

**Smoking cessation –  
The success of cessation depends on Primary Care!  
Venue: Aberdeen conference centre, Aberdeen  
17<sup>th</sup> April, 2009**

**Preliminary Programme  
Chairman – Anders Ostrem**

<b>Time</b>	<b>Title</b>	<b>Speaker</b>
08.30-08.50	<b>Introduction including workshop information and IPCRG guidance</b>	Anders Ostrem
08.50-09.10	<b>What does smoking do – disease and morbidity</b>	Mike Thomas
09.10-09.30	<b>Nicotine addiction and abstinence</b>	Alex Bobak
09.30-09.50	<b>Motivation – essential for success</b>	Daryl Freeman
09.50-10.10	<b>COFFEE BREAK</b>	
10.10-11.05	<b>Workshop One</b>	As below
	<b>Refreshments available on move to next workshop</b>	
11.10-12.05	<b>Workshop Two</b>	As below
	<b>Refreshments available on move to next workshop</b>	
12.10-13.05	<b>Workshop Three</b>	As below
13.05-14.00	<b>LUNCH</b>	
14.00-14.40	<b>Medical therapy of smoking cessation</b>	Anders Ostrem
14.40-15.15	<b>Cases: putting knowledge into practice</b>	Faculty
15.15-15.30	<b>Summary of the day</b>	
19.30	<b>CONFERENCE DINNER</b>	

## Workshops:

- 1: How to communicate with patients, motivational interviewing, how can the GP influence smokers over time? SHH
2. Practical follow-up in a busy GP – can we do it? Alex Bobak
3. Strategies to deal with the hard core smoker/risk reduction DF

	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>
<b>10.10 – 11.05</b>	<b>Communication SHH</b>	<b>Risk reduction DF</b>	<b>Follow – up AB</b>
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