

10 seconds: What could you achieve?

Hotel Melià Sitges, Sitges, Spain

AGENDA

Friday 20 November

Time	Session title	Speaker
20.45	Dinner	
20.50	Welcome	Josep Maria Ramón & José Manuel Calheiros
21.30	Effective communication styles workshop <ul style="list-style-type: none">• Ice-breaker plenary session – defining communication styles	

Saturday 21 November

Time	Session title	Speaker
08.50	Introduction	Josep Maria Ramón & José Manuel Calheiros
09.00	Epidemiology <ul style="list-style-type: none">• Prevalence & burden of smoking• Photographs of pathologies• (Including 3/4 keypad questions)	José Manuel Calheiros
09.15	The benefits of quitting smoking <ul style="list-style-type: none">• Health benefits to patient• Benefits to GP / practice (i.e. cost effectiveness etc)• Other benefits	Josep Maria Ramón
09.30	The difficulties of quitting smoking Why is it so difficult to quit smoking? <ul style="list-style-type: none">• Nicotine addiction (establishing smoking as a disease)• Difficulties/barriers for the physician	Sophia Ravara
10.00	Minimal effort, maximum results <ul style="list-style-type: none">• Brief (opportunistic) intervention• Positive/negative intervention video dubbed in Spanish	Alex Bobak
11.00	Coffee	
11.30	Cessation intervention: Support <ul style="list-style-type: none">• Patient engagement pathway/plan• Counselling• Adherence to medication	Vidal Barchilón
12.00	Pharmacological interventions <ul style="list-style-type: none">• Different types of treatment• Criteria for treatment choice• Side effects & management	Pedro Norton

12.30	Different patients: What to do	Panel discussion
12.50	Morning summary & Questions	Led by Josep Maria Ramón & José Manuel Calheiros
13.15	<i>Lunch</i>	
14.15	Introduction to the workshops: demonstration	Meeting faculty
14.30	Workshop: Practical implementation of the intervention <ul style="list-style-type: none"> • Overcoming barriers • Role play with different patient types 	
16.30	<i>Coffee and transition back to main room</i>	
16.45	Workshop feedback	Led by Josep Maria Ramón & José Manuel Calheiros
17.00	Closing remarks & meeting close	Josep Maria Ramón & José Manuel Calheiros