

## Alder Hey Children's NHS Foundation Trust (12-month pilot funded by NHS Cheshire and Merseyside)



The Adolescent Vaping-Associated Nicotine Cessation Service (AdVANCeS) is a pilot clinic in a hospital setting with referrals initially coming from Alder Hey Children's Hospital, then general practice and then, hopefully, once the clinic is established, from other settings. The clinic opened in January 2025 to respond to the needs of children and young people who vape, and who may have developed nicotine dependence as a result.

### Service Support

The service is delivered by a clinically-active Consultant in Paediatric Public Health Medicine who works with individuals to develop bespoke support packages. Alongside the development of the clinical service, a programme of engagement with young people is informing the priorities for the service, messages around vape dependency and support to quit.

The clinic runs twice monthly for four hours and offers vaping cessation support to 11–15-year-olds, including an assessment of vaping-associated nicotine dependence. Support may take a range of forms, including provision of NRT where indicated. Appointments are available 1-5pm, with bookings prioritised towards the end of this 4-hour session to account for the school day where possible.

Referral criteria include:

- under 16 at the time of referral **or** under 18 but still under the care of the Alder Hey specialist team
- desire to have a conversation about cutting down or quitting vaping
- under the care of Alder Hey or a local GP (but expanding to other referrals, e.g. school nurses)

The clinic is now exploring the possibility of self-referral for 14–15-year-olds and community clinics (e.g. youth venues, schools).

The clinic is young person-centred and involves:

- explorations of reasons for attendance, readiness to quit, etc.
- assessment of dependence
- tailored discussion around impact of vaping/the effect of nicotine on the brain/health
- general health/wellbeing history (including use of other substances)
- options for retreatment and follow up (bespoke)

### Outcomes / Learnings to date (March 2025):

- Every clinic is different
- Every management plan is different
- Young people aren't always 'just' vaping
- There are often household dynamics to navigate, e.g. adult smoking

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