

10 Seconds: *What could you achieve?*

Radisson SAS Scandinavia, Copenhagen, Denmark

AGENDA

Friday 6 November

Time	Session title	Speaker/Lead
18.00	Welcome to Copenhagen	Phillip Tønnesen (Chair)
18.05	Effective communication styles workshop <ul style="list-style-type: none">• Ice-breaker plenary session – defining communication styles	
19.30	<i>Dinner</i>	

Saturday 7 November

Time	Session title	Speaker/Lead
08.45	Introduction <ul style="list-style-type: none">• Facts about smoking e.g. smoking is an addiction (keypad session)	Phillip Tønnesen (Chair)
09.00	Reducing the burden of disease: mortality, morbidity, cost and time <ul style="list-style-type: none">• The benefits of quitting smoking• The link between smoking and cardiovascular disease, lung cancer and other morbidities	Phillip Tønnesen
10.00	<i>Coffee</i>	
10.15	Minimal effort, maximum results <ul style="list-style-type: none">• Best practice example of a brief intervention (including video)	Alex Bobak
11.00	A Nordic model for smoking cessation <ul style="list-style-type: none">• Occupational health versus GP model	Kari Reijula & Anders Østrem
11.45	Q&A	Phillip Tønnesen
12.00	<i>Lunch</i>	
13.00	What is dependence - smoking is not just a habit <ul style="list-style-type: none">▪ The science behind nicotine dependence	Karl Fagerström
13.20	Support and patient follow up <ul style="list-style-type: none">▪ Explain necessity for non-therapeutic and positive support	
13.40	Therapeutic intervention: towards a healthier patient population <ul style="list-style-type: none">▪ Behavioural and pharmacological interventions currently available	Karl Fagerström

14.00	<i>Coffee and transition to workshops</i>	
14.15	Workshop: Practical intervention in the clinic <ul style="list-style-type: none"> • Problem solving • Language you should/ should not be using when discussing smoking cessation with your patient • Case study discussion • Good practice discussion / sharing / practice 	
16.15	<i>Coffee and transition back to main meeting room</i>	
16.30	Closing remarks - The Nordic Picture <ul style="list-style-type: none"> • Summary of key learnings from each workshop – how people are going to change their practice following what they have learnt • Key learning point from each country • Final summary - AØ 	Anders Østrem
17.00	<i>Meeting close</i>	