

# ENDS Brief Intervention



## Intervention Handout

The four primary goals of the brief tobacco intervention are to:

1. increase motivation of non-users to remain nicotine-free
2. decrease intention to use nicotine products
3. engender discussion regarding the consequences of using nicotine
4. provide information when needed

**SBIRT (Screening, Brief Intervention, and Referral to Treatment)** is a brief intervention. SBIRT uses a motivational interviewing approach in about 10-15 minutes.

**OARS (Open-ended questions, Affirming, Reflections, and Summaries)** can help someone remember one of the primary goals of motivational interviewing which is to elicit change talk.



**Follow Along:**  
Listen to Episode 12  
ENDS Brief Intervention

### Learning Objectives:

1. Provide an overview of the current state of research on interventions for ENDS use.
2. Summarize motivational enhancement techniques which may aid in interventions directed at ENDS use.
3. Describe a brief intervention which aims to address problematic ENDS use.

<b>1. Establish rapport and ask permission</b>	<i>"Hello, I am _____. Earlier, a member of the treatment team did a screening for ENDS use. Would you mind taking a few minutes to discuss this with me?"</i>
<b>2. Pros and cons of ENDS</b>	<ol style="list-style-type: none"><li>1) <i>"Help me understand the things you like about using [e-cigarettes, HnB products]?"</i> Reflect back the pros:</li><li>2) <i>"What are some of the things you don't like very well about using [e-cigarettes, HnB products]?"</i> Reflect back the cons:</li><li>3) <i>"So on the one hand [list pros], and on the other hand [list cons]."</i></li></ol>
<b>3. Feedback</b>	<i>"I have some information about ENDS. Would you mind if I share that with you?"</i>  Health effects of vaping include nicotine addiction for the majority who vape nicotine and risk for serious lung disease. Long-term effects are uncertain, but there are concerns because of known ingredients and contaminants that are known to cause cancer.  <i>What are your thoughts on that?</i>
<b>4. Readiness to change</b>	<ol style="list-style-type: none"><li>1) Readiness Ruler: <i>"On a scale from 1-10, with 1 being 'not ready at all' and 10 being 'completely ready', how ready are you to make any changes in your use of [ENDS]?"</i>  <i>"You said you are _____. That's great. That means you are _____% ready to make change."</i></li><li>2) <i>"Why did you choose _____ and not a lower number like a 1 or a 2?"</i>  Elicit as many reasons as possible, then reflect back reasons.</li><li>3) <b>Only for patients who select a 5 or lower</b>, say: <i>"What would have to happen to make you think that it would be time to make a change?"</i>  <i>"So if _____ happened, then you would rate your readiness to change higher; what would it be then?"</i></li></ol>

### Resources

Substance Use and Mental Health Services Administration. Screening, Brief Intervention, and Referral to Treatment (SBIRT).  
<https://www.samhsa.gov/sbirt>

<p><b>5. Recommendations</b></p>	<p>“Based on your responses to the screening, I have some recommendations for you. Is it okay to share them with you?”</p> <p>-[<b>Abstinent eFTND = 0</b>]: We recommend that you continue to abstain from using ENDS.</p> <p>-[<b>Experimentation/Limited Use (any ENDS use within the past year), eFTND = Low</b>]: We recommend that you abstain from using ENDS, and can share some resources with you.</p> <p>-[<b>Problematic use (uses ENDS daily), eFTND = moderate to high</b>]: Professional treatment is recommended if you would like to stop ENDS use. This may include psychotherapy and/or tobacco cessation medications to help achieve your goals.</p>
<p><b>6. Action Plan</b></p>	<p><b>If patient has at least a 5 on readiness ruler, complete an action plan.</b> If patient is at a 3-5 on readiness and appears willing, can conduct action plan based on hypothetical situation given: “So if _____ happened and you decided you want to make a change ...”</p> <p>1) “What kind of changes would you like to make?”</p> <p>2) “How will you go about making them?”</p> <p>3) “What can you put in place to make it difficult for you to use ENDS if you end up having the urge?”  <b>After</b> the patient generates own ideas and you have <b>written</b> and reflected them back, say, “I have some ideas that other patients have found helpful. Would it be okay if I shared them with you?”</p> <p>Common ideas: getting rid of ENDS products in house, tallying every vaping episode, cutting ties or limiting interaction with friends/locations of previous ENDS use</p> <p>Ask, “Which of those ideas, if any, might help you?” <b>Circle</b> the ones the patient might use on the action plan.</p> <p>4) “What are some other things you can do instead of using ENDS when you have the urge or you’re stressed out?” <b>After</b> the patient generates own ideas and you have <b>written</b> and reflected them back, say, “I have some ideas that other patients have found helpful. Would it be okay if I shared them with you?”</p> <p>Common ideas: exercising, squeezing a stress ball, walking around the block and count steps, leaving the location, using another distraction, calling a friend/sponsor, writing out or reading reasons for decreasing use, taking a cold shower</p> <p>Ask, “Which of those ideas, if any, might help you?” <b>Circle</b> the ones the patient might use on the action plan.</p>
<p><b>7. Referral to Treatment</b></p>	<p><b>(Only ask if patient is interested in treatment)</b></p> <p>“You said that you would be interested in getting some professional support for changing your use. Which of these treatment options would you be willing to consider?” Read options:</p> <p>-individual or group counseling, <b>VA Quit Line 855-QUIT-VET (855-784-8838)</b></p> <p>-medication assisted treatment</p> <p>If patient is at a 3-5 on readiness and appears willing, talk about treatment based on hypothetical situation given:</p> <p>“So if _____ happened and you decided you wanted treatment ...” Which of these treatment options would you be willing to consider?</p> <p>Any others?” Circle selected options.</p> <p>“What will you need to put in place to make that happen?” (E.g., notify care team for referral, find transportation, help with telehealth appointments, etc.)</p>
<p><b>8. Provide Summary</b></p>	<p>Summarize reasons for change and action plan. Ask if there is anything else that should be added.</p>
<p><b>9. Promote Autonomy</b></p>	<p>“I appreciate you talking with me today. I understand that <b>only you can ultimately decide what will work for you.</b> I wish you the best of luck.”</p> <p>Give patient a copy of the action plan and make any necessary referrals.</p>