templates that the Advisor can use to issue voucher codes: See Additional notes.

3.6 STEP 6: RECORD INTERVENTION ON MIS

- The Tobacco Dependency Treatment Practitioner completes the smoking in pregnancy page. The correct intervention should be selected.
- If a client has selected for vapes only select option below.

– Tobacco Prevention

Location of advice	<input type="radio"/> Telephone <input type="radio"/> 1-1 <input type="radio"/> Home <input type="radio"/> Drop-in <input type="radio"/> Group
Intervention delivery method	<input type="radio"/> 1-1 <input type="radio"/> Telephone <input type="radio"/> Text <input type="radio"/> Email <input type="radio"/> Home
What intervention was provided by the Tobacco Treatment Adviser to the smoker	Quit attempt with behavioural intervention and unlicensed nicotine containing products
What pharmacotherapy was provided to the smoker	Only used unlicensed nicotine containing products

– Additional Notes

Notes and Care Plan	Record <u>vape</u> voucher codes here and description e.g <u>vape</u> 'starter kit' or continuation kit. Record summary of consultation and plan and next follow-up appointment.
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4.0 THIRD, FOURTH AND FIFTH APPOINTMENTS (WEEKS 1-3) FACE TO FACE, TELEPHONE, TEXT OR EMAIL.

- These appointments (weeks one, two and three post quit date) offer an opportunity to review the client's usage, access smoking status, and troubleshoot any questions.
- During this appointment period, the Tobacco Dependency Treatment Practitioner will also need to issue the client with the second part of the starter kit voucher to ensure the client can order refill product type 'A' in good time and avoid any disruption in their programme.
- Ideally the Tobacco Dependency Treatment Practitioner will release this code to the client 8-10 days after their Quit Date Appointment – around week 1-2 of the client's quit programme. This voucher code should have already been allocated to the client and logged on their profile notes on MIS during the Quit Date Appointment.

Please note: A client has relapsed, if the client returns a CO reading of above 10 ppm or they confirm that they have started smoking again at any stage. At this point, the Advisor should stop issuing vaping products and ask the women to re-engage with the service when they are ready to.

After the initial 4 week 'swap to stop' scheme, follow-up vouchers under the Smokefree budget can be used. This will need be recorded on the voucher management system.

5.0 SIXTH APPOINTMENT "OUTCOME APPOINTMENT" (WEEK 4) FACE TO FACE

5.1 STEP 1: DETERMINE NEXT STEPS

- Following confirmation that the client has quit smoking (i.e., CO reading of below 4 ppm) the Tobacco Dependency Treatment Practitioner should discuss with the client the level and type of support required over the remaining pregnancy. Ideally contact should be made 2 weekly initially then move to monthly for the remainder of the pregnancy.

- Option for code delivery: Issue the client with both sets of codes associated with the 4-week continuation vouchers (product type L and product type A).
- The second set of continuation codes will need to be issued to the client between week 7 and 8.
- The voucher codes will be ordered by tobacco dependency lead midwife weekly via the procurement platform. The advisor will monitor levels of voucher codes and escalate if codes are low. The codes will be located on the internal voucher management system.

5.2 STEP 2: RECORD THE INTERVENTION ON MIS

- The Advisor should complete the relevant 'smoking in pregnancy' in MIS.
- The Advisor should first comment in additional notes the 'vape refill pack' supplied to confirm that the client has been issued with a set of continuation codes.

6.0 ORDERING VAPE VOUCHERS VIA COUNCIL NOMINATED PROCUREMENT PLATFORM

(Undertaken by midwife)

To order the Vaping Starter Kit and Continuation vouchers the Specialist midwife will order and add codes to internal e-cigarette management system. This is done through the [Procurement website](#) and outlined in SFP Teams channel files.

6.1 HOW TO LOG IN AND PROCESS AN ORDER

Each provider will be provided with a service account (including username and password) by county council upon confirming a launch date.

How to place an order:

Video saved in Teams files demonstrates how to login to the Vape voucher procurement platform. The video covers the transactional processes of placing an order via the platform. (Insert video.) The Midwife can order two types of vouchers from the Procurement platform:

1. The 4-week vape starter kit voucher.
2. The 4-week continuation voucher

It is important to note that Totally Wicked can only process voucher orders in quantities of 10 per voucher type.

After placing an order on the Procurement platform, the midwife will be contacted by Totally Wicked within one working day with the voucher codes.

6.1.1 FINANCIAL COSTS

Any continued supply after the 4-week starter kit programme will be conducted through the Procurement platform and charged to UHSx Maternity Department Financial spending on the

platform and associated budgets will be closely monitored and reviewed by UHSX, BHCC and WSCC.

6.1.2 HOLDING A STOCK OF VAPE PRODUCTS

The preferred method for ordering nicotine vape products into the service would be via the voucher scheme. Each site location will have one Skope Air and Tornado GTL for demonstration purposes. No direct supply will be offered.

6.2 TOTALLY WICKED VOUCHER SCHEME AND CLIENT ORDER PROCESS

- The client can only order their vape products once the Advisor has provided the client with their voucher codes. Below outlines the steps involved to enable the client to redeem their vouchers.
- At the Quit Date Appointment, the client needs to create an account on the Totally Wicked Website. This is required to complete the age verification process for purchasing nicotine vaping products.

6.2.1 TOTALLY WICKED VOUCHER SCHEME

Totally Wicked is the website [Health Improvement Partners 3 \(totallywicked-eliquid.co.uk\)](https://totallywicked-eliquid.co.uk) where the client can redeem the vouchers to order their chosen products for free.

The voucher scheme comprises of two types of quit vouchers that the Advisor will have allocated to the Client:

4-week starter kit including the below:

Product Type	Product Details
K	2 week vape starter kit (device, atomizers and e-liquids)
A	2 week follow up refill bundle (atomizers and e-liquids)

4-week continuation voucher including the below:





Product Type	Product Details
A	2 week follow up refill bundle (atomizers and e-liquids)
L	2 week refill e-liquid bundle

Please note: Totally Wicked can support clients who are digitally excluded or lack digital skills to redeem their voucher codes over the phone by calling: [01254 692244](tel:01254692244).

The Advisor may choose to support the client to redeem their first voucher code from the [Totally Wicked Health Improvement](#) landing page. By supporting the client in this way, the Advisor will be reassured that the client has the knowledge to place future orders over the course of the 12-week programme.

6.3 NICOTINE VAPING PRODUCTS AND IMPORTANT INFORMATION

See the below table for the nicotine vaping products, accessories and e-liquids available to order from the Totally Wicked platform as part of the 12-week programme:

<p>Skopec-Air is a beginner friendly vape pod. It is easy to use and can feel just like smoking. There is a button on the front that you can press to vape. Alternatively inhale on the e-cig and you can vape that way too.</p>	<p>Tornado GTL is a sleek, simple and packed with features. The Tornado GTL device has 3 power settings and adjustable airflow to give you an airier or tighter drag.</p>
Suits low-medium level smokers (up to 15 per day)	Suits medium -high level smokers (15-20+ per day)
 <p>Includes 1 E-liquid</p> <p>Skopec Air</p> <p>Beginner friendly Easy to use Can be filled with e-liquid</p>	 <p>Includes 1 E-liquid</p> <p>Tornado GTL</p> <p>Utilises GTL coils USB-C quick charge 3 power settings</p>
Training Video	Training Video
 <p>Skopec Air Replacement Atomizer Heads x 2 1.2ohm</p>	 <p>Tornado GTL Replacement Atomizer Heads x 2 1.2ohm</p>
<p>Skopec Air Specifications:</p> <ul style="list-style-type: none"> Pod capacity - 2ml Filling method – Side fill Battery capacity - 800mAh Airflow type – Bottom 	<p>Tornado GTL Specifications:</p> <ul style="list-style-type: none"> Pod capacity - 2.0ml Filling method - Sliding Top fill. Battery capacity - 1600mAh

<div>adjustable</div> <ul style="list-style-type: none">Atomizer resistance - 0.8ohmDimensions - 116.6mm (length) x 22.5mm (width) x 12.7mm (depth)Device weight - 38g		<ul style="list-style-type: none">Airflow type - Bottom adjustable3 Power Modes (Low, Med, High)Dimensions -131mm (length) x 20mm (diameter)Device weight - 64.5g	
<div>Kit Contents:</div> <ul style="list-style-type: none">1 x Skope Air battery1 x Skope Air pod2 x EN 0.8ohm atomizer heads1 x USB-C cable1 x User manual		<div>Kit Contents:</div> <ul style="list-style-type: none">1 x Tornado GTL Battery1 x GTL Cartridge2 x GTL 1.2ohm atomizer heads1 x USB-C cable1 x User manual	
	Switz E-liquid - Mixed Fruit available in 0.6%, 1.0% & 1.6% nicotine strength	Switz E-liquid - Strawberry available in 0.6%, 1.0% & 1.6% nicotine strength	Switz E-liquid – Iced Blackcurrant available in 0.6%, 1.0% & 1.6% nicotine strength

6.3.1 VAPES AND OXYGEN THERAPY

Vapes / electronic cigarettes include a power source, and this may be charged from a USB power port or by using a separate battery charger. These items, when saturated with oxygen may ignite. It has been reported that there could be a risk of an ignition of a vapes whilst a patient is undergoing oxygen therapy. As a result, it is advised that **clients should NOT vape whilst on oxygen therapy.**

Additionally, batteries of vapes should not be charged in the vicinity of a patient undergoing oxygen therapy or the oxygen source itself. When using electronic cigarettes, the same safety principles should be adopted as smoking burning cigarettes.

6.3.2 STORAGE

Nicotine vape products should be managed, recorded, and stored in line with your service's current guidelines for NRT products. Smoking cessation aids should be safely stored in a locked storage unit and must be:

- Kept in accordance with the manufacturer's instructions (i.e., dry storage, stable temperature)
- Kept in lockable storage units.

- Kept out of the reach of clients and children.
- Transported from the direct supply unit in a lockable container.

6.3.3 DISPOSAL OF RECHARGEABLE VAPES

Clients should be advised that vape devices should never be disposed of in household waste and should instead be handed into an approved collector of waste such as electrical and electronic equipment recycling waste. Larger vape stores, electrical retailers such as Currys and Recycling Centres operate collection points, or alternatively clients can find their nearest collection point by entering their postcode at <https://www.recycleyourelectricals.org.uk/>.

All the District and Borough councils in West Sussex and Brighton and Hove City Council offer a kerbside small electrical collections service. For more information on these collections visit your local authority's webpage:

[Adur and Worthing Councils](#)

[Arun District Council](#)

[Chichester District Council](#)

[Crawley Borough Council](#)

[Horsham District Council](#)

[Mid Sussex District Council](#)

[Brighton & Hove City Council \(brighton-hove.gov.uk\)](#)

6.3.4 TOTALLY WICKED CUSTOMER SERVICES

- In the first instance, we would recommend that you advise all clients to contact Totally Wicked's customer services directly on [01254 692244](tel:01254692244) (business hours) for expert advice and guidance on troubleshooting technical problems. For other forms of communication, such as 'Live Chat' and the email option, please refer them to the Totally Wicked '[contact us](#)' webpage.
- Totally Wicked customer services will support our clients to resolve any technical problems they are experiencing with a vaping product. If the customer services Advisor deems the item in question to be faulty, they will honour the warranty by sending out a replacement item to the client via next day delivery.
- For more warranty & Safety information, please see the following link:
<https://www.totallywicked-eliqum.co.uk/e-cigarette-warranty-safety-information>
- Their customer service team are available to contact from Monday – Saturday, clients have the choice to contact via e-mail, live chat or telephone.
 - Monday - Friday: 9am - 5pm
 - Saturday: 9am - 5pm
 - Sunday: Closed
 - Email: info@totallywicked.co.uk
 - Telephone: (+44)1254 692244 (not call and collect).

Faulty vapes disposal either follow the process as outlined in the 'disposal advice for rechargeable vapes' section or contact Totally Wicked directly on 01254 692244 to arrange collection and disposal of the faulty vape.

7.0 TRAINING

We recommended that Specialist midwives and Tobacco Dependency Treatment Practitioners undertake the following training to support the integrating of nicotine vape starter kits into stop smoking service delivery:

- MS Teams Virtual Session (30mins) training on how to navigate and order vaping products from the platform.
- Complete the free NCSCT 'Vaping for healthcare professionals' e-learning: <https://elearning.ncsct.co.uk/vaping>
- MS Teams Virtual Session (90mins), **Totally Wicked**: led by Helen Astbury, Health Improvement Partnership Lead and Smoking Cessation Lead. This training session will cover:
 - Evidence base for switching to vaping.
 - Product demonstration of the chosen vapes kits including product features.
 - E-liquids strengths and popular flavours as well as how to reduce the nicotine strength.
 - The difference between vape and smoking inhalation and air flow.
 - Difference in atomizer heads ohm rates and cleaning the vape.
 - Troubleshooting problems and warranty returns
 - Disposal of the vapes.
 - Q&A and Conclusion
- Watch each of the following demonstration videos for the two available vapes:
 1. Skope Air [click here to view](#)
 2. Tornado GTL [click here to view](#)

8.0 MONITORING

Team responsible for monitoring: Specialist Tobacco Dependency Midwives, Public Health Midwife, Matrons, and team leaders.

Data will be reported monthly to the Tobacco Patient Level Data Collection.

Evidence of compliance with Saving Babies Lives is submitted quarterly to the implementation tool provided by SBLV3.1.

MISyear5-update-July-2023.pdf

A highlight report with locally agreed KPIs will be presented at the bimonthly UHSx/NHS Sussex TDT Facilitative and Partnership Meeting.

Minimum Quarterly report to be written and sent to Director and Heads of Midwifery and disseminated as appropriate.

Reports and data to be presented as required to local and national Smokefree Pregnancy and health improvement agencies.

Maternity services will provide a quarterly report to local councils with data regarding the Swap to Stop Scheme and demographic data for service users that choose to engage in this scheme.

In addition, progress monitoring and troubleshooting will take place through the regular public health and maternity meeting: Maternity & Healthy Lifestyle Group - UHSussex & BHCC facilitated by laura.mclaren4@nhs.net, for which a new standing agenda item should be created: Vaping Partnership Update.

Issue being monitored	Monitoring method	Responsibility	Frequency	Reviewed by and actions arising followed up by
As above	Audit	Public health Midwife/ Tobacco dependency Midwife	Monthly audits and Quarterly reports will be produced	Quality and Safety Meeting

ADDITIONAL GUIDANCE / INFORMATION

Vapes disposal & Recycling Electricals:

[Recycle Your Electricals - WEEE Recycling - Material Focus](#)

[Adur and Worthing Councils](#)

[Arun District Council](#)

[Chichester District Council](#)

[Crawley Borough Council](#)

[Horsham District Council](#)

[Mid Sussex District Council](#)

[Brighton & Hove City Council \(brighton-hove.gov.uk\)](#)

Totally Wicked customer services:

[Contact Totally Wicked Premier Vaping Supplier | Trust the Experts \(totallywicked-eliquid.co.uk\)](#)

National centre for Stop Smoking Training (NCSST):

[NCSCT e-learning](#)

User guide on how to use Skope Air and Tornado GTL

[How to use the Skope Air E-cigarette \(youtube.com\)](#)

[How to use your Totally Wicked Tornado GTL E-cigarette \(vimeo.com\)](#)

SEE ALSO / LINKED DOCUMENTS

Maternity Smoking & Smoke Free Pregnancy Protocol

NRT Protocol

CLINICAL PROTOCOL GOVERNANCE AND APPROVAL

OWNER	Sebastian Adamson & Francis Usifo
AUTHOR/FURTHER INFORMATION	West Sussex County Council (WSCC) Brighton & Hove City Council (BHCC) Caroline Thomas Cara Henwood Juliette Golding
PROTOCOL VERSION	v1.0
RELATED POLICIES	Maternity Smoking & Smoke Free Pregnancy Policy
RELATED DOCUMENTS	NRT Protocol
STANDARDS	<p>NCSCT. (2019) Stopping Smoking in Pregnancy. A briefing for maternity providers.</p> <p>NCSCT Standard Treatment Programme for Pregnant Women.</p> <p>NICE 2023: Tobacco: preventing uptake, promoting quitting, and treating dependence</p> <p>NCSCT. (2019) Stopping Smoking in Pregnancy. A briefing for maternity providers.</p> <p>NCSCT Standard Treatment Programme for Pregnant Women.</p> <p>NICE 2023: Tobacco: preventing uptake, promoting quitting, and treating dependence</p>
SUPERSEDED DOCUMENTS	N/A
REVIEW DUE	May 2027
REFERENCE NUMBER	CDL 11592

Approval

JOGG	Date approved	17 th April 2024
Women & Children's Clinical Effectiveness Group	Date approved	10 th May 2024
Medicines Governance Committee	Date approved	14 th March 2024

Consultation

Tobacco Dependency Treatment Steering Group	Date approved	25 th April 2024
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Ratification

Clinical Document Approval Group	Date approved	Chair's Approval - 9 th May 2023
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Consultation

Please select any appropriate consultation groups/ committees:

Trust Wide Governance Group	Tick as required:
Medicines Governance Committee (MGC - replaces 'Medicines Optimisation Committee' and 'Drug and Therapeutics Committee')	✓
Antimicrobial Stewardship Group	
Resuscitation Committee	
Resuscitation Operational Management Group (ROMG)	
Trust Transfusion Committee	
Trust Infection Prevention Committee (Chief Nursing Officer)	
Thrombosis Committee	
Health Records Committee	
BSUH Trauma Committee	
Major Trauma Committee	
Sussex Trauma Network	
Children's Safeguarding Strategy Committee	
Radiation Safety Committee	
Medical Devices & Equipment Committee	
Patient Blood Management Committee	
Patient Safety Committee	
BSUH Diabetes In-Patient Care Committee	
Carer and Patient Information Group (CPIG)	
Women's Safety and Quality Committee	
Food Improvement Group	
NIV Steering Group	
NMAHP Board	
Deteriorating Patient Group	
Other (please specify)	
Tobacco Dependency Treatment Steering Group	✓

CLINICAL PROTOCOL**Due for review:** May 2027**Name of Protocol:** Maternity Vaping Protocol v1.0**For use at:** PRH, RSCH, SRH, WH**University Hospitals Sussex**
NHS Foundation Trust

Women & Children's Clinical Effectiveness Group	✓
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PROTOCOL VERSION CONTROL LOG

Version	Date	Author(s)	Approved by	Comment
1.0	April 2024	Caroline Thomas – Public health Midwife Cara Henwood – Tobacco Dependency Specialist Midwife Juliette Golding- Tobacco Dependency Specialist Midwife	JOGG	New Trust wide vaping protocol for maternity.