

EIGHTEENTH ANNUAL OTTAWA CONFERENCE

**STATE OF THE ART CLINICAL APPROACHES
TO SMOKING CESSATION**

JANUARY 23 - 24, 2026 • ROGERS CENTRE • OTTAWA, CANADA

CONFERENCE PROGRAM



**OTTAWA MODEL
FOR SMOKING CESSATION**

POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE



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FRIDAY, JANUARY 23, 2026

*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
8:45 – 9:00	INTRODUCTORY COMMENTS Mustafa Coja, University of Ottawa Heart Institute
9:00 – 9:30	Clinical Smoking Cessation in 2025: Contemporary Issues and Contemporary Practice Dr. Hassan Mir and Dr. Andrew Pipe, University of Ottawa Heart Institute *Interpret the philosophies underlying clinical smoking cessation interventions in the healthcare setting.
9:30 – 10:30	2025 Clinical Guidelines: What You Need to Know for Practice Today Dr. Hassan Mir, University of Ottawa Heart Institute *Compare and contrast 2025 guidelines and identify key takeaways to enhance clinical decision-making and patient care.
10:30 – 10:50	BREAK/NETWORKING
10:50 – 11:45	PANEL: The Tobacco Settlement: Opportunities for Tobacco Control in Canada Rob Cunningham, Les Hagen, Sarah Butson *Identify ways to support effective use of the Canadian tobacco settlement to benefit tobacco control, including enhancing provincial/territorial government strategies.
11:45 – 12:30	Yellowknife Primary Care Centre Smoking Cessation Experience Matthuschka Sheedy, Alana Kronstal, Northwest Territories Health and Social Services Authority *Analyze and describe the strength of collaboration between policy/government and clinical sites to support effective care in Indigenous settings.
12:30 – 1:30	NETWORKING LUNCH AND MENTORING TABLES
1:30 – 2:15	Patient Panel: Navigating the Realities of Vaping through Lived Experiences Moderated by Stephanie MacLaren, University of Ottawa Heart Institute *Interpret patient perspectives on vaping to better understand the challenges, decision-making processes, and be better able to support needs.
2:15 – 3:00	KEYNOTE: Clearing the Air: Recommendations for our Youth Vaping Crisis Dr. Tea Rosic, Children's Hospital of Eastern Ontario (CHEO) *Examine the youth nicotine vaping crisis and implement emerging best practices to support youth cessation in clinical and community settings.
3:00 – 3:20	BREAK/NETWORKING
3:20 – 4:15	Smoking Cessation in Diverse Clinical Settings Dr. Sandra Ofori, Dr. Sean Gilman, Dr. Deborah Saunders *Integrate multidisciplinary insights to optimize smoking cessation strategies for patients in surgery, dentistry, and respirology.
4:15 – 4:30	CLOSING REMARKS Mustafa Coja, University of Ottawa Heart Institute
4:30 – 6:00	RECEPTION AND POSTER SESSION



SATURDAY, JANUARY 24, 2026

*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: CURE Project: NHS's System-Wide Implementation Dr. Matthew Evison, Wythenshawe Hospital, Manchester University NHS Foundation Trust * Implement and identify strategies, using the CURE project as a model, to apply similar system-wide approaches.
9:30 – 10:15	Smoking Cessation in Cancer Care Continuum Dr. Nadia Minian, Shelley Hewitson * Apply strategies to support smoking cessation across the cancer care continuum, considering timing of intervention and addressing common barriers and facilitators.
10:15 – 10:30	BREAK/NETWORKING
10:30 – 12:15 BREAKOUT SESSIONS	BREAKOUT SESSIONS (10:30 – 11:15 AND REPEATED AGAIN FROM 11:30 – 12:15) S1. Mental Health and Tobacco Use: Addressing Dual Challenges for Better Outcomes Dr. Charl Els * Implement strategies to integrate tobacco cessation support into mental health care effectively S2. Master Class Dr. Andrew Pipe, Dr. Matt Evison * Learning objectives: Outline landmark approaches to smoking cessation through an open and informed conversation with an internationally renowned physician. S3. Nicotine in Pregnancy: What Clinicians Need to Know Dr. Maria Lopez Laporte (A. SESSION IN ENGLISH B. SESSION EN FRANÇAIS) * Summarize the current landscape of smoking in pregnancy in Canada and its associated maternal-fetal impacts, and implement practical smoking cessation strategies for pregnant and/or lactating women. S4. Vaping Prevention and Cessation: Practical Strategies for Reaching and Approaching our Youth Sylvain Quidot, Amélie Brunet (A. SESSION EN FRANÇAIS B. SESSION IN ENGLISH) * Apply proven strategies for reaching our youth to prevent vaping and to encourage cessation.
12:15 – 1:15	NETWORKING LUNCH
1:15 – 2:00	Emerging Nicotine Products: Usage Trends and Market Shifts Dr. David Hammond, University of Waterloo * Analyze current trends in emerging nicotine product use to inform prevention and intervention strategies.
2:00 – 2:45	Smoking, Inflammation, & Cardiometabolic Health Dr. Hassan Mir, University of Ottawa Heart Institute * Explain how smoking-driven inflammatory pathways contribute to cardiometabolic risk and apply this knowledge to prevention, assessment, and management strategies.
2:45 – 3:00	BREAK/NETWORKING
3:00 – 3:45	Rapid Fire Oral Presentations “5 mins, 3 slides!” Multiple Presenters, Moderated By: Mustafa Coja * Summarize new experiences, insights and interesting research results in the field of smoking cessation as presented by our conference delegates.
3:45 – 4:15	AWARDS CEREMONY AND CLOSING REMARKS
4:15 – 4:30	CLOSING CEREMONY Elder