

Meeting Minutes
Complementary and Integrative Medicine MIG
January 23, 2025

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on January 23, 2025, beginning at 8:00 pm.

Present: Dr. Esther Konigsberg, Dr. Richard Nahas, Dr. Farah Tabassum, Dr. Fred Hui, Dr. Adrienne Junek

Regrets: Dr. Elliot Jacobson

By Invitation: Dr. Angela Cheung

OMA Staff: Alex Skublics

Call to Order

The Chair called the meeting to order.

Approval of Agenda

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

Minutes for Approval, Meeting of December 11, 2024

1. October meeting minutes approved.
2. Meet new OMA contact: Nisha Chojar

-Nisha Chojar introduced herself to the team - She is taking over the role as the OMA contact for our MIG and is working with many MIGs & sections in the OMA within primary care

-The executives took turns briefly introducing themselves and their practices

3. Dr. Angela Cheung's update on IM fellowship. Pending confirmation.

-Dr. Angela Cheung was unable to join the meeting to provide an update on the IM fellowship – Dr. Esther Konigsberg is going to meet with her in early January

-Dr. Adrienne Junek suggests putting together a fellowship that fits the criteria of the American Board of Integrative Medicine – she suggested to network with a university to sponsor and help build it

-Dr. Esther Konigsberg mentioned she is a member of the IM Fellowship Recognition committee and is up to date on their curriculums and requirements – essentially they require the fellowships to be a minimum of 1000 hours.

-Dr. Richard Nahas suggests that Dr. Adrienne Junek and Dr. Elliot Jacobson take on this task, and could utilize their clinical settings for the clinical training portion.

-Dr. Adrienne Junek is excited to pursue this, she is affiliated with the University of Ottawa and she is willing to work on a proposal for an IM fellowship

-Dr. Elliot Jacobson stated that if there is an openness to the idea at the University of Toronto, he would be interested in pursuing this as well

-Dr. Esther Konigsberg asked if Dr. Farah Tabassum has any academic affiliation – she does but it requires more administrative process to work at her clinic so it is less flexible and may not be suitable for fellows

-Dr. Elliot and Dr. Adrienne will look further into creating a proposal to their respective universities

4. Dr. Richard Nahas update on creating a survey for related to regulatory issues

-Dr. Richard Nahas stated he was unable to access the original survey so he created a new one with similar questions based on memory as well as anything else that seemed relevant as a template to build upon

-Dr. Farah Tabassum suggested that we should define integrative medicine and some people may practice certain aspects to a varying degree

– Dr. Richard agreed and suggested adding a list of modalities for people to rate how much they use each one

-Dr. Richard Nahas also mentioned adding a question to inquire about interest in doing the 1000-hour fellowship

Dr. Esther Konigsberg suggested specifying between the certificate of added competence and the fellowship to gauge interest based on costs and time commitment

-Dr. Elliot Jacobson will upload the document to Google Docs and share with the team to collaborate on

-Dr. Esther Konigsberg asks how we will we distribute the survey to the MIG – Nisha says she will check for any built in survey tools within the OMA

5. CIMA - letter of support for the application update

-this was not discussed during the meeting

6. Dr. Esther Konigsberg update to timing for AFC application

-Dr. Esther Konigsberg relayed that the window for reopening applications to the Royal College is 2-4 years

-The college is holding onto our submitted application materials while our next steps are still gathering more letters of support. However it is too early to continue right now

7. Any other business. N/A

New Business

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. Anegla 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. Angla 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

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

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

3. 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

4. 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

5. Spring Newsletter: Article proposals
- this was not discussed and will be addressed at the next meeting

6. Any other business.

Date of Next Meeting: Thursday, February 27th at 8:00 pm

Adjournment

The meeting was adjourned at 9:00 pm