

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

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

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| 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 |