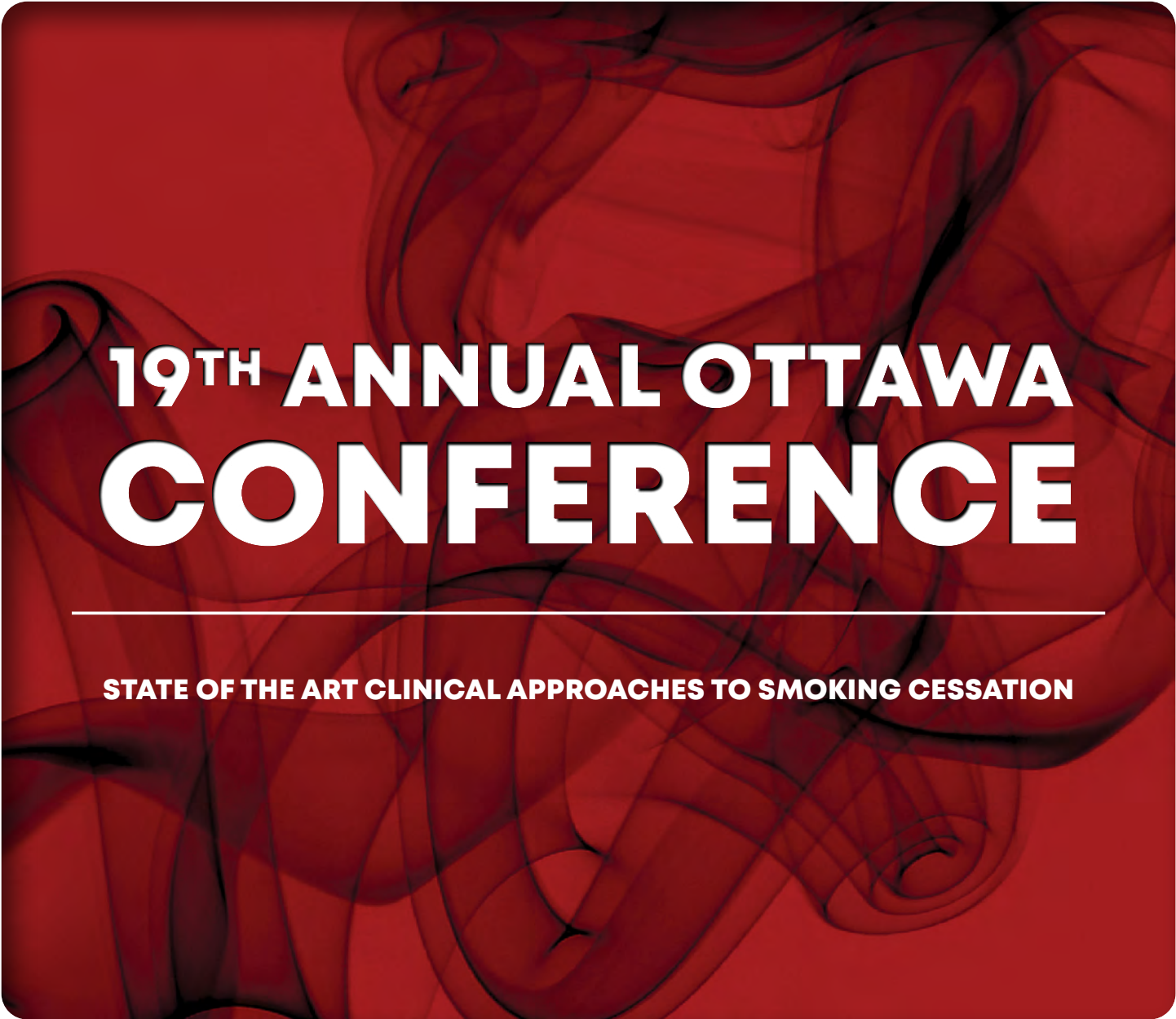


CONFERENCE PROGRAM



19TH ANNUAL OTTAWA CONFERENCE

STATE OF THE ART CLINICAL APPROACHES TO SMOKING CESSATION

JANUARY 22 - 23, 2027 • ROGERS CENTRE • OTTAWA, CANADA



OTTAWA MODEL
FOR SMOKING CESSATION
POWERED BY THE UNIVERSITY OF OTTAWA HEART INSTITUTE

OTTAWAMODEL.CA



FRIDAY, JANUARY 22, 2027

TIME	TOPIC
7:30 – 8:45	REGISTRATION AND CONTINENTAL BREAKFAST
8:45 – 9:00	OPENING CEREMONY • Elder
9:00 – 9:15	INTRODUCTORY COMMENTS • Mustafa Coja, University of Ottawa Heart Institute
9:15 – 9:45	Clinical Smoking Cessation in 2027: Contemporary Issues and Contemporary Practice Dr. Hassan Mir, University of Ottawa Heart Institute • Interpret the philosophies underlying clinical smoking cessation interventions in the healthcare setting.
9:45 – 10:45	KEYNOTE PRESENTATION What's New, What's Next: Breakthroughs in Nicotine Cessation Pharmacotherapy Dr. Frank Leone, Penn University By the end of this session, participants will be able to: • Describe the latest advances in nicotine dependence medications. • Assess evidence for emerging cessation therapies. • Select appropriate pharmacotherapy options for tobacco and nicotine cessation.
10:45 – 11:00	BREAK/NETWORKING
11:00 – 12:00	AI and Nicotine Cessation: Hype, Hope, or Game Changer? Dr. Hassan Mir, University of Ottawa Heart Institute Nadia Minian, Centre for Addiction and Mental Health TBD By the end of this session, participants will be able to: • Evaluate the benefits and limitations of AI in nicotine cessation. • Identify opportunities to integrate AI into cessation practice, education, or research. • Discuss ethical considerations in AI-supported nicotine treatment.
12:00 – 13:00	NETWORKING LUNCH AND MENTORING TABLES





FRIDAY, JANUARY 22, 2027

TIME	TOPIC
13:00 – 14:45	BREAKOUT SESSIONS (13:00 – 13:45 AND REPEATED AGAIN FROM 14:00 – 14:45)
	F1. NRT Unpacked: Busting Myths and Optimizing Treatment Sean Gilman, McGill University By the end of this sessions, participants will be able to: • Separate common NRT myths from evidence-based facts. • Apply optimal dosing and combination NRT strategies to support cessation. • Use practical techniques to improve treatment outcomes for people who use tobacco or nicotine.
	F2. Beyond Tobacco: Understanding and Treating Poly-Substance Use Dr. Victor Tang, Centre for Addiction and Mental Health By the end of this session, participants will be able to: • Describe patterns and challenges of nicotine and other substance co-use. • Identify treatment considerations for individuals with co-occurring nicotine and substance use. • Develop patient-centered treatment plans that promote comprehensive and coordinated care.
	F3. Reclaiming Wellness: Indigenous-Led Approaches to Commercial Tobacco Use TBD By the end of this session, participants will be able to: • Identify key factors in culturally relevant cessation programs. • Examine the role of Indigenous knowledge and community engagement. • Apply lessons learned to enhance cessation supports
	F4. From Evidence to Practice: Translating Research into Clinical Action Dr. Kerri-Ann Mullen, University of Ottawa Heart Institute By the end of this session, participants will be able to: • Identify barriers and facilitators to knowledge translation. • Apply research evidence to clinical decisions. • Implement strategies to stay current and improve care.
14:45 – 15:00	BREAK/NETWORKING
15:00 – 15:30	The Power of Peers: Mentorship and Recovery-Oriented Models in Cessation Support TBD By the end of this session, participants will be able to: • Examine peer support in smoking and vaping cessation. • Assess opportunities for peer support engagement in treatment. • Apply peer-based strategies to improve cessation outcomes.
15:30 – 16:15	Patient Panel - Vaping Cessation: What Works, What Doesn't, What's Next Multiple Presenters By the end of this session, participants will be able to: • Examine current clinical protocols and treatment approaches. • Analyze barriers and facilitators to successful vaping cessation. • Implement practical, patient-centered strategies to support quitting vaping.
16:15 – 16:30	CLOSING REMARKS • Mustafa Coja, University of Ottawa Heart Institute
16:30 – 18:00	RECEPTION AND POSTER SESSION



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SATURDAY, JANUARY 23, 2027

TIME	TOPIC
8:00 – 9:00	REGISTRATION AND CONTINENTAL BREAKFAST
9:00 – 9:15	INTRODUCTORY COMMENTS • Mustafa Coja, University of Ottawa Heart Institute
9:15 – 10:15	KEYNOTE PRESENTATION Global Tobacco Control: Lessons, Innovations, and Future Directions Jamie Hartmann-Boyce, University of Massachusetts Amherst By the end of this session, participants will be able to: • Compare tobacco control approaches from around the world. • Identify successful cessation strategies and policies. • Assess emerging trends in smoking cessation.
10:15 – 10:30	BREAK/NETWORKING
10:30 - 11:00	Nicotine Pouches: The Next Cessation Challenge? Javad Heshmati, University of Ottawa Heart Institute By the end of this session, participants will be able to: • Explore equity-informed approaches to smoking cessation. • Understand barriers faced by underserved populations. • Implement inclusive strategies to improve cessation outcomes.
11:00 – 12:00	Breaking Barriers: Equity and Inclusion in Smoking Cessation TBD By the end of this session, participants will be able to: • Explore equity-informed approaches to smoking cessation. • Understand barriers faced by underserved populations. • Implement inclusive strategies to improve cessation outcomes.
12:00 – 13:00	NETWORKING LUNCH



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TIME	TOPIC
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13:00 – 13:45	Cravings, Rewards, and Relapse: The Neuroscience of Nicotine Addiction TBD
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By the end of this session, participants will be able to:

- **Investigate** the neural pathways involved in nicotine addiction.
- **Analyze** the role of reward, craving, and impulse control in tobacco and nicotine use.
- **Leverage** neuroscience insights to enhance cessation support.

13:45 – 14:45	When Standard Treatment Isn't Enough: Tackling Challenging Nicotine Dependence Cases Leslie Phillips, Memorial University of Newfoundland Peter Selby, Centre for Addiction and Mental Health Sandra Ofori, McMaster University
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By the end of this session, participants will be able to:

- **Analyze** factors contributing to relapse and treatment resistance.
- **Explore** practical solutions through real-world case studies.
- **Tailor** cessation interventions to meet individual patient needs.

14:45 – 15:00	BREAK/NETWORKING
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15:00 – 15:45	Rapid Fire Oral Presentations “5 mins, 3 slides!” Multiple Presenters, Moderated By: Mustafa Coja
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- **Summarize** new experiences, insights and interesting research results in the field of smoking cessation as presented by our conference delegates.

15:45 – 16:15	AWARDS CEREMONY AND CLOSING REMARKS
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16:15 – 16:30	CLOSING CEREMONY • Elder
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