CONFERENCE PROGRAM



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

19TH ANNUAL OTTAWA CONFERENCE

STATE OF THE ART CLINICAL APPROACHES TO SMOKING CESSATION

JANUARY 22 - 23, 2027 · OTTAWA, CANADA · OTTAWAMODEL.CA

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FRIDAY, JANUARY 22, 2027

TIME	TOPIC
7:45 – 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; and **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 Dr. Nihal Haque, Scarborough Health Network Nadia Minian, Centre for Addiction and Mental Health **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; and **Discuss** ethical considerations in AI-supported nicotine treatment.
12:00 – 13:00	**NETWORKING LUNCH AND MENTORING TABLES**



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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; and **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; and **Develop** patient-centered treatment plans that promote comprehensive and coordinated care. **F3. Garden River First Nation and Ontario Health: A Collaborative Approach to Smoking Cessation Education Through an Indigenous Lens** **Alicia Topp, Ontario Health** **Christine McEwen and Brett Corbiere, Garden River First Nation** **By the end of this session, participants will be able to:** **Identify** the importance of community directed and client centered care in an Indigenous setting with local Indigenous partners; **Outline** strategies for collaboration between Indigenous providers and non-Indigenous partners; and **Identify** how cultural practices are incorporated into health education, specifically within smoking cessation, contributing to positive outcomes. **F4. From Stigma to Strength: 2S/LGBTQIA+ Peer Support and Harm Reduction** **Julia Falco and Fowzia Huda, Community Based Research Centre** **By the end of this session, participants will be able to:** **Understand** why traditional smoking cessation approaches don't work for many 2S/LGBTQIA+ people; **Gain** practical strategies for 2S/LGBTQIA+ care that are trauma-informed and non-judgmental; and **Learn** about the benefits of a harm reduction approach and how to apply it.
14:45 – 15:00	**BREAK/NETWORKING**
15:00 – 15:30	**The Case Is Clear. So Why Are We Still Making It? Reframing Smoking Cessation as Essential Healthcare** **Kerri-Anne Mullen, University of Ottawa Heart Institute** **By the end of this session, participants will be able to:** **Describe** the clinical and ethical case for integrating smoking cessation into routine healthcare; **Evaluate** the economic case for investing in clinical smoking cessation in Canada; and **Identify** strategies to advocate for sustainable investment in smoking cessation.
15:30 – 16:15	**Addressing Cannabis Use in Patients with Cardiovascular Disease** **Stephanie MacLaren, University of Ottawa Heart Institute** **Person with Lived Experience** **By the end of this session, participants will be able to:** **Explore** the effects of cannabis on heart health; **Review** the evidence-based approaches to managing cannabis use disorder; **Discuss** the novel UOHI Cannabis Education Service; and **Explore** and learn from the lived experiences of a patient partner.
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 – 9:10	**INTRODUCTORY COMMENTS** • **Mustafa Coja, University of Ottawa Heart Institute**
9:10 – 10:00	**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; and **Assess** emerging trends in smoking cessation.
10:00 – 10:30	**Master Class with Jamie Hartmann-Boyce and Dr. Andrew Pipe** **Jamie Hartmann-Boyce, University of Massachusetts Amherst** **Moderator: Dr. Andrew Pipe, University of Ottawa Heart Institute** **By the end of this session, participants will be able to:** **Outline** landmark developments in smoking cessation; **Explore** emerging approaches and innovations with a leading expert; and **Identify** practical strategies to improve smoking cessation outcomes.
10:30 – 10:45	**BREAK/NETWORKING**
10:45 – 11:15	**Reclaiming Wellness: Indigenous-Led Approaches to Commercial Tobacco Use** **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, and **Understand** the difference between traditional and commercial tobacco use
11:15 – 11:45	**Nicotine Pouches: The Next Cessation Challenge?** **Javad Heshmati, University of Ottawa Heart Institute** **By the end of this session, participants will be able to:** **Review** the patterns and perceptions of nicotine pouch use; **Examine** the evidence for nicotine pouch as a smoking cessation aid; and **Explore** emerging evidence, research gaps, and future directions in nicotine pouch cessation.
11:45 – 13:00	**NETWORKING LUNCH**
13:00 – 13:45	**From Vaping to Brain Circuits: Bridging Preclinical and Clinical Neuroscience to Understand Adolescent Nicotine Risk** **Dr. Steven Laviolette, Western University** **By the end of this session, participants will be able to:** **Explain** how adolescent nicotine exposure affects brain development and function; **Evaluate** evidence linking nicotine exposure to long-term psychiatric and addiction risks; and **Discuss** how neuroscience can inform prevention and cessation strategies.

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SATURDAY, JANUARY 23, 2027

TIME	TOPIC
13:45 – 14:30	**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** **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; and **Tailor** cessation interventions to meet individual patient needs.
14:30 – 14:45	**BREAK/NETWORKING**
14:45 – 15:15	**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.
15:15 – 15:30	**AWARDS CEREMONY AND CLOSING REMARKS**
15:30 – 15:45	**CLOSING CEREMONY • Elder**

