

Practising Well Community of Practice

Best Practices for Nicotine Cessation - July 23, 2025

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Watch Past Sessions & Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
Canadian Drug Policy Coalition	https://drugpolicy.ca/our-work/issues/harm-reduction/
Intrepid Lab (Nicotine Dependence Service): E-Cigarettes and Vaping	https://intrepidlab.ca/en/Pages/electronic-nicotine-delivery-systems-(ends).aspx
Intrepid Lab (Nicotine Dependence Service): TEACH Educational Rounds	https://intrepidlab.ca/en/teach/Pages/TEACH-Rounds-Archive.aspx
CAMH: Vaping Cessation Guidance Resource	https://intrepidlab.ca/en/Documents/Vaping%20Cessation%20Guidance%20Resource.pdf
Government of Canada: Regulating tobacco and vaping products: Tobacco products regulations	https://www.canada.ca/en/health-canada/services/smoking-tobacco/regulating-tobacco-vaping/tobacco.html
Policy Statement - American Heart Association: Impact of Smokeless Oral Nicotine Products on Cardiovascular Disease: Implications for Policy, Prevention, and Treatment: A Policy Statement From the American Heart Association	https://www.ahajournals.org/doi/10.1161/CIR.0000000000001293
CAMH: Lower-Risk Nicotine Use Guidelines (LRNUG)	https://intrepidlab.ca/en/lower-risk-nicotine-user-guidelin-es