



The Ottawa Model for Smoking Cessation Workshop

8:30am-4:30pm

AGENDA

| Time | Topic |
|---------------|---|
| 08:00 - 08:30 | Registration and Continental Breakfast |
| 08:30 - 08:45 | Welcome and Introductions |
| 08:45 - 09:15 | Ottawa Model for Smoking Cessation - Overview <i>Participants will be able to explain the 5 key features of the Ottawa Model, describe the rationale for the program and the science behind it.</i> |
| 09:15 - 10:15 | Organizational Change: Factors Related to Successful Clinical Smoking Cessation Program Implementation, Utilization, and Outcomes <i>Participants will be able to describe the four factors relating to smoking cessation program implementation, utilization, outcomes and sustainability.</i> |
| 10:15 - 10:30 | Break |
| 10:30 - 12:00 | OMSC Implementation Processes and Tools <i>Participants will be able to describe the step by step process for clinicians to follow when approaching smokers and the smoking cessation resources available. Participants will hear about the automated follow-up database to assist and assess patients after they quit smoking.</i> |
| 12:00 - 12:30 | Lunch |
| 12:30-2:00 | Smoking Cessation Treatment: Practical Strategies <i>Participants will be able to recognize the complexity of nicotine addiction and clinical strategies for special populations</i> |
| 2:00- 2:15 | Break |
| 2:15- 3:00 | Smoking Cessation Medications- Dosing Recommendations <i>Participants will be able to describe clinical strategies for smoking cessation, current cessation medications and recommendations for their use.</i> |
| 3:00 - 3:30 | Starting the Conversation: Strategic Advice and Smoking Cessation <i>Participants will be able to describe behaviour change theory, define Strategic Advice in the context of the OMSC, list tips for starting a conversation with patients who smoke and provide strategic advice to smokers who are ready and not ready to quit smoking.</i> |
| 3:30- 4:15 | Practical Intervention: Approaching the Patient (Case Study Activity) <i>Participants will be able to apply knowledge obtained from the workshop to the clinical environment</i> |
| 4:15 - 4:30 | Review and Wrap Up |