

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

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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 Dr. Nihal Haque, Scarborough Health Network 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
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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

Krystal Cox and Courtney Stolz, Wabano Centre

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



SATURDAY, JANUARY 23, 2027

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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