

Meeting M i n u t e s
Complementary and Integrative Medicine MIG
February 27, 2025

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on February 27, 2025, beginning at 8:00 pm.

Present: Dr. Esther Konigsberg, Dr. Farah Tabassum, Dr. Adrienne Junek, Dr. Elliot Jacobson

Regrets: Dr. Richard Nahas, Dr. Fred Hui

By Invitation: Nisha Chojar

OMA Staff: Alex Skublics

Call to Order

The Chair called the meeting to order.

Approval of Agenda

1. Update: Survey for gathering experiences from group members related to regulatory issue
2. Dr. Adrienne Junek update: re. proposal to the University of Ottawa for a fellowship in Integrative Medicine
3. Dr. Elliot Jacobson update re: proposal to the University of Toronto for a fellowship in Integrative Medicine
4. Spring Newsletter: Article proposals
5. Any other business.

Minutes for Approval, Meeting of January 23, 2025

1. Dr. Angela Cheung introduction and update on IM fellowship.

-the team briefly introduced themselves to Dr. Angela Cheung

-Dr. Angela Cheung introduced herself as a general internist and is the integrative medicine chair at the University of Toronto – she also did acupuncture and has a background in Chinese medicine

-She stated she is currently building a team of integrative physicians at U of T

-Dr. Konigsberg inquired about the integrative medicine fellowship that Dr. Angela Cheung is developing with the University of Toronto

-Dr. Cheung explained that she currently has two fellows that are being exposed to different

aspects of integrative medicine and learning research skills – they don't have dedicated funding but have been piecing things together

-Dr. Richard Nahas asked about Dr. Angela Cheung's understanding of the research around acupuncture for pain management.

-Dr. Angela Cheung responded that there is a lot of research around acupuncture with pain having the most evidence so it depends on what he would be trying to achieve specifically

-Dr. Adrienne Junek asked Dr. Angela Cheung if there are plans to acquire more funding and if that is an issue for developing the integrative medicine fellowship

-Dr. Angela Cheung said she is consistently raising funds and that the real hurdle is how broad integrative medicine is when it comes to creating concrete in depth training – the current process has been to cater based on the interests of the fellow

-Dr. Adrienne Junek then asked if she had looked at any current fellowships in the United States

-Dr. Cheung stated that she has looked at UCLA and University of Arizona but will do a blend based on the fellow to cover both research/education and clinical experience – it is based on the General Internal Medicine fellowship as this is also a broad specialty

-Dr. Adrienne Junek and Dr. Konigsberg questioned if there would need to be more standard training in terms of hours, objectives, goals, and competencies to fulfill requirements for a fellowship and for passing a board exam – Dr. Farah concurred based on her experiences with functional medicine courses

-Dr. Angela Cheung responded that there is some standardization, but it is based on fellow's interests – there must be differences if someone is pursuing conventional medicine or Chinese medicine, or acupuncture – again this is based on the general internal medicine fellowship which is also broad while having some structure to it

-Dr. Richard Nahas asked Dr. Angela Cheung if she believed going through the royal college was the best pathway for getting integrative medicine more recognition

-Dr. Angela Cheung agreed that going through the Royal College or the College of Family Physicians is the best way to establish integrative medicine in the main stream medical profession

-Dr. Konigsberg thanked Dr. Angela Cheung for the discussion and asked if she had any questions

-Dr. Angela Cheung inquired about which organization our committee is run through

-Dr. Konigsberg said we are a medical interest group with the OMA with about 600 members

1. Update: Survey for gathering experiences from group members related to regulatory issue

-this was not discussed and will be addressed at the next meeting

2. Dr. Adrienne Junek update: re. proposal to the University of Ottawa for a fellowship in Integrative Medicine

-this was not discussed and will be addressed at the next meeting

3. Dr. Elliot Jacobson update re: proposal to the University of Toronto for a fellowship in Integrative Medicine

-Dr. Elliot Jacobson was unable to attend the meeting, this will be discussed at the next meeting

4. Spring Newsletter: Article proposals

- this was not discussed and will be addressed at the next meeting

5. Any other business.

New Business

1. Minutes were approved by Dr. Adrienne Junek.
2. Update: Survey for gathering experiences from group members related to regulatory issue

-Dr. Esther Konigsberg stated that the survey appears to not be completely finished, and asked the group for their current opinions on the matter

-Dr. Elliot Jacobson questioned about the specific goals and purpose behind the survey and its outcome, as well as if it would be sent to the entire OMA or just our MIG

-Dr. Esther Konigsberg responded that it would be used to gather data about potential concerns people are experiencing with respect to regulation – it would be sent to our MIG first, and based on the responses, it could be sent to other OMA chairs as well

-Dr. Farah Tabassum asked about a specific question regarding support for amending the regulated health professionals act – is this lacking context for the average physician to understand?

-Dr. Elliot Jacobson and Dr. Adrienne Junek agreed that the question could use a short paragraph as preamble for clarification

-Dr. Elliot Jacobson stated he would reach out to Dr. Richard Nahas about this question

-Dr. Elliot Jacobson was also curious about how many people would even have these concerns, and stated that there has been some very recent changes with the CPSO's "Right Touch" regulation

-Dr. Adrienne Junek also agreed based on her personal experience

-Dr. Esther Konigsberg questioned if this perception is generally felt among IM physicians, or are many others experiencing potential biases or feeling targeted similar to Dr. Richard Nahas and Dr. Fred Hui

-Dr. Elliot Jacobson said that this survey will help us determine this and provide a better representation of the situation

3. Dr. Adrienne Junek update: re. proposal to the University of Ottawa for a fellowship in Integrative Medicine

-Dr. Adrienne Junek had contacted the University of Ottawa a few times, and they ultimately stated there is no capacity for new focused programs and no timeline for it

-Dr. Adrienne Junek decided to begin networking and build up her own curriculum to create a fellowship so a structure is in place for when applications are open again

-Dr. Adrienne Junek considered getting nominated for the Dr. Rogers Prize for funding this initiative

-Dr. Esther Konigsberg will connect with Dr. Adrienne Junek at a later date to further discuss the development of the fellowship

4. Dr. Elliot Jacobson update re: proposal to the University of Toronto for a fellowship in Integrative Medicine

-Dr. Elliot Jacobson had yet to reach out to the University of Toronto regarding the fellowship - he thought it would be best to contact Dr. Angela Cheung to work on something in concert with her current academic fellowship

-Dr. Esther Konigsberg agreed that Dr. Angela Cheung would be open to this idea

-Dr. Esther Konigsberg will send an email to connect Dr. Elliot Jacobson with Dr. Angela Cheung

-Dr. Farah Tabassum questioned if this fellowship could operate as a branch of a current program in the United States

-Dr. Esther Konigsberg replied that the fellowship must be fully Canadian as per the requirements for the certificate of added competence

- Dr. Esther Konigsberg, Dr. Farah Tabassum, and Dr. Elliot Jacobson discussed the logistics of program running as a satellite clinic under the umbrella of an academic institution

-Dr. Farah Tabassum also mentioned that running clinical experience in parallel to academic learning would complement each other well

-Dr. Esther Konigsberg agreed that that would be the plan for developing the program.

5. Spring Newsletter: Article proposals

-Dr. Elliot Jacobson proposed writing a PSA style article about tick bite prevention and lime disease

-Dr. Farah Tabassum brought up an online module regarding acute lime, as well as other modules on medical conditions/managed, from the Centre for Effective Practice

-Dr. Esther Konigsberg suggested that Dr. Farah Tabassum write a blurb about these modules and we could add links in the Newsletter

-Dr. Esther Konigsberg said she would write about an opportunity for members of the MIG to lecture the membership on specific IM topics

-Dr. Farah Tabassum inquired about an honorarium as a potential way to increase interest for this

-Dr. Esther Konigsberg agreed and said there may be some funding for this

6. Any other business.

-Dr. Esther Konigsberg briefly reviewed the previous meeting minutes and updated Dr. Elliot Jacobson on the discussion with Dr. Angela Cheung

Tasks for executives:

- Dr. Elliot Jacobson (or Dr. Esther Konigsberg) to reach out to Dr. Richard Nahas regarding questions in the survey
- Dr. Adrienne Junek and Dr. Esther Konigsberg to schedule a time together to discuss the development of the fellowship
- Dr. Esther Konigsberg to send an email to connect Dr. Elliot Jacobson with Dr. Angela Cheung
- Dr. Elliot Jacobson to write a piece about ticks and lime disease for the Spring Newsletter
- Dr. Farah Tabassum to write a short blurb about the Centre of Effective Practice modules for the Spring Newsletter
- Dr. Esther Konigsberg to write about the opportunity for MIG members to contribute by having lecture meetings for the CIM MIG

Date of Next Meeting: April 24, 2025, at 8:00pm

Adjournment

The meeting was adjourned at 9:00 pm