

SIXTEENTH ANNUAL OTTAWA CONFERENCE

STATE OF THE ART CLINICAL APPROACHES TO SMOKING CESSATION

JANUARY 26-27, 2024 | SHAW CENTRE | OTTAWA, ONTARIO

CONFERENCE PROGRAM



**OTTAWA MODEL
FOR SMOKING CESSATION**

POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE



THURSDAY, JANUARY 25, 2024 - PRECONFERENCE

Schedule TBD

FRIDAY, JANUARY 26, 2024

*Learning Objectives: By the end of the session, participants will be able to:

TIME	TOPIC
7:30 – 8:30	REGISTRATION AND CONTINENTAL BREAKFAST
8:30 - 8:45	OPENING CEREMONY Elder Verna McGregor
8:45 – 9:00	INTRODUCTORY COMMENTS Sarah Mackler, University of Ottawa Heart Institute
9:00 – 9:30 30 mins presentation	CLINICAL SMOKING CESSATION IN 2024: CONTEMPORARY ISSUES AND CONTEMPORARY PRACTICE Speakers TBD *Learning objectives: Interpret the philosophies and latest research underlying clinical smoking cessation interventions in the healthcare setting.
9:30 – 10:30 45 mins presentation 15 mins Q&A	KEYNOTE PRESENTATION: HIGHLIGHTING THE IMPORTANCE OF SMOKING CESSATION FROM A POLICY PERSPECTIVE Dr. Jane Philpott *Learning objectives: Assess the population-level health benefits of smoking cessation and identify effective policy approaches to smoking cessation.
10:30 - 10:50	BREAK/NETWORKING
10:50 – 12:30 30 mins pres 15 mins Q&A (repeated)	BREAKOUT SESSIONS (10:50 – 11:35 and repeated from 11:45 – 12:30) F1. THE MASTER CLASS: A CONVERSATION WITH DR. ANDREW PIPE AND DR. JANE PHILPOTT Dr. Jane Philpott *Learning objectives: Outline landmark approaches to smoking cessation through an open and informed conversation with an internationally renowned physician. F2. YOUTH VAPING AND CANNABIS USE (VIRTUAL PRESENTATION) Dr. Nicholas Chadi, University of Montreal *Learning objectives: Examine trends in and adapt strategies to address youth nicotine and cannabis use. F3. 5% BY 2035 Les Hagen, Action on Smoking & Health Canada *Learning objectives: Summarize progress on Canada’s Tobacco Strategy (CTS) target of less than 5% tobacco use by 2035 and predict the actions necessary to achieve this objective. F4. MOTIVATIONAL INTERVIEWING Lisa Murata, The Royal Ottawa Mental Health Centre *Learning objectives: Apply the practice of motivational interviewing (MI) within the context of smoking cessation.
12:30 - 1:30	LUNCH
1:30 – 2:15 30 mins presentation 15 min Q&A	WHAT DO OUR PATIENTS WANT FROM QUIT SMOKING EXPERTS? Panel of Current and Former People Who Smoke *Learning objectives: Determine the challenges people who smoke face when considering cessation and explore novel opportunities for healthcare professionals to assist.



FRIDAY, JANUARY 26, 2024

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TIME	TOPIC
2:15 – 3:00 30 mins presentation 15 min Q&A	SMOKING CESSATION THROUGH THE YEARS (PANEL) Panel Discussion Dr. Nicholas Chadi, University of Montreal (presenting virtually) Marilyn White-Campbell, Baycrest Health Sciences Dr. Andrew Pipe, University of Ottawa Heart Institute *Learning objectives: Compare the factors that affect smoking and smoking cessation among various age groups, from pediatrics to geriatrics.
3:00-3:20	BREAK
3:20 – 4:15 30 mins presentation 15 min Q&A	INDIGENOUS EXCELLENCE: HEALTH AND SMOKING CESSATION (PANEL) Panel Discussion Dr. Raglan Maddox, Australian National University Richard San Cartier, N'Mninoeyaa Aboriginal Health Access Centre Skylar Urschel, Government of the Northwest Territories Denzie Hurst, Government of the Northwest Territories *Learning objectives: Adapt smoking cessation approaches to incorporate Indigenous knowledge.
4:15 - 4:30	CLOSING REMARKS Sarah Mackler
4:30 – 6:00	WINE AND CHEESE POSTER SESSIONS

SATURDAY, JANUARY 27, 2024

*Learning Objectives: By the end of the session, participants will be able to:

TIME	TOPIC
7:30 – 8:30	REGISTRATION AND CONTINENTAL BREAKFAST
8:30 – 8:45	INTRODUCTORY COMMENTS Sarah Mackler, University of Ottawa Heart Institute
8:45 – 9:30 30 mins presentation 15 mins Q&A	KEYNOTE PRESENTATION: AUSTRALIA'S APPROACH TO VAPING Dr. Nick Zwar, Bond University *Learning objectives: Compare Australian and Canadian policy approaches to vaping and assess the potential applications and implications of the Australian approach in local contexts.
9:30 – 10:00 20 mins presentation 10 mins Q&A	CYTISINE Dr. Hassan Mir, University of Ottawa Heart Institute *Learning objectives: Summarize the latest evidence on cytisine and outline its clinical applications
10:00 – 10:20	BREAK



SATURDAY, JANUARY 27, 2024

*Learning Objectives: By the end of the session, participants will be able to:

TIME	TOPIC
10:20 – 12:00 30 mins pres 15 mins Q&A (repeated)	BREAKOUT SESSIONS (10:20 – 11:05 and repeated from 11:15 – 12:00)
	S1. CLINICAL ELEMENTS OF INTERVENTION DELIVERY FOR MENTAL HEALTH AND SMOKING CESSATION Dr. Gemma Taylor, University of Bath *Learning objectives: Examine the potential benefits of social media campaigns for population-level approaches to smoking cessation.
	S2. PERIOPERATIVE SMOKING CESSATION Dr. Sandra Ofori, McMaster University *Learning objectives: Identify opportunities to encourage uptake of smoking cessation initiatives/programs during the perioperative period.
	S3. SMOKING AMONG THE 2S/LGBTQ+ POPULATION Lynn Planinac, The Expand Project *Learning objectives: Identify factors that affect smoking and vaping rates in queer and trans communities and build strategies to address nicotine and tobacco use in collaboration with queer and trans young adults.
S4. TBD Speaker TBD *Learning objectives: TBD.	
12:00 - 1:00	LUNCH
1:00 – 1:40 25 mins presentation 15 mins Q&A	RAPID FIRE ORAL PRESENTATIONS “5 MINS, 3 SLIDES!” Multiple Presenters, Moderated By: Mustafa Coja, University of Ottawa Heart Institute *Learning objectives: Summarize new experiences, insights and interesting research results in the field of smoking cessation as presented by our conference delegates.
1:40-2:15 25 mins presentation 10 mins Q&A	SMOKING CESSATION AS A MENTAL HEALTH INTERVENTION Dr. Gemma Taylor, University of Bath *Learning objectives: Describe the relationship between smoking and mental health and illustrate the various mental health benefits of smoking cessation.
2:15-2:30	BREAK
2:30-3:00 20 mins presentation 10 mins Q&A	NEW CHALLENGES IN TOBACCO CONTROL AND SMOKING CESSATION Cynthia Callard, Physicians for a Smoke-Free Canada *Learning objectives: Examine recent developments in the field of smoking cessation and imagine ways to address these new challenges
3:00 – 3:30	AWARDS CEREMONY AND CLOSING REMARKS
3:30-3:45	CLOSING CEREMONY Elder Verna McGregor