

Consensus Document

SEPAR-AAMR-ALAT-ASONEUMOCITO-SMNCT on Assessment and Treatment for Consumers of New Tobacco and Nicotine Products.

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The use of new tobacco and nicotine products (electronic nicotine delivery system, heated tobacco, and smoking water pipes) has increased in recent years worldwide. This has led to the emergence of a new smoker profile whose diagnostic and therapeutic approach is different from that of conventional tobacco smokers. The demand for help in quitting these new forms of smoking necessitates the development of guidelines or recommendations that are not currently available. Therefore, the Tobacco Control Group of the Spanish Society of Pulmonology and Thoracic Surgery (SEPAR) and in collaboration with Ibero American societies (AAMR, ALAT, ASONEUMOCITO, SNMCT) have produced a consensus document using the nominal focus group methodology, supported by a narrative review on the approach to smoking in users of electronic nicotine delivery systems (ENDS) and new forms of tobacco. The approach to diagnosing these types of users will be based on variables such as intensity, degree of nicotine dependence, self-efficacy, and motivation, using new scales or questionnaires. Psychological counseling will be based on psychoeducation, motivational interviewing, and cognitive-behavioral therapy. Nicotine replacement therapy, varenicline, cytisinicline, and burpropion are medications to consider for users of these devices.