

Ottawa Model for Smoking Cessation in Primary Care Smoking Cessation Counsellor Workshop

[DATE] [TIME]
[LOCATION], [ROOM]
[ADDRESS]

Registration	08:30 – 09:00
Introductions and Welcome	09:00 – 09:10
The Ottawa Model for Smoking Cessation (OMSC) in Primary Care An overview of the fundamental elements of the OMSC in Primary Care. A review of the practice tools developed for the primary care setting and “conversation starters” for motivational interviewing. <i>Questions and Answers</i>	09:10 – 10:15
<i>Refreshment Break</i>	10:15 – 10:30
First-Line Quit Smoking Medications First-line pharmacotherapies in the treatment of nicotine addiction will be reviewed, including resources for titration and special considerations. We will review typical situations you may encounter in your practice setting.	10:30 – 11:30
Counselling Strategies for Assisting Smokers Ready to Make A Quit Attempt We will review strategies and techniques for assisting smokers who are preparing to quit smoking in the next month.	11:30 – 12:00
<i>Lunch Break</i>	12:00 – 12:30
Case Studies with Mock Patients	12:30 – 1:15
Special Populations and Smokers Not Ready to Quit We will discuss considerations and current knowledge related to special populations, including pregnant smokers, patients with mental illness, and non-daily smokers. We will also discuss strategies for intervening with smokers who are not ready to quit, including tips and techniques for building motivation to quit.	1:15 – 1:45
Case Studies with Mock Patients	1:45 – 2:30
<i>Refreshment Break</i>	2:30 – 2:45
Managing Withdrawal Symptoms and Follow-up with Smokers Review of practice tools and counselling strategies for smokers who are not ready to quit and recently quit smokers. Overview of counselling strategies and tools to support follow-up with smokers.	2:45 – 3:15
Case Studies with Mock Patients	3:15 – 3:45
Being a Smoking Cessation Champion in Your Clinic Setting Your role in helping to champion smoking cessation activities in your clinic, including maintaining commitment and momentum in smoking cessation programs.	3:45 – 3:55
Closing Remarks and Post-Workshop Evaluation	3:55 – 4:00