

SEVENTEENTH ANNUAL OTTAWA CONFERENCE

STATE OF THE ART CLINICAL APPROACHES TO SMOKING CESSATION

JANUARY 24 - 25, 2025 | SHAW CENTRE | OTTAWA, ONTARIO

CONFERENCE PROGRAM



**OTTAWA MODEL
FOR SMOKING CESSATION**

POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE



FRIDAY, JANUARY 24, 2025

*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 Mustafa Coja, University of Ottawa Heart Institute
9:00 – 9:30	CLINICAL SMOKING CESSATION IN 2025 Dr. Hassan Mir and Dr. Kerri-Anne Mullen, University of Ottawa Heart Institute *Learning objectives: Interpret the philosophies and latest research underlying clinical smoking cessation interventions in the healthcare setting.
9:30 – 10:30	CONTEMPORARY APPROACHES TO SMOKING CESSATION: CLINICAL PRACTICE UPDATE Dr. Hassan Mir, Dr. Kerri-Anne Mullen, Javad Heshmati, University of Ottawa Heart Institute and Dr. Mark Eisenberg, McGill University *Learning objectives: Adapt smoking cessation interventions to include evidence from the recent clinical practice guideline update.
10:30 – 10:50	BREAK/NETWORKING
10:50 – 11:35	VAPING: PATTERNS AND PREVALENCE Dr. David Hammond, University of Waterloo *Learning objectives: Apply data on current trends in vaping among youth and adults to improve screening and care for people who vape.
11:35 – 12:30	KEYNOTE PRESENTATION: SMOKING AND VAPING (AND MY RESEARCH ODYSSEY!) Dr. Mark Eisenberg, McGill University *Learning objectives: Make use of best practices in vaping cessation and apply them to clinical practice.
12:30 – 1:30	LUNCH
1:30 – 2:15	CLIMATE CHANGE, SMOKING CESSATION, AND CARDIOVASCULAR HEALTH Dr. Samantha Green, Assistant Professor, Temerty Faculty of Medicine *Learning objectives: Evaluate the intersections of smoking cessation and climate action and formulate strategies to address climate change within smoking cessation treatment.
2:15 – 2:55	INCORPORATING SMOKING CESSATION INTO ALTERNATIVE MODELS OF CARE Dr. Susan Kilborn, Community Veterinary Outreach *Learning objectives: Identify opportunities to integrate smoking cessation screening into nontraditional settings.
2:55 – 3:15	BREAK
3:15 – 4:15	NICOTINE POUCHES: CLINICAL IMPLICATIONS Dr. Hassan Mir, University of Ottawa Heart Institute *Learning objectives: Advocate for evidence-informed policy to address the regulation of nicotine pouches and plan ways to address the use of nicotine pouches by clients/patients.
4:15 – 4:30	CLOSING REMARKS Mustafa Coja, University of Ottawa Heart Institute
4:30 – 6:00	WINE AND CHEESE POSTER SESSIONS



SATURDAY, JANUARY 25, 2025

*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 Mustafa Coja, University of Ottawa Heart Institute
8:45 – 9:30	KEYNOTE PRESENTATION: SMOKING CESSATION AND CONCURRENT ALCOHOL/SUBSTANCE USE Dr. Peter Selby, Centre for Addiction and Mental Health (CAMH) *Learning objectives: Adapt smoking cessation practice/treatment to include screening for and treatment of co-use of alcohol and other substances.
9:30 – 10:15	WHAT DO OUR PATIENTS WANT FROM QUIT [VAPING] EXPERTS? Current and Former People Who Vape, Moderated by: Dr. Kerri-Anne Mullen, University of Ottawa Heart Institute * Learning objectives: Describe the challenges people who vape face when considering cessation and explore novel opportunities for healthcare professionals to assist.
10:15 – 10:30	BREAK
10:30 – 12:15 BREAKOUT SESSIONS	BREAKOUT SESSIONS (10:30 – 11:15 AND REPEATED AGAIN FROM 11:30 – 12:15) S1. MASTER CLASS Dr. Peter Selby, Centre for Addiction and Mental Health (CAMH) *Learning objectives: Outline landmark approaches to smoking cessation through an open and informed conversation with an internationally renowned physician. S2. PREGNANCY, LACTATION AND SMOKING CESSATION Dr. Kerri-Anne Mullen, University of Ottawa Heart Institute and Dr. Ana Samaan Werlang, The Ottawa Hospital *Learning objectives: Improve smoking cessation screening and treatment for people who are pregnant or lactating. S3. COMMERCIAL TOBACCO CESSATION IN INDIGENOUS COMMUNITIES Panel Discussion *Learning objectives: Explain the unique considerations that are relevant to implementing smoking cessation programs in Indigenous communities, and modify smoking cessation approaches to incorporate Indigenous knowledge. S4. REMOVING BARRIERS: ADVOCATING FOR FREE AND ACCESSIBLE TOBACCO TREATMENT ELIMINER LES BARRIERES : PLAIDOYER EN FAVEUR D'UN TRAITEMENT DE TABAGISME GRATUIT ET ACCESSIBLE (A. SESSION EN FRANÇAIS B. SESSION IN ENGLISH) Dr. Sean Gilman, McGill University Health Centre *Learning objectives: Discuss provincial reimbursement plans for tobacco treatment and explore how we can advocate to our respective governments for substantial improvements in coverage. * Objectifs d'apprentissage : Discuter des plans de remboursement provinciaux pour le traitement du tabagisme et explorer comment nous pouvons approcher nos gouvernements respectifs pour bonifier la couverture actuelle
12:15 – 1:30	LUNCH
1:30 – 2:15	RAPID FIRE ORAL PRESENTATIONS “5 MINS, 3 SLIDES!” Multiple Presenters, Moderated By: Mustafa Coja *Learning objectives: Summarize new experiences, insights and interesting research results in the field of smoking cessation as presented by our conference delegates.
2:15 – 2:30	BREAK
2:30 – 3:15	SOCIAL MEDIA, YOUTH VAPING UPTAKE AND VAPING CESSATION Dr. Laura Struik & Ryan Fahey *Learning objectives: Determine the effects of social media and marketing campaigns on youth vaping patterns and utilize this knowledge to communicate effectively with youth about the vaping industry and harms of vaping.
3:15 – 3:45	AWARDS CEREMONY AND CLOSING REMARKS
3:45 – 4:00	CLOSING CEREMONY Elder Verna McGregor