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# Etude Delphi sur la vaporette et les produits du tabac chauffé

Séminaire AT 2020

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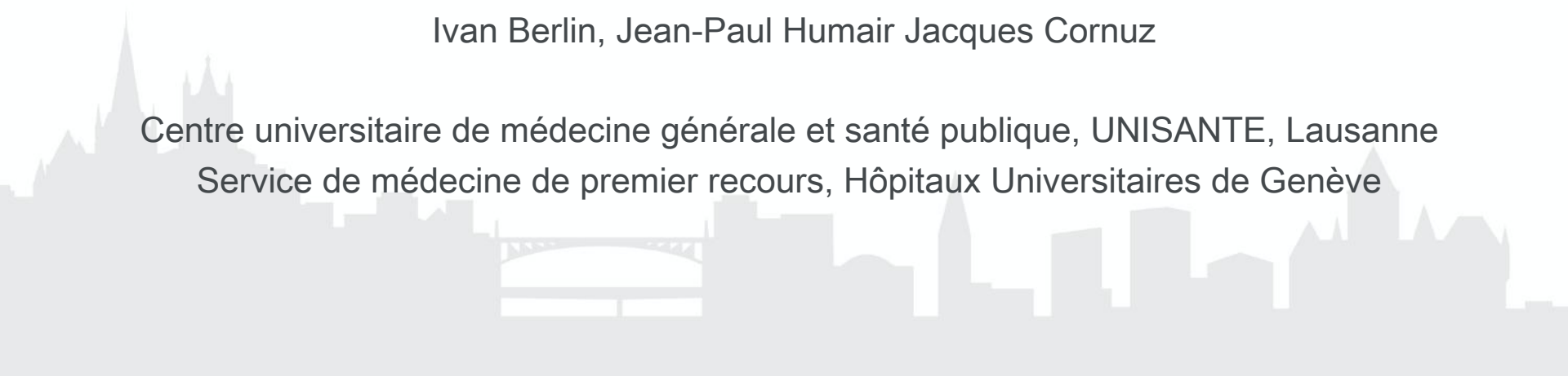
Médecin agréé

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- None of the authors declared conflict of interest

# Objectives

- To provide a consensus from a panel of international experts on
  - electronic nicotine delivery systems (ENDS)
  - heated tobacco products (HTP)
    - regulation
    - sale
    - use
    - risk and addiction
    - research

# Objectives

- To compare opinions since Swiss Delphi survey 2013-2014

Downloaded from <http://bmjopen.bmj.com/> on March 2, 2018 - Published by [group.bmj.com](http://group.bmj.com)

Open Access

Research

## BMJ Open Experts' consensus on use of electronic cigarettes: a Delphi survey from Switzerland

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Jeremie Blaser, Jacques Cornuz

Blaser J, *et al.* *BMJ Open* 2015;**5**:e007197. doi:10.1136/bmjopen-2014-007197

# Method

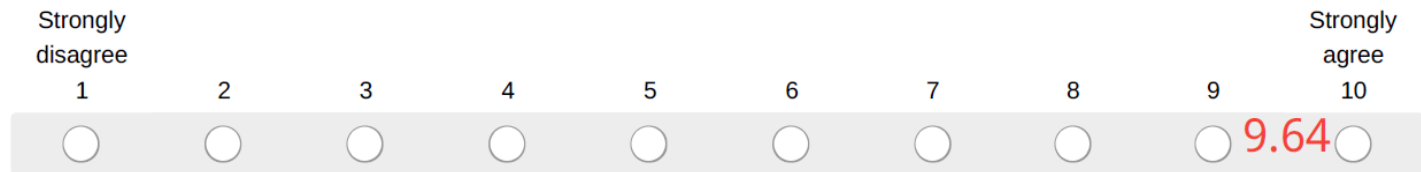
- **Delphi survey**
  - 2018 -2019 first round
  - 2020 second round
- **Setting:** Experts of 15 countries
- **Participants**
  - clinical, public health or research professionals
  - expertise in tobacco control and/or smoking cessation



# Method

- Delphi process, online questionnaire
- Round 1: participants rate the recommendations, whether they agree or disagree, on scale from 1-10

\* **1.1.2 The components of ENDS' liquids should be stipulated on the product**



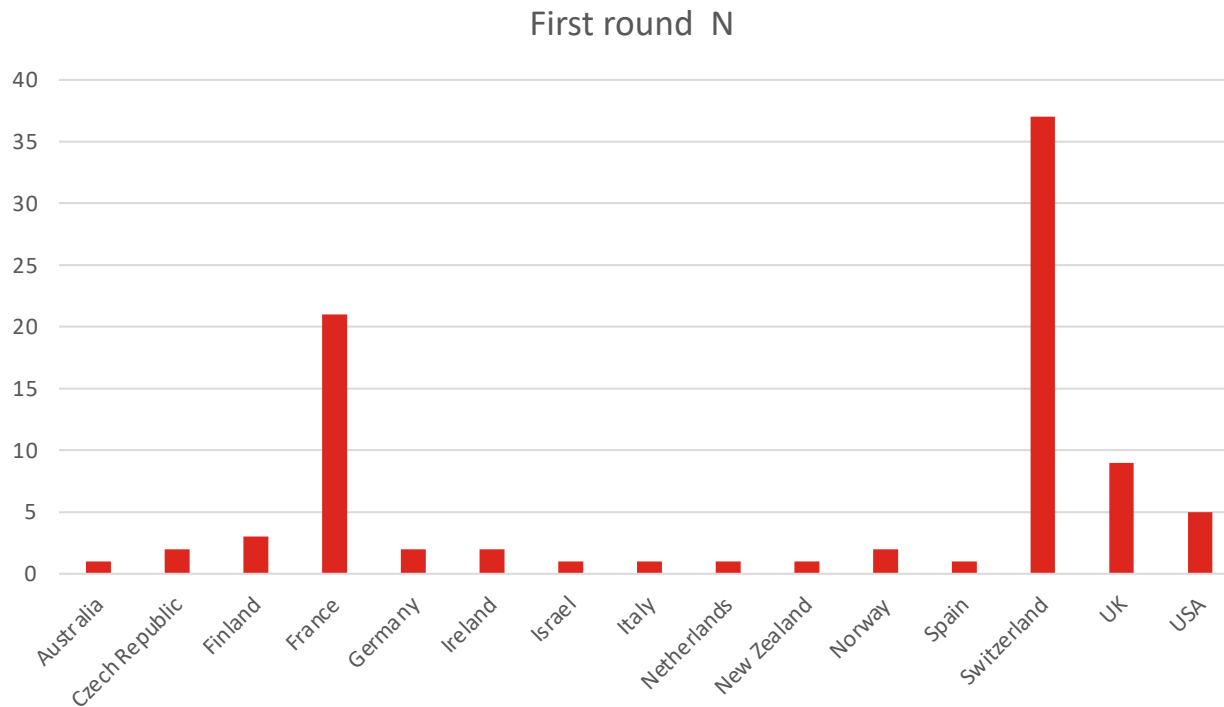
- Score
  - 1 to 3 : negative agreement
  - 8 to 10 : positive agreement
  - >3 to <8: no consensus => second round

# Method

- Round 2
  - Answers: “Don’t agree” or “Agree”
  - Rank propositions from the “most preferred answer” to “less preferred answer”
  - Consensus considered
    - $\leq 30\%$
    - $\geq 70\%$

# First round

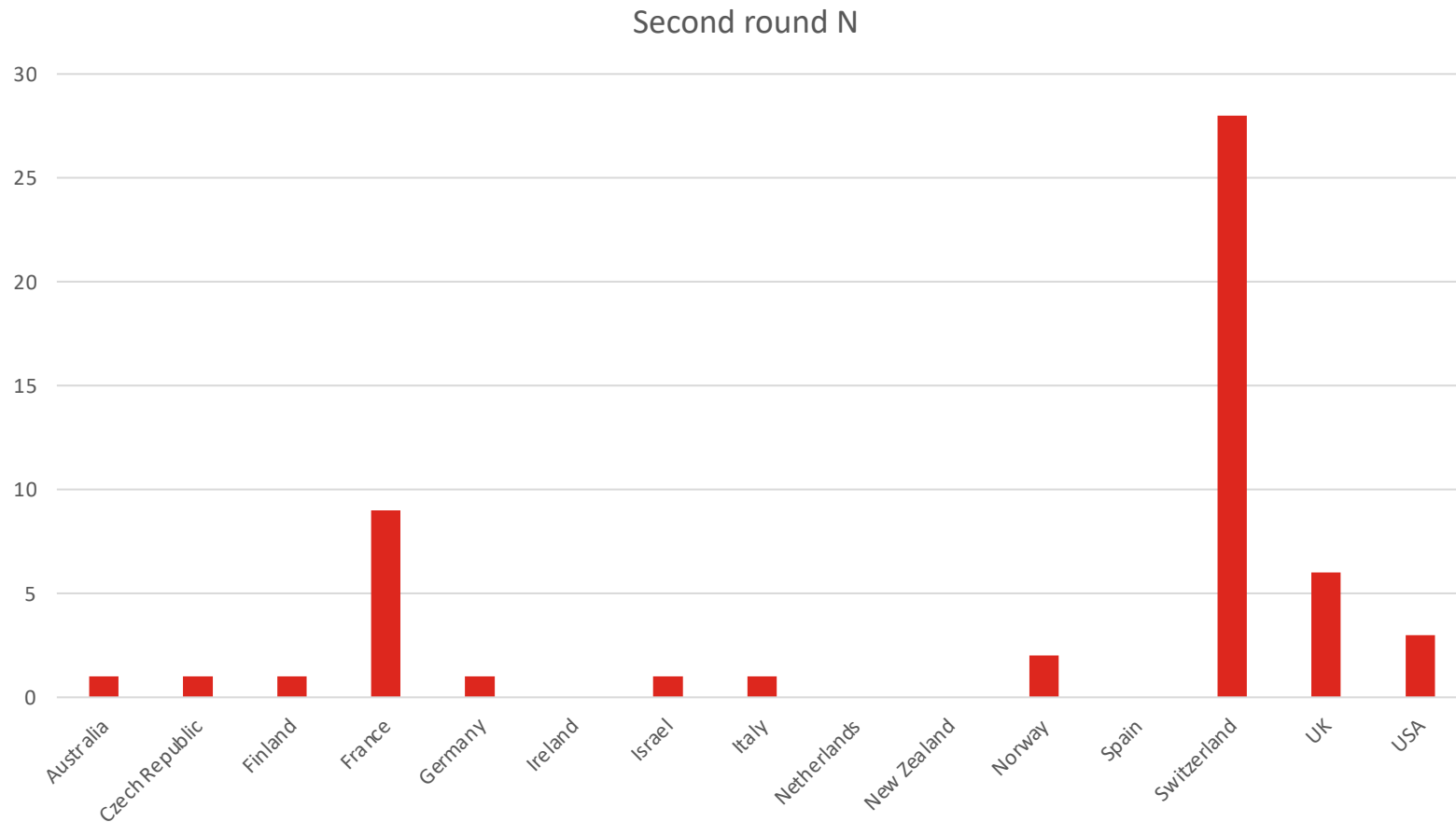
- 268 experts contacted
- 92 participants (34 %)





# Second round

- 55 participants (60 %)



# Results ENDS



# Regulation ENDS

## *Round 1 agreement*

- Components of e-liquids should be stipulated on the product
- Manufacturers and retail sellers should
  - respect a list of authorized liquid components
  - respect an upper limit of nicotine concentration in the e-liquids
  - only produce or sell accepted models with specific requirements
- A warning on the lack of evidence of long-term security and the risk of addictive potential should be stated on the product
- The use of ENDS should be forbidden in indoor public places

# Regulation ENDS

## *Round 2*

How ENDS should be regulated ?

- As a **consumer product: NO**
- either as
  - new category of nicotine delivery
  - tobacco product with specific regulation
  - as conventional cigarettes

# Advertisement ENDS

## *Round 1*

- Advertisement should **not** be allowed targeting
  - minors
  - never smokers
  - former smokers
- No consensus for smokers in *rounds 1 and 2*

# Sale ENDS

## *Round 1*

- Sale restrictions should be proposed
  - for minors: YES
  - for current smokers: NO
- Sale restrictions for **non-smokers and pregnant women**
  - no consensus

## *Round 2*

- Sale restrictions should be proposed for
  - **Non-smokers: YES**
  - Pregnant women: no consensus

# Tax ENDS

## First round

- A specific tax should be implemented for ENDS
  - no consensus

## Second round

- A specific tax should be implemented for ENDS
  - YES

# Use ENDS

## *Round 1*

- Health authorities should advise **never-smokers not to use ENDS**
  - YES
- Health authorities should encourage conventional cigarettes smokers to switch to ENDS
  - no consensus

## *Round 2*

- Health authorities should **encourage conventional cigarettes smokers to switch to ENDS** as a risk reduction tool
- No consensus about switching to ENDS as quit smoking first line/second line therapy



# Research ENDS

## *Round 1*

Research should address

- long-term safety
- dual consumption
- psychological and social effects of ENDS
- its efficacy as a cessation tool for quitting conventional cigarettes

# Results HTP



# Regulation HTP

## First round

- HTP should **not** be regulated as:
  - consumer product
  - medication

## Second round

- HTP should be regulated preferentially as conventional cigarettes (versus new category of nicotine delivery product)
- The warning messages should **not** be softer for HTP than for conventional cigarette
- HTP should be forbidden in indoor public places

# Sale HTP

## *Round 1*

- HTP should be sold in:
  - Same places as tobacco products: YES
  - Pharmacies: NO
  - General stores: NO
- HTP, regardless of amount of the tax, should be:
  - More expensive than conventional cigarettes NO
  - Same price as conventional cigarettes no consensus
  - Less expensive than conventional cigarettes no consensus

## *Round 2*

- The tax on HTP should **not be lower** than taxes on conventional cigarettes

# Use HTP

## *Round 1*

- Health authorities should advise never-smokers not to use HTP
- Health authorities should **not encourage conventional cigarettes smokers to switch to HTP** to help them quit smoking as first line therapy

## *Round 2*

- No consensus about switching to HTP as quit smoking second line therapy or as risk reduction

# Research HTP

## *Round 1*

Research should address

- long-term safety
- dual consumption
- psychological and social effects of HTP

## *Round 1 and 2*

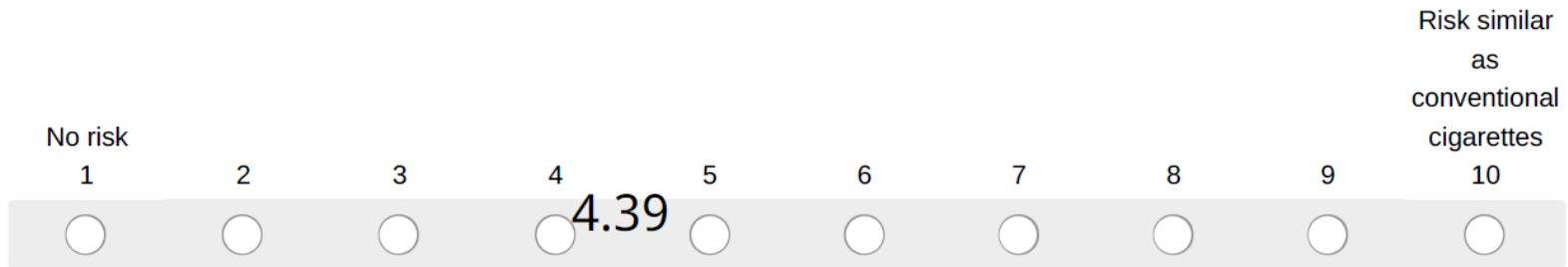
Research should address its efficacy as a cessation tool for quitting conventional cigarettes

➤ No consensus

# Opinion on risk ENDS and HTP

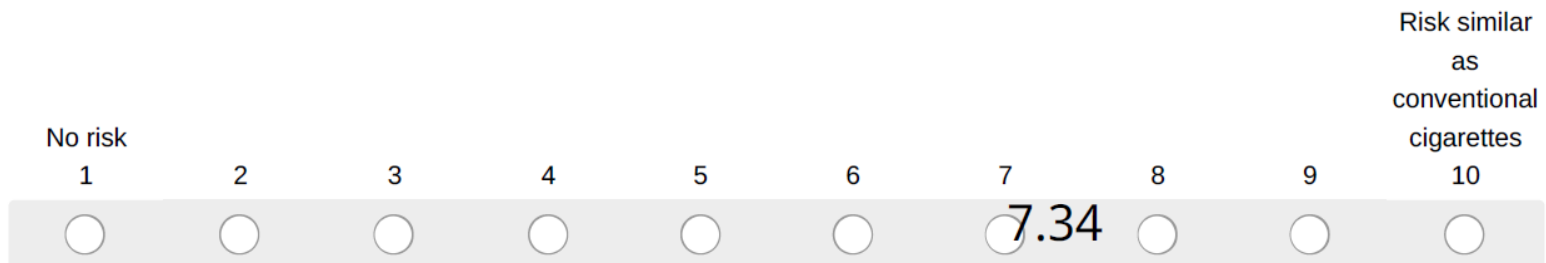
- ENDS

\* 1.4.6 On this risk scale, where do you place the health risk related to ENDS ?



- HTP

\* 2.4.6 On this risk scale, where do you place the health risk related to HTP ?



# Opinion on addiction

- ENDS

\* 1.4.7 On this addiction scale, where do you place ENDS ?



- HTP

\* 2.4.7 On this addiction scale, where do you place HTP ?





# ENDS /HTP risk

## Round 1

ENDS/ HTP are considered dangerous for the health of:

	ENDS		HTP	
	Round 1	Round 2	Round 1	Round 2
never smokers	No consensus	YES	<b>YES</b>	-
former smokers >6 month	No consensus	YES	<b>YES</b>	-
former smokers <6 month	No consensus	No consensus	No consensus	YES
smokers	No consensus	No consensus	No consensus	No consensus

# Comparison with 2013-2014 Swiss Delphi survey

Consensus on ENDS confirmed:

- ENDS are not to be considered as a consumer product
- Maximum concentration of nicotine in e-liquids should be defined
- Advertisement should not target minors, non-smokers or former smokers
- Sales should be restricted to adult smokers
- Use of ENDS should be forbidden in indoor public places
- Health authorities should advise never-smokers not to use ENDS
- Need for long-term safety data

# Comparison with 2013-2014 Swiss Delphi survey

## New consensus on ENDS

- Health authorities should encourage conventional cigarette smokers to switch to ENDS as a risk reduction tool (*round 2*)

# Comparison of agreements

## ENDS / HTP

- HTP is more likely to be regulated as a tobacco product than ENDS
- Higher agreement that HTP should be sold in same places than tobacco products
- Higher agreement that ENDS but not HTP should be sold in pharmacies or in specialized shops
- ENDS considered as less dangerous for tobacco smokers than HTP
- Health authorities should encourage conventional cigarettes smokers to switch to ENDS but not to HTP

# Limitations

- Delphi method
  - Selection of experts
  - No universal guidelines on Delphi method
- Low response rate (34%) round 1, 60% response rate round 2
  - Can not be considered as reflecting the first round respondents' opinion
- Round 2 yes/no questions
- EVALI epidemic in USA between rounds 1 and 2

# Conclusions

- Need for specific regulation on ENDS and HTP
- Need for research
  
- Useful information
  - Authorities
  - Researchers
  - Public health, clinical or research professionals in smoking cessation and public health

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## Thank you for your attention

