

THE SECOND ANNUAL OTTAWA CONFERENCE

STATE OF THE ART CLINICAL APPROACHES
TO SMOKING CESSATION

JANUARY 22-23, 2010

FAIRMONT CHATEAU LAURIER HOTEL, OTTAWA, ONTARIO

Contact information: 613-761-4034 Email: scnetwork@ottawaheart.ca

Website: 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

PLANNING COMMITTEE

Special thanks to the following individuals who participated
in the planning of this event:

Dr. Paul Hendry	Dr. Andrew Pipe
Dr. Robert Reid	Dr. Lloyd Duchesne
Dr. George Fodor	Nadine Booth
Marie Klobucar	Kerri Mullen
Debbie Aitken	Sophia Papadakis
Nancy Laffin	Dayna Kearns
Abha Bhatnagar-Bost	Carlie Brown
Laura Jones	Barbara Ianni-Lucio

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.

ACCREDITATION

This University of Ottawa's Office of Continuing Medical Education is accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide accredited CME activities for family physicians and specialists. This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 12 MAINPRO-M1 credits. 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 up to 12 credits. Through an agreement with the U.S. Accreditation for Continuing Medical Education, it is also accredited for 12 hours of Category 1 credits of the American Medical Association Physician's Recognition Award (AMA).

PRESENTERS

DAY 1

Dr. Andrew Pipe, Chief, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute, Ottawa, Ontario

Dr. Robert Reid, Associate Director, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute, Ottawa, Ontario

Dr. Neal Benowitz, Professor of Medicine, Bioengineering & Therapeutic Sciences, Chief, Division of Clinical Pharmacology, University of California, San Francisco, USA

Dr. Peter Selby, Head, Nicotine Dependence Clinic, Clinical Director, Addictions Program, Centre for Addiction and Mental Health, Toronto, Ontario

Sarah Matthes Edwards, Tobacco Policy Team Delivery Manger, Department of Health, England

Dr. Amanda Hey, Clinical Leader for Cancer Prevention and Screening, Northeastern Ont. Regional Cancer Centre, Sudbury, Ontario

Kelly Evans, Med Zone Manager, Addiction Services and Chronic Disease Prevention & Management, Horizon Health Network, Saint John, New Brunswick

Sophia Papadakis, MHA, PhD Candidate, Researcher and Program Leader, Prevention and Rehabilitation, University of Ottawa Heart Institute, Ottawa, Ontario

DAY 2

Dr. Andrew Pipe, Chief, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute, Ottawa, Ontario

Professor Robert West, Cancer Research UK Health Behaviour Research Centre, Department of Epidemiology and Public Health, University College, London, England

Dr. Gonzalo Alvarez, Divisions of Respiriology and Infectious Diseases, University of Ottawa at the Ottawa Hospital, Ottawa, Ontario

Debbie Aitken, RN, BScN, Advanced Practice Nurse, Smoking Cessation, Champlain Hospital-based Smoking Cessation Network Manager, Ottawa, Ontario

Dr. Michael Sharma, Deputy Director, Canadian Stroke Network, Director, Regional Stroke Program, The Ottawa Hospital, Ottawa, Ontario

Kerri Mullen, MSc, Network Manager, Ottawa Model for Smoking Cessation, Hospital-Based Network, Ottawa, Ontario

Dr. Gregory Davies, Professor and Chair, Maternal-Fetal Medicine, Queen's University, Kingston, Ontario

Dr. Charl Els, Addictions Specialist, University of Alberta Hospital, Clinical Assistant Professor, Department of Psychiatry, University of Alberta, Edmonton, Alberta.

Dr. Peter Selby, Head, Nicotine Dependence Clinic, Clinical Director, Addictions Program, Centre for Addiction and Mental Health, Toronto, Ontario

Dr. Heather Tulloch, Clinical Psychologist, University of Ottawa Heart Institute, Ottawa, Ontario

DAY 1:

JANUARY 22, 2010 7:30 AM – 4:30 PM

LEARNING OBJECTIVES

After attending day 1 of this conference, the participant will be able to:

1. Describe and understand the neurobiology of Nicotine Addiction.
2. Describe and understand the principals of Pharmacotherapy for Smoking Cessation.
3. Identify and illustrate the use of pharmacotherapeutic approaches for tobacco dependence.
4. Identify the factors necessary for the successful introduction, development and sustenance of a clinical tobacco dependence treatment program in a variety of practice settings.
5. Describe and understand the recommended strategies for the introduction of transformative clinical programs in a variety of practice settings.



SCHEDULE:

Topic and Session Content	Time
Registration and Continental Breakfast	7:30 – 8:30
Introductions and Welcome Kerri-Anne Mullen	8:30 – 8:40
OMSC Evidence for Effectiveness Dr. Andrew Pipe and Dr. Robert Reid The underlying principles and evidence of effectiveness of the Ottawa Model for Smoking Cessation (OMSC) will be addressed.	8:40 – 9:10
Neurobiology of nicotine addiction and Implications for Smoking Cessation Treatment Dr. Neal Benowitz The neurobiology of nicotine addiction and pharmacotherapeutic implications of smoking cessation will be explained.	9:10 – 10:10
Break	10:10 – 10:30
Pharmacotherapy for Smoking Cessation: Contemporary practice and Emerging Concepts Dr. Andrew Pipe Best practice pharmacological approaches in the treatment of nicotine addiction will be discussed.	10:30 – 11:00
Ask the Experts Panel Discussion Dr. Neal Benowitz, Dr. Peter Selby and Dr. Andrew Pipe Best practice pharmacotherapy in the treatment of nicotine addiction, including specialty populations will be explored.	11:00 – 12:00
Lunch	12:00 – 1:00
Implementation of a National Pilot: Stop smoking interventions in Secondary care Sarah Matthes Edwards The realities of introducing smoking cessation programs in an international hospital environment will be identified and explored.	1:00 – 2:00
Break	2:00 – 2:20
Panel : Practical Approaches to Smoking Cessation <ul style="list-style-type: none"> • It Takes a Community: Sustaining hospital-based tobacco dependence treatment in North East Ontario Dr. Amanda Hey • Smoking Cessation & Policy Linkage in Challenging Situations Kelly Evans • Integrating Smoking Cessation into Family Medicine Routines: The Ottawa Model for Smoking Cessation in Primary Care Sophia Papadakis The need for, and the challenges associated with introducing transformative smoking cessation programs in various practice settings will be explained.	2:20 – 3:30
Panel Discussion	3:30 – 4:00
Program Sustainability: Why routine is good Dr. Robert Reid The development, introduction and sustenance of a clinical tobacco dependence treatment program will be addressed.	4:00 – 4:30
Welcome Reception and Poster Session	4:30 – 5:30

DAY 2:

JANUARY 23, 2010 7:30 AM – 4:30 PM

LEARNING OBJECTIVES

After completion of Day 2, the participant will be able to:

1. Describe the underlying concepts and clinical considerations central to the delivery of successful smoking cessation practices in a variety of patient populations.
2. Identify and understand the importance of practical, strategic behavioural approaches to tobacco dependence treatment.
3. Identify factors related to the successful implementation of a clinical tobacco dependence treatment program in a variety of practice settings.
4. Be familiar with current clinical and applied research in tobacco cessation in a variety of patient populations.
5. Describe how the Ottawa Model for Smoking Cessation might be extended into Primary Care, Out-patient, and Specialty Clinics settings.
6. Understand how maternal smoking affects the unborn child, the mother, and obstetrical outcomes.
7. Appreciate the importance of, and be familiar with, the principles of smoking cessation in an obstetric population.

SCHEDULE:

Topic and Session Content	Time
Registration and Continental Breakfast	7:30 – 8:30
Introductory Comments Debbie Aitken	8:30 – 8:40
NHS Centre for Smoking and Training Program Professor Robert West The most effective evidence-based behavioural change techniques will be identified and explored.	8:40 – 9:40
Progress in Research Break out Session 1 and Session 2 <ul style="list-style-type: none"> Smoking, TB and Obstructive Lung Disease in Nunavut Evaluation Study: STONE STUDY Dr. Gonzalo G. Alvarez NRT vs Varenicline in Hospitalized Patients with CVD Debbie Aitken Cost Free Pharmacotherapy for High Risk CVD Patients Dr. Michael Sharma In this breakout session a number of evidence-based clinical research topics related to smoking cessation will be introduced and explored. Session 2 will follow the Break	Session 1 9:40 -10:10 Session 2 10:30-11:00
Break	10:10 – 10:30
ExTENDS Project Kerri-Anne Mullen The realities of extending The Ottawa Model for Smoking Cessation into Primary Care, Out-patient, and Specialty Clinic settings will be identified and explored.	11:00 – 11:30
Smoking Cessation Strategies in Pregnancy Dr. Gregory Davies The importance of, and being familiar with, the principles of smoking cessation in the obstetric population will be addressed.	11:30 – 12:00
Lunch	12:00 – 1:00
How can Psychological Theory help Develop Improved Behavioural Support? Professor Robert West The theories concerning the psychopharmacology of nicotine dependence and behavioural motivation will be presented	1:00 – 2:00
Break	2:00 – 2:20
Psychology Panel <ul style="list-style-type: none"> Neuropsychiatric considerations in Smoking Cessation Dr. Charl Els Harm Reduction & Smoke Free Policy Dr. Peter Selby Brief Psychological Assessment and Resources Dr. Heather Tulloch In this panel discussion the importance of practical and strategic behavioural approaches to tobacco dependence treatment will be explained and explored.	2:20-3:40
Panel Discussion	3:40 - 4:20
Wrap up Dr. Pipe	4:20 - 4:30

HOTEL ACCOMMODATION:

Fairmont Chateau Laurier
1 Rideau Street
Ottawa, Ontario K1N 8S7
613-241-1414

Rate: \$165.00 Canadian

All room rates are subject to 5% Provincial Sales Tax (PST), 3% Destination Marketing Fee (DMF) and 5% Goods and Services Tax (GST). All tax structures and percentages are subject to change without notice.

Deadline to receive special room rate:
December 15th, 2009

Reservations can be booked by calling:
613-241-1414 or 1-800-441-1414

Or reserve online:
<https://resweb.passkey.com/go/smokingcessation>

In order to receive the special room rate please book your reservation under
Code: OHEA0110

You may register by fax: 613-761-5262 or send registration form and make cheque payable to :

University of Ottawa,
CME The Ottawa Hospital- Civic Campus,
Continuing Medical Education;
3rd floor, CPC, 1053 Carling Avenue Ottawa, ON K1Y 4E9

REGISTRATION:

- Meals and refreshment breaks are included in the fee.
- A limited number of vegetarian meals will be available.
- Space is limited so register early!
- Post-dated cheques are not accepted
- Refunds less a \$50.00 administrative charge will be issued for cancellations received in writing by December 20, 2009.
- No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event.

CONFERENCE PRESENTATIONS:

To ensure course participants receive the most up-to-date information, and in an effort to lessen the environmental impact of our event, all presentations will be posted on our website as soon as they become available. We cannot guarantee that all presentations will be posted on the website prior to the start of the conference.

Call for Conference Abstracts

Abstracts must be submitted electronically using the official submission form found at:

ottawamodel.ca

Deadline for submission is
December 4, 2009.

REGISTRATION FORM

(Please complete one form per person to register for the conference) *All fields required

* Dr. Mr. Ms.

* Last name: _____ * First name: _____

Position: _____

* Institution: _____

* Address: Home Office Unit / Room #: _____

* Street: _____

* City: _____ * Province: _____

* Country: _____ * Postal Code: _____

* Business phone: _____ * Home phone: _____

Mobile phone: _____ Fax: _____

* Email: _____

SPECIAL NEEDS (i.e. Food allergies, special meal requests, wheelchair access etc.)
Please indicate:

Please indicate if you will be attending the
Welcome Reception on January 22, 2010 Yes No

PROGRESS IN RESEARCH BREAKOUT CHOICES (If attending January 23rd, 2010
please choose 2 out of the 3 choices)

Dr. Alvarez – Smoking, TB and Obstructive lung disease
in Nunavut evaluation study (STONE study). 1ST Choice 2ND Choice

Debbie Aitken – NRT vs Varenicline in Hospitalized
Patients with CVD. 1ST Choice 2ND Choice

Dr. Sharma – Cost-free Pharmacotherapy for High Risk
CVD patients. 1ST Choice 2ND Choice

NOTE: Breakouts are assigned on a first-come, first-served basis so register early!

For more information about this event, please visit www.ottawamodel.ca or
contact scnetwork@ottawaheart.ca or call (613) 761-4034

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FEES:

This is a CME accredited event. Note up to a maximum of 6 category 1 credits will be granted per day of attendance.

Please circle appropriate fee:	Early Bird Fee (If you register on or before Dec. 4th)		Regular Fee (If you register after Dec. 4th)	
Partnered hospitals	\$125 per day	\$225 for both days	\$150 per day	\$275 for both days
Non Partnered hospitals	\$175 per day	\$325 for both days	\$200 per day	\$375 for both days
TOTAL	\$	\$	\$	\$

*Need Partnership information? Call (613) 761- 4034 or email scnetwork@ottawaheart.ca

The registration fee covers admission to all conference sessions, breakfast, lunch, coffee breaks and the welcome reception.

Unpaid delegates showing up onsite will have to provide payment in full (by cheque or cash) to attend the conference.

I _____ acknowledge the following terms and conditions

Cancellation Policy: Cancellations received in writing prior to December 20th, 2009 will be refunded in full, less a \$50 administration fee. Only cancellations in writing will be processed. After December 20th, 2009 no refunds will be issued.

NSF Cheques: NSF cheques or cancelled cheques will be charged and administrative fee of \$25.00. Post-dated cheques will not be accepted. No registration form will be processed without the full fee included.

Privacy Policy: Any personal information on this form will be used by the CME office as set out in our Privacy Policy, solely to conduct the transaction indicated on this form. Please consult our Privacy Policy, available on-line at www.medicine.uottawa.ca or contact the 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, Ontario, K1N 6N5

PAYMENT OPTIONS:

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

Credit Card: Visa Master Card American Express

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

Card Number

Expiry date

Name on Credit Card

Signature

Cheque: Please send registration form and make cheque payable to:
 University of Ottawa, CME
 The Ottawa Hospital- Civic Campus, Continuing Medical Education;
 3rd floor, CPC, 1053 Carling Avenue Ottawa, ON K1Y 4E9



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ACKNOWLEDGEMENTS

The University of Ottawa Heart Institute recognizes its funding partners:



Health
Canada

Santé
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STROKE
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Finding answers. For life.



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

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