



Article

Provision of E-Cigarettes for Smoking Cessation in Pregnancy: Perceptions and Experiences of Pregnant Women from Two UK Sites

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Abstract: Introduction: Smoking in pregnancy is associated with negative health outcomes for both mothers and babies; e-cigarettes, which contain nicotine without hazardous tobacco, may offer an additional smoking cessation strategy for pregnant women. Although e-cigarettes are being increasingly offered within services, there is limited understanding about whether e-cigarettes can improve smoking cessation support for pregnant individuals. This study aimed to explore service users' experiences of using e-cigarettes as a tool for smoking cessation during pregnancy. Methods: Semi-structured interviews were conducted with 14 women who had accepted one of two pilots and were analysed using inductive reflexive thematic analysis. The findings from each site were integrated to develop qualitative insight. Results: Participants largely had positive perceptions of the free and easy-to-use e-cigarette, preferring it to nicotine replacement therapies. The desire to have a healthy pregnancy and baby and the inclusion of non-judgemental behavioural support facilitated motivation to quit. Many participants reduced or quit tobacco use, with positive social and health implications reported. However, numerous barriers to quitting were present and intentions about long-term quitting of combustible cigarettes and e-cigarettes were mixed and uncertain. Conclusions: Providing e-cigarettes within smoking cessation services was indicated to be a positive and effective strategy for pregnant women trying to quit tobacco. However, numerous barriers to quitting and staying quit remained, suggesting scope for further improvements to smoking cessation support for pregnant women.

Keywords: smoking cessation; e-cigarettes; pregnancy; qualitative

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1. Introduction

There are many recognised detrimental health effects associated with smoking tobacco during pregnancy, including preterm birth, foetal mortality, stillbirth, birth malformations (e.g., oral clefts), low birth weight, and sudden infant death syndrome [1]. Women who smoke during pregnancy may also experience negative moral judgements and stigma [2] and are more likely to have poorer mental wellbeing that can further impede smoking cessation [3]. In the United Kingdom (UK), 8.8% of women are currently smoking at the time of birth [4], with national targets to reduce this figure to 6% [5]. With around 600,000 live births in England and Wales in 2022 [6], there is an urgent need to improve uptake and engagement for smoking cessation programmes targeting pregnant women.

Smoking For Two Cigarettes And Pregnancy

G Orfield



Smoking For Two Cigarettes And Pregnancy:

Smoking for Two Peter A. Fried, Harry Oxorn, 1980 Presents all the facts about the harmful effects of smoking on the expectant mother and her baby **Maternal Substance Abuse and the Developing Nervous System** Ian S. Zagon, Theodore A. Slotkin, 2012-12-02 The purpose of this book is to review the basic science and clinical findings concerning maternal substance abuse and the developing nervous system of unborn children The short term but vitally significant repercussions of such exposure on biological development with particular reference to the nervous system are discussed The book also discusses the profound influence of maternal substance abuse on behavior in adulthood which is caused by subtle changes in the chemistry or structure of the developing nervous system The subject will not only be of interest to clinical and basic science researchers and teachers in the field of maternal substance abuse but also to individuals in psychology social work cellular and molecular biology embryology neuroscience pharmacology and in clinical professions such as pediatrics neonatology and obstetrics The breadth of topics covered includes alcohol cocaine opiates nicotine benzodiazepines marijuana and the role of stress and hormones Emphasis is placed on the relationship of the effects of substance abuse on neurotrophic factors and receptors Shows how abused substances act directly or indirectly to mimic or influence the action of neurotrophic factors Explains that the transient expression of peptides neurotransmitters and receptors can be markedly disturbed by drugs Demonstrates that animal and tissue culture studies are consistent with clinical observations and important in understanding and ameliorating adverse actions of drugs in early life *Smoking and Health Bulletin* ,1971 *Study Guide to Accompany Maternal and Child Health Nursing* Adele Pillitteri, 2013-11-05 This Study Guide to accompany the Seventh Edition of Maternal Child Health Nursing by Adele Pillitteri is designed to help students practice and retain the knowledge from the textbook and it is structured to integrate that knowledge and give students a basis for applying it in their nursing practice **Bibliography on Smoking and Health** ,1981 I Would Be Loved Linda Falkner, 2002 In the early 1990s at the peak of the crack cocaine epidemic the author Linda Falkner became a foster parent Most of her children were infants who had been exposed to alcohol and drugs Trying to help these children fit into her home and the world was only the beginning of the challenges she and her family faced I WOULD BE LOVED is about kids who were damaged by drugs alcohol abuse and by the system meant to protect them The older foster children had been emotionally physically and often sexually abused One foster child a girl named Pixie came to live with the Falkner family after leaving foster care at eighteen She had grown up in hundreds of foster homes and was severely mentally ill Pixie lived with the Falkner s on and off for ten years In that time they taught her many life skills and tried to let her know that she is loved but that was the hardest lesson of all for her to learn I Would Be Loved is Pixie s story as much as it is Linda s *Principles of Medical Therapy in Pregnancy* Norbert Gleicher, 2012-12-06 Prefaces of textbooks are generally meant to give editors an opportunity to express the rationale for the creation of yet another textbook It is rare to find an author or editor who does not

believe that his her book fills a very specific need This editor is no exception With the incredible proliferation of medical textbooks in recent years it has become difficult to find an empty niche for yet another text Nevertheless the editors and authors of Principles of Medical Therapy in Pregnancy have been impressed by one very clearly appreciated void While the association of medical disorders with pregnancy is increasing in frequency as improved medical care allows more patients with medical diseases to conceive an authoritative text covering the issue comparable to an authoritative text in internal medicine has been missing With pregnancy representing a very specific disease situation different from the nonpregnant state in diagnosis management and course of disease a detailed textbook addressing all these issues for both the internist and the obstetrician seemed urgently needed *Smoking and Reproduction (1984)* Ernest L Abel,2017-11-22 The annotated bibliography that follows summarizes some of the more important studies that have been published concerning smoking and its effects on the fetus along with reports of the various efforts that have been undertaken to reduce the impact of smoking during pregnancy The material has been divided into topics to guide the reader and cross references are included at the end of each section An Author Index is also included to guide the reader to relevant publications when only an author s name is known The following comments constitute an overall summary of the literature FDA Consumer ,1989 *Percutaneous Absorption* Nina Dragičević,Howard Maibach,2021-07-29 Updating and expanding the scope of topics covered in the previous edition Percutaneous Absorption Drugs Cosmetics Mechanisms Methods Fifth Edition supplies new chapters on topics currently impacting the field including cutaneous metabolism skin contamination exposure to protein allergens in vitro absorption methodology and the percutaneous absorption of chemical mixtures Complete with studies on the role of the skin as a key portal of entry for chemicals into the body this book serves as a detailed reference source for recent advances in the field as well as an experimental guide for laboratory personnel Key Features Details in vivo and in vitro methods for measuring absorption dermal decontamination mechanisms of transdermal delivery and the relationship of transepidermal water loss to percutaneous absorption Considers a range of mathematical models the safety evaluation of cosmetic ingredients the absorption of hair dyes nanoparticles for drug delivery and other novel methods of drug delivery Discusses topics including skin metabolism the skin reservoir and the effects of desquamation on absorption

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