

THE VAPING GAMES E-CIG PENTATHLON

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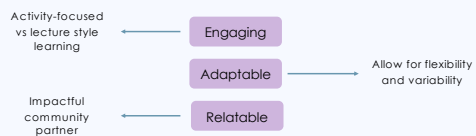
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PURPOSE OF THE PROJECT

- Engage young individuals in activities that challenge them to think about the effects and consequences of using ENDS products
- Empower young individuals to make decisions that enhance their overall well-being
- Measure the change in participant level of knowledge and attitudes towards ENDS products using a survey

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GOALS FOR PROGRAM DESIGN

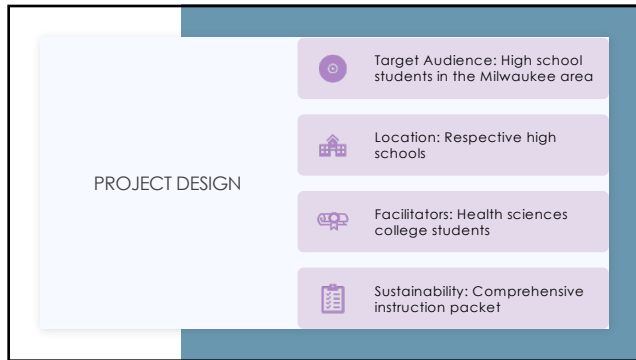


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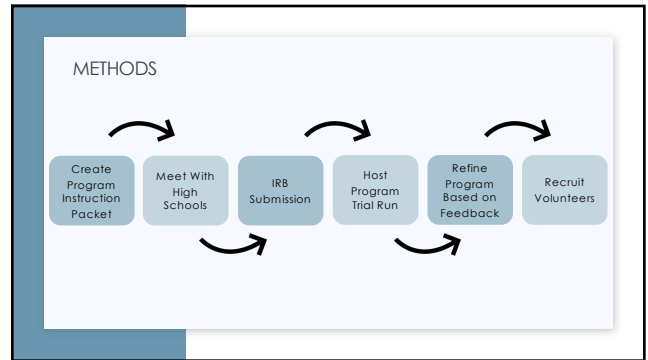
FOUNDATION TO PROJECT^{1,2}

- E-cigarettes are the most common tobacco product used among youth
- 1 out of every 5 high school students in 2020 reported using e-cigarettes in the past 30 days
- Interaction between students of different grade levels during school programs are associated with an increased rate of student engagement and cooperation

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THE PENTATHLON

- 5 interactive stations
- Each tackling a different aspect of ENDS use
- Run by college volunteers
- Exit Survey
 - Assess students' knowledge and attitudes
 - Gather feedback



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THE PENTATHLON

WHAT'S IN MY VAPE

- Relay race to identify ingredients in ENDS
- Addresses the misconception that ENDS contain mostly water vapor

THE PRICE IS RIGHT

- Challenges participants to correctly match the cost of regular ENDS use with expenses teenagers may be familiar with
 - Coffee
 - Music/streaming subscriptions
 - Gas

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THE PENTATHLON

LUNG RUN

- Relay race with imposed limitations to depict the impact of ENDS use
- Explains the potential negative health effects caused by ENDS

CALM UNDER PRESSURE

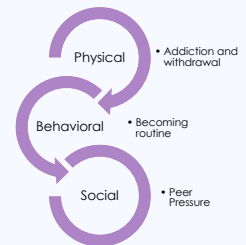
- Recognize that some people may turn to nicotine as a way to cope with stress
- Identify possible stressors for high schoolers and propose healthy alternatives to stress relief
- Creation of an aromatherapeutic heating pad

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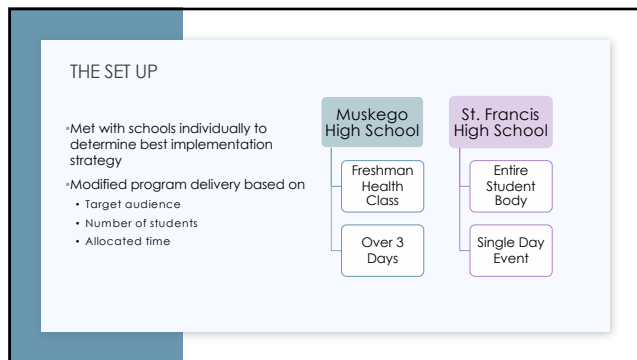
THE PENTATHLON

THE THREE LINKED CHAIN

- Presentation addressing how each component of the chain impacts ENDS use and addiction



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Wisconsin closes all schools to prevent spread of coronavirus pandemic

How long will Wisconsin schools remain shut down because of COVID-19? At least another month, maybe longer

Southeast Wisconsin schools begin virtual learning during coronavirus closure



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PHASE 2

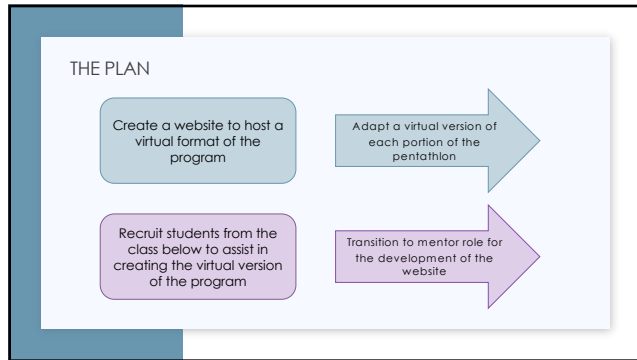
PANDEMIC HITS

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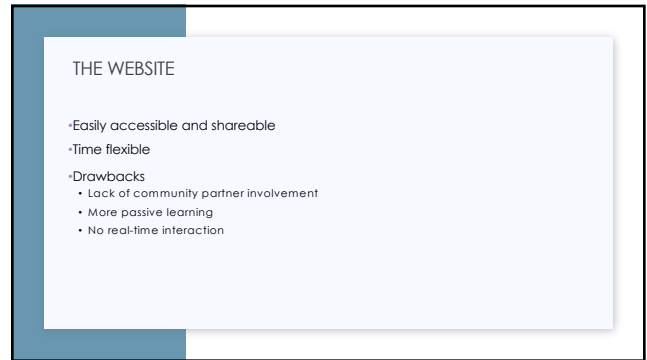
THE UNKNOWNNS

- When will schools go back to in person?
- When schools return to in person will they allow volunteers on site to host the program?
- As we begin our APPE rotations is it feasible for us to continue this project on our own?

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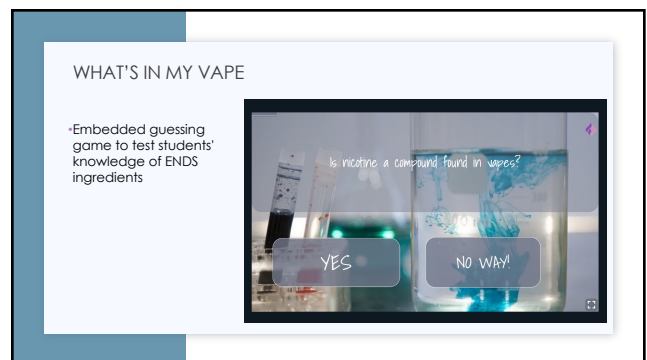
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THE PRICE IS RIGHT

- Interactive guessing game to highlight the cost of ENDS use compared to other everyday expenses

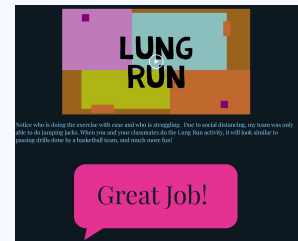
THE PRICE IS RIGHT

1. Analyze the cost of regularly using electronic nicotine delivery systems (ENDS)
2. Compare monthly and annual costs of ENDS versus common expenses (i.e. Spotify, Netflix, coffee, gas) and how many ENDS are equal to a car, house, or vacation

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LUNG RUN

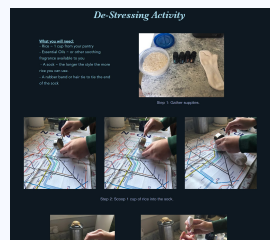
- Video demonstration of lung health effects



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CALM UNDER PRESSURE

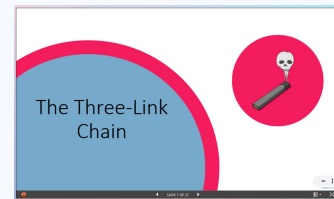
- Step-by-step instructions with pictures on how to make an aromatherapeutic heating pad
- Additional resources



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THE THREE LINKED CHAIN

- Audio presentation with knowledge check



DATA COLLECTION

For the following questions, please respond by CIRCling the most appropriate number.
PLEASE NOTE: Each question requires a response for how you felt BEFORE the program and AFTER the program.

	BEFORE the Program					AFTER the Program				
	No Knowledge	Slight Knowledge	Some Knowledge	Moderate Knowledge	Lots of Knowledge	No Knowledge	Slight Knowledge	Some Knowledge	Moderate Knowledge	Lots of Knowledge
What is your knowledge of ingredients in vaping products?	1	2	3	4	5	1	2	3	4	5
What is your knowledge of the cost of using vaping products?	1	2	3	4	5	1	2	3	4	5
What is your knowledge of the negative health effects of using vaping products?	1	2	3	4	5	1	2	3	4	5
What is your confidence in your ability to address peer pressure related to the use of vaping products?	Not Confident	Low Confidence	Neutral	Confident	Very Confident	Not Confident	Low Confidence	Neutral	Confident	Very Confident
What is your confidence in managing stress?	1	2	3	4	5	1	2	3	4	5

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DATA COLLECTION

For the following questions, please respond by CIRCling the most appropriate number.
PLEASE NOTE: Each question requires a response for how you felt BEFORE the program and AFTER the program.

	Very Unlikely	Unlikely	Neutral	Likely	Very Likely	Very Unlikely	Unlikely	Neutral	Likely	Very Likely
How likely were you to use vaping products?	1	2	3	4	5	1	2	3	4	5
This program changed my view on vaping products.	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree
This program increased my knowledge of vaping products.	1	2	3	4	5	1	2	3	4	5
This program was beneficial and worthwhile.	1	2	3	4	5	1	2	3	4	5

What are 2 things you liked about the program?

What are 2 things that could be improved?

Additional comments:

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LIMITATIONS

Connecting with schools <ul style="list-style-type: none"> Continued COVID precautions/limitations Transitional classroom structure Schools not perceiving as an issue 	Website funding <ul style="list-style-type: none"> Website domain purchased for one year 	IRB <ul style="list-style-type: none"> School board approval to distribute surveys to minors
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FUTURE DIRECTIONS

- Two separate versions of the program
 - Expanded adaptability
 - Potential for further geographical reach
- Share resources
 - Pharmacy schools
 - Community groups
- Host in person program when possible
 - Obtain feedback from participants and volunteers

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THANK YOU

Members of NABP/AACP

Dr. Michael Nagy
MCW Students and Faculty

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REFERENCES

1. Centers for Disease Control and Prevention. Youth and Tobacco Use. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm Updated December 16, 2020. Accessed September 9, 2021.
2. Yang C, Bear GG, May H. Multilevel associations between school-wide social-emotional learning approach and student engagement across elementary, middle, and high schools. *School Psychology Review*. 2018;47(1):45-61.

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