Are E-cigarettes more effective in supporting smoking cessation than nicotine-replacement therapy?

Myriam Cadet
Bronx Community College, New York City, New York, USA

Correspondence to: Myriam Cadet, Bronx Community College, New York city, NY 10453, USA; myriamjeancadet@yahoo.com

Commentary: implication for research and practice

► Nurses need to design evidence-based research studies on the prevention of smoking using e-cigarettes or nicotine-replacement therapy to improve health.
► Nurses should support patients’ treatment preferences and values, based on evidence-based practice guidelines for smoking cessation.

Context
A total of 34.3 million people are smokers in the USA.1 Smoking leads to disease, disability and harms to nearly every organ of the body.1 Treating smoking addictions has received a great deal of attention in recent years,1.2 3.4 as adjunctive treatment can support smoking cessation, stop the urge of smoking and prevent further addictions.4 Smoking cessation can be promoted at different levels of prevention. In primary prevention, the nurse can teach patients about behavioural lifestyle changes to prevent the use of cigarettes. Secondary prevention can focus on screening smokers; tertiary prevention assesses for long-term treatment adherence to quit smoking by assessing barriers to quit smoking, evaluating previous attempts to quit smoking, assessing willingness to quit smoking and evaluating the patients’ preferences of treatment and values.1 3

Commentary
The study focused on the effectiveness of e-cigarettes and nicotine-replacement therapy to facilitate smoking cessation and support abstinence. This study is crucial for nurses when caring for patients because tobacco addictions are a severe public health issue.3 The nurse’s role is to promote the shared decision-making process, plan behavioural interventions to stop smoking and develop smoking prevention strategies to prevent health complications and maintain abstinence.
Within the study, the effectiveness of treatment on abstinence rates was higher in the e-cigarettes group as compared with the nicotine-replacement group.2 Also, treatment adherence was similar in both groups of research participants; but e-cigarettes were found to be used more frequently and for a longer period of time when compared with nicotine-replacement products. Another strategy to maintain abstinence from smoking cessation is using behavioural therapies. To quit smoking, a patient can learn new and effective behaviours to help with smoking addictions. E-cigarettes were more effective for smoking cessation as compared with nicotine-replacement treatment when used together with behavioural support.5 The nurse can develop behavioural support interventions to help a patient adhere to smoking cessation treatment using e-cigarettes. Quitting smoking can be a difficult decision; therefore, using behavioural therapies and e-cigarettes as adjunctive treatment can support smoking cessation, stop the urge of smoking and prevent further addictions.3

Funding The authors have not declared a specific grant for this research from any funding agency in the public, commercial or not-for-profit sectors.

Competing interests None declared.

Patient consent for publication Not required.

Provenance and peer review Commissioned; internally peer reviewed.

© Author(s) (or their employer(s)) 2020. No commercial re-use. See rights and permissions. Published by BMJ.

References