

8th ANNUAL OTTAWA CONFERENCE
STATE OF THE ART CLINICAL APPROACHES TO
SMOKING CESSATION

CONFERENCE BROCHURE

January 22nd & 23rd, 2016

WESTIN HOTEL
OTTAWA, ONTARIO



www.ottawamodel.ca



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

OTTAWA MODEL
FOR SMOKING CESSATION
MODÈLE D'OTTAWA
POUR L'ABANDON DU TABAC

HEAR FROM SMOKING CESSATION EXPERTS NETWORK WITH OTHER HEALTH PROFESSIONALS LEARN OF CURRENT AND EMERGING CONCEPTS

AT THE END OF THIS CONFERENCE, PARTICIPANTS WILL BE ABLE TO:

- Deliver evidence-based, clinical approaches to the treatment of tobacco addiction.
- Demonstrate skills in facilitating smoking cessation in a variety of practice settings.
- Engage with other health professionals in knowledge sharing activities regarding effective smoking cessation practice.

PLANNING COMMITTEE

Debbie Aitken, RN, BScN, APN*, Program Manager, Smoking Cessation Program

Dave Cecillon, CD, BSc Chem, BSc Pharm, Pharm D*, Pharmacy Clinical Manager
And Cardiac Surgery Intensive Care Pharmacist

Mustafa Coja, BPHE, BA, CSEP-CEP*, Project Manager, Ottawa Model For
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Kerri-Anne Mullen, PhD*, Network
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Smoking Cessation

**Andrew Pipe, CM, MD, LLD (Hon),
DSc (Hon)***, Conference
Co-Chair, Chief, Division Of
Prevention & Rehabilitation

Robert Reid, PhD, MBA*,
Conference Co-Chair, Deputy Chief,
Division Of Prevention &
Rehabilitation



*University Of Ottawa Heart Institute

**University Of Ottawa



ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada for 19 credits.

This program has also been accredited by the College of Family Physicians of Canada, for up to 19 Mainpro-M1 credits. This program has been reviewed and approved by the University of Ottawa, Office of Continuing Professional Development.

DISCLOSURE

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

PRESENTERS

Debbie Aitken, RN, BScN, APN

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Smoking Cessation Program
University of Ottawa Heart Institute

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Horizon Health Network

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University of Ottawa Heart Institute

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Former Medical Officer of Health
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Bill Evans, MD, FRCPC

Professor Emeritus,
Department of Oncology
McMaster University
Chair, Smoking Cessation
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Michael C. Fiore, MD, MPH, MBA

Director, Center for Tobacco Research
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University of Wisconsin Hilldale
Professor of Medicine
University of Wisconsin School of Medicine and
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Licensed Clinical Psychologist
Yale University School of Medicine
Program Director,
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John Granton, MD, FRCPC

Head, Division of Respiriology
University Health Network,
Mount Sinai and Women's College Hospitals

Lorraine Greaves, PhD, DU

Medical Sociologist and Senior Investigator,
BC Centre of Excellence for Women's Health
Past President, International Network of
Women Against Tobacco

Scott D. Halpern, MD, PhD, MBE

Associate Professor of Medicine, Epidemiology,
and Medical Ethics & Health Policy
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Kelly Hurley, RRT

Manager, Centre of Excellence for
Clinical Smoking Cessation
Horizon Health Network

Milan Khara, MBChB, CCFP, Dip. ABAM

Physician Lead, Smoking Cessation Clinic
Vancouver General Hospital
Clinical Assistant Professor, Faculty of Medicine
University of British Columbia

Brian A. King, PhD, MPH

Deputy Director for Research Translation
Office on Smoking and Health
National Center for Chronic Disease Prevention
and Health Promotion
Centers for Disease Control and Prevention

Matt Loranger, BSc, PhD

Student's Working Against Tobacco (SWAT)
Head Executive (2014/2015),
Faculty of Medicine, University of Ottawa

Heidi McKean, RN, BScN, CCHN(C)

Public Health Nurse, Tobacco Control Unit
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Registered Respiratory Therapist,
Certified Respiratory Educator
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Associate Professor of Surgery,
University of Ottawa,
Section Head Colorectal Surgery
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Associate Scientist, Ottawa Hospital Research
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University of Toronto
Chief, Addictions Division and Director of
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Stephanie Skopyk, NP-PHC, MN

Lead Nurse Practitioner
Nurse Practitioner Led Clinic
Canadian Mental Health Association, Durham

Heather Tulloch, PhD, C. Psych

Clinical, Health, and Rehabilitation Psychologist
University of Ottawa Heart Institute
Assistant Professor, Faculty of Medicine and
School of Psychology
University of Ottawa

THURSDAY, JANUARY 21st, 2016

LEARNING OBJECTIVES: By the end of the session, participants will be able to:

TIME	TOPIC	SPEAKERS
10:00 - 3:00	<p>PRE-CONFERENCE WORKSHOP</p> <p>T1 It Takes a Village: Providing Integrated Treatment to Support Smoking Cessation and Smoking Reduction for Individual with Severe Mental Illness and Co-occurring Substance-use Disorders</p> <p>*Describe our experience and practical guidelines for implementing evidenced based approaches for addressing tobacco use amongst this clientele and our emerging practice to assist co-smokers (tobacco and cannabis).</p>	Annette Bradfield, Joanne Haddad, Danny Lang, Donna Pettey, and Derrick Shear
3:30 - 5:00	<p>PRE-CONFERENCE WORKSHOP</p> <p>T2 Introduction to the Ottawa Model for Smoking Cessation</p> <p>*Explain the 5 key features of the Ottawa Model; describe the rationale for the program and the adaptability of implementation in a variety of clinical settings and specialty areas.</p>	Kerri-Anne Mullen and Mustafa Coja

FRIDAY, JANUARY 22nd, 2016

LEARNING OBJECTIVES: By the end of the session, participants will be able to:

TIME	TOPIC	SPEAKERS
7:30	Registration and Continental Breakfast	
8:30	Introductory Comments	Jane Brownrigg
8:40	<p>Clinical Smoking Cessation in 2016: Contemporary Issues and Contemporary Practice</p> <p>*Describe the philosophies and latest research underlying clinical smoking cessation strategies in healthcare settings.</p>	Dr. Andrew Pipe and Dr. Robert Reid
9:00	<p>KEYNOTE PRESENTATION: Smoking Cessation: Past, Present and Future</p> <p>*Evaluate the seminal approaches and emerging concepts relevant to smoking cessation practice.</p>	Dr. Michael Fiore
10:00	Refreshment Break - View Exhibits	

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LEARNING OBJECTIVES: By the end of the session, participants will be able to:

TIME	TOPIC	SPEAKERS	
10:20	<p>Knowledge Transfer Breakout Sessions (10:20 – 11:05 and repeated again from 11:15 – 12:00)</p> <p>F1 The Master Class: A Conversation with Dr. Michael Fiore *Discuss relevant smoking cessation concepts through an open and informal conversation with an internationally renowned expert.</p> <p>F2 The Art and Science of Operating a Smoking Cessation Program in Any Clinical Setting – Lessons Learned from the Real World! *Identify the top five practical tips for ensuring the success of a smoking cessation program.</p> <p>F3 Health Professional Training: From the Classroom to the Clinic *Describe the results from a national survey of smoking cessation curricula in Canadian medical schools and examine the experience of introducing cessation curriculum to the training of respiratory therapists.</p> <p>F4 A Penny for Your Thoughts *Examine the practical experiences, issues and challenges associated with an inpatient and outpatient smoking cessation program from the perspective of a highly experienced nursing professional.</p>	<p>Dr. Andrew Pipe and Dr. Michael Fiore</p> <p>Team of OMSC Outreach Facilitators</p> <p>Dr. Matt Loranger and Kelly Hurley</p> <p>Debbie Aitken</p>	
	12:00	Lunch	
	1:00	<p>What Do Smokers Want? *Describe the challenges smokers face when considering cessation and explore novel opportunities for healthcare professionals to assist.</p>	Panel of current and former smokers
	1:45	<p>Smoking Cessation In Vulnerable Populations *Challenge misconceptions and increase the confidence of those who treat patients with mental illness and substance use disorders.</p>	Dr. Milan Khara
2:20	Refreshment Break - View Exhibits		
2:40	<p>The Relationship Between Tobacco, Alcohol and Marijuana Use *Summarize the evidence concerning the interactions between tobacco addiction, alcohol, marijuana use and the implications for smoking cessation practice.</p>	Dr. Peter Selby and Dr. Lisa Fucito	
3:20	<p>THE DEBATE: Smokers Should Not Be Hired to Work in Healthcare Settings *Describe the issue of hiring smokers in healthcare settings as two experienced clinicians debate this matter in a spirited and entertaining manner.</p>	Dr. Bill Evans, Dr. Rob Cushman & Dr. Andrew Pipe as Chairperson	
4:20	Closing Remarks	Dr. Robert Reid	
4:30	Welcome Reception and Poster Session		

SATURDAY, JANUARY 23rd, 2016

LEARNING OBJECTIVES: By the end of the session, participants will be able to:

TIME	TOPIC	SPEAKERS
7:30	Registration and Continental Breakfast	
8:30	Introductory Comments	Jane Brownrigg
8:35	KEYNOTE PRESENTATION: Smoking Cessation: Do You Get What You Pay For? *Evaluate the effectiveness of financial incentives in promoting smoking cessation.	Dr. Scott Halpern
9:20	Smoking Cessation and Girls and Women *Describe how sex and gender affect women's smoking, cessation and tobacco control.	Dr. Lorraine Greaves
10:00	Refreshment Break - View Exhibits	
10:20	Knowledge Transfer Breakout Sessions (10:20 – 11:05 and repeated again from 11:15 – 12:00) S1 The Ongoing Challenges and Realities with Implementing Smoking Cessation Programs in Various Primary Care Settings *Discuss the challenges, opportunities and "lessons learned" as part of the implementation of a smoking cessation program within Family Health Teams, Community Health Centres, and Nurse Practitioner-Led Clinics across Ontario. S2 Behavioural Strategies to Strengthen Smoking Cessation Successes *Identify challenges to smoking cessation, reasons for relapse, the steps for quitting successfully and practical approaches for every clinician. S3 Tobacco Interventions for First Nations, Inuit, and Métis Populations *Adapt and apply models of tobacco cessation interventions for First Nations, Inuit and Métis clients in their own community and practice settings, while recognizing culturally specific contexts of tobacco use. S4 Smoking Cessation in the Workplace *Examine approaches to the introduction and development of a smoking cessation program for construction workers and healthcare employees.	Stephanie Skopyk and Ellen Fleming Michaud Dr. Heather Tulloch Rosa Dragonetti and Alison Benedict Heidi McKean Kelly Hurley, and Marilyn Babineau
12:00	Refreshment Break - View Exhibits	
1:00	Lessons From the Trenches: Introducing Smoking Cessation in Obvious Clinical Settings *Describe the rationale for the implementation of a smoking cessation program in respiratory, cancer and surgical units and the obstacles that stand in the way!	Dr. John Granton, Dr. Bill Evans and Dr. Husein Moloo

SATURDAY, JANUARY 23rd, 2016

LEARNING OBJECTIVES: By the end of the session, participants will be able to:

TIME	TOPIC	SPEAKERS
2:00	Smoking Cessation Pharmacotherapy: Looking Beyond The Label *Examine "best practice" use of cessation pharmacotherapy.	Dr. Milan Khara
2:30	Refreshment Break - View Exhibits	
2:50	50 Years of Tobacco Prevention and Control: Progress, Challenges, and Future *Summarize the current progress and challenges with regard to tobacco prevention and control, including the emergence of novel tobacco products, as well as future directions for achieving the tobacco "end game" strategies outlined in the 50th Anniversary U.S. Surgeon General's report on the health consequences of smoking.	Dr. Brian King
3:40	2 Minutes, 2 Slides (MULTIPLE PRESENTERS) *Examine new experiences, insights and interesting research results in the field of smoking cessation as presented by our conference delegates.	Mustafa Coja as Moderator
4:15 - 4:30	Closing Remarks	Dr. Andrew Pipe



CALL FOR CONFERENCE ABSTRACTS

The Ottawa Conference is now seeking abstracts for poster presentations and '2 Minutes, 2 Slides' oral presentations. All abstracts must be submitted electronically using the official online submission form found at www.ottawamodel.ca.

Deadline for abstract submission is **December 4, 2015**.

TRAVEL

We are pleased to offer travel discounts for qualifying delegates. Please visit www.ottawamodel.ca for more information on cost saving travel rates.

CONFERENCE LOCATION

Westin Ottawa Hotel

11 Colonel By Drive,
Ottawa, ON K1N 9H4

Located in the heart of the city, the smoke-free Westin Ottawa Hotel is just steps away from the city's most popular attractions. Lose yourself in the energy of the bustling Byward Market; indulge in world-class shopping in the attached Rideau Centre; or explore the natural beauty of the Gatineau Hills. No matter how long or short your stay, the Westin Ottawa will help you plan an experience that is different, better, and special.



HOTEL RESERVATIONS

A limited block of guestrooms has been reserved at the Westin Ottawa for conference participants at a negotiated group rate of \$179.00 (CDN). You may reserve a room by calling the Reservations Department at 1-888-627-8528 or online at www.ottawamodel.ca. In order to receive the negotiated group rate, please reference "Smoking Cessation Conference" and book your reservation before 5:00pm on January 8th, 2016.



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REGISTRATION

ONLINE REGISTRATION IS AVAILABLE AT WWW.OTTAWAMODEL.CA

Please complete one form per person registering for the Ottawa Conference. *All fields required

- * Dr Mr. Ms.
- * Last Name: _____
- * First Name: _____
- * Organization/Employer: _____
- * Area of Practice: _____
- * Address: Home Office _____
- * Unit/Room#: _____
- * Street: _____
- * City: _____
- * Province: _____ * Postal Code: _____
- * Email: _____
- * Country: _____ * Telephone: _____

WELCOME RECEPTION, Friday January 22nd, 2016 from 4:30pm – 6:00pm

Reception for conference registrants only. Yes No

PRE-CONFERENCE WORKSHOPS

Thursday, January 21st
Westin Ottawa Hotel

T1. It Takes a Village: Providing Integrated Treatment to Support Smoking Cessation and Smoking Reduction for Individuals with Severe Mental Illness and Co-occurring Substance-use Disorders
10:00am - 3:00pm Yes No

T2. Introduction to the Ottawa Model for Smoking Cessation
3:30pm – 5:00pm Yes No

KNOWLEDGE TRANSFER BREAKOUT SESSIONS

Friday, January 22nd Saturday, January 23rd
F1 - F4 S1 - S4

Indicate your preferences:

1st choice: _____

2nd choice: _____

Alternate: _____

Liability: The University of Ottawa Heart Institute, Ottawa Model for Smoking Cessation assumes no liability for any claims, personal injury or damage:

- to any individual attending this conference
- that may result from the use of technologies, program, products and/or services at this conference
- that may arise out of, or during this conference

Cancellation policy: Cancellations received in writing prior to January 8th, 2016 will be refunded in full, less a \$75 administration fee, and issued after the event. Only cancellations in writing will be processed. After January 8th, 2016 no refunds will be issued.

Privacy Policy: Any personal information on this form will be used by the CPD office as set out in our Privacy Policy, solely to conduct the transaction indicated on this form. Please consult our Privacy Policy, available online at www.medicine.uottawa.ca, or contact our Privacy Officer at fippa@uottawa.ca or at: Freedom of Information Co-ordinator c/o Office of the Vice-President, Governance, University of Ottawa, Ottawa, ON K1N 6N5.

REGISTRATION FEES

REGISTER BEFORE
JANUARY 8TH AND SAVE \$50!

# DAYS	EARLY BIRD FEE (Register on or before January 8th)	REGULAR FEE (Register after January 8th)	TOTAL
Pre-Conference Workshop	T1 = \$180 T2 = \$50		\$
One Day	\$275 (check which day you are attending) <input type="checkbox"/> Friday, January 22nd <input type="checkbox"/> Saturday, January 23rd	\$325 (check which day you are attending) <input type="checkbox"/> Friday, January 22nd <input type="checkbox"/> Saturday, January 23rd	\$
Two Days	\$450	\$500	\$
BONUS! If you are registering for the T1 pre-conference workshop as part of your conference registration fee, subtract \$40			\$ -40 (discount)
TOTAL REGISTRATION FEE			\$

Breakfast, refreshment breaks, lunch and hors d'oeuvres during the Welcome Reception are included in the registration fees.

PAYMENT OPTIONS

Please fax registration form with credit card information to: **613-761-5262**

Visa Master Card American Express

Credit Card transactions will appear as "The Ottawa Hospital" on your credit card statement

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Name on Credit Card: _____ Signature: _____

Cheque: Please send registration form and make cheque payable to:
University of Ottawa - CPD Hospital, Civic Campus
University of Ottawa Skills and Simulation Centre
725 Parkdale Avenue, Main Floor, Room 158
Ottawa, ON K1Y 4E5

For more information about this event, please visit

www.ottawamodel.ca OMSC@ottawaheart.ca (613)761-4034 / (888)761-6672

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ACKNOWLEDGEMENTS

The University of Ottawa Heart Institute would like to thank the following companies and organizations for an educational grant in support of this event:

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The University of Ottawa Heart Institute gratefully acknowledges the support of the Ministry of Health and Long-Term Care's Smoke-Free Ontario Strategy.



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