

Meeting Minutes
Complementary and Integrative Medicine MIG
January 27, 2022

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on January 27, 2022 beginning at 7:00 pm.

Present: Richard Nahas, Fred Hui, Esther Konigsberg, Adrienne Junek

Regrets:

By Invitation:

OMA Staff: Mina Effendi

Call to Order

The Chair called the meeting to order.

Approval of Agenda

1. Winter Newsletter

Articles:

- Update on Maddox prize and Dr. Rogers prize by Dr. Junek
- Rational prescribing by Dr. Nahas
- We will ask our members for their input to make a case for certification

2. White papers to educate the medical community.

Focus of topics:

- Why some physicians choose to practice IM?
- Rational prescribing as an approach to IM
- Why is it difficult for our colleagues to practice IM?
- White paper on Integrative Medicine past, present and future.
- Other: more conversational titles

3. Brief update on CIMA by Dr. Nahas.

4. Strategic planning for 2022 - continued.

5. Review survey Q. 2

6. Revisit guidelines for ME

Minutes for Approval, Meeting of December 10, 2021

1. Thank you letter to Dr. Whitmore

- Discussed the two thank you letters, written by Dr. Konigsberg, to Dr. Whitmore, and Dr. Hui's suggestions.
- Decided to send the letter just to Dr. Whitmore; sine we already thanked the committee members earlier.
- Mina will save the final letter in the MIG folder

2. ONPIM

- Decided that we will leave the money in ONPIM account in case we need to access it later; perhaps for publishing our articles etc.
- Dr. Konigsberg send an email to Yvanna to share the email and password for ONPIM, incase we need to access it later.

3. Winter 2021 Newsletter

Discussed Dr. Junek's approach to write an article on Functional Medicine.

4. White papers to educate the medical community.

Focus of topics:

- **Why some physicians choose to practice IM?**
- **Rational prescribing as an approach to IM**
- **Why is it difficult for our colleagues to practice IM?**
- **White paper on Integrative Medicine past, present and future.**
- **Other: more conversational titles**
 - Discussed how we will try to get approval from the Editor in Chief of CMAJ to publish theme-based articles to educate the medical community at large.
 - Discussed Dr. Junek's article on Functional Medicine, her approach.
 - Dr. Junek will send the image of case studies published in CMAJ to Dr. Hui.
 - Discussed Dr. Nahas article on Rational Prescribing.

5. Strategic planning for 2022 - continued.

- Decided to publish articles in various peer reviewed and non-peer reviewed journals, including theme-based articles in CMAJ

6. Election Nominations

(Not Covered)

7. Review survey Q. 2

(Not Covered)

8. Revisit guidelines for ME

(Not Covered)

Tasks:

Dr. Junek:

- Write an article on Functional Medicine for the Newsletter and later for publication in CMAJ

Dr. Konigsberg:

- Email Thank you letter to Dr. Whitmore.
- Send an email to Yvanna to share the email and password for ONPIM, incase we need to access it later.
- Send a letter to seek approval from the Editor in Chief of CMAJ to publish theme-based articles

Mina:

- Save the final thank you letter written to Dr. Whitmore in the MIG folder
- Send the meeting minutes out by Monday, so we can submit them before December 15th, 2021 for reimbursement.

New Business

1. Winter Newsletter

Tentative Deadline for submission:

Article Submission for review – Feb 13, 2022

Edits: Feb 20th, 2022

Submit to OMA – Feb 26th, 2022

Articles:

- Update on Maddox prize and Dr. Rogers prize by Dr. Juneke
- Rational prescribing by Dr. Nahas
- Integrative approach to manage anxiety by Dr. Konigsberg
- We will ask our members for their input to make a case for certification

Dr. Konigsberg found out:

- There is a similar Medical Interest Group like us in Nova Scotia, active since 1994.
- We can apply for specialty or subspecialty through the Royal College. The application process would cost us \$ 14,000.
 - Dr. Konigsberg will write an initial letter of interest to the Royal College, to find out what are the chances of getting an approval
 - All the executives like the idea; this is a good path that would appeal to a lot of physicians.
 - Only 7 Physicians in Canada have an ABOIM

2. White papers to educate the medical community.

Focus of topics:

- Why some physicians choose to practice IM?
- Rational prescribing as an approach to IM
- Why is it difficult for our colleagues to practice IM?
- White paper on Integrative Medicine past, present and future. (emerging focused practice)

Other: more conversational titles

3. Brief update on CIMA by Dr. Nahas.

- Dr. Steven Malthouse would be happy to hand off CIMA's leadership and Dr. Nahas is happy to take the reins.
- Create IM as a brand that our colleagues would see with integrity, create CIMA as an established stakeholder that IM needs; make it a credible authoritative voice to change the perspective of IM in the media.

- Create an independent stakeholder to be able to interact with other stakeholders like Health Canada, WSIB, etc.
 - It would be useful for us to create a mandate, as well as CIMA's mission, vision, goals, and how to sustainably achieve the goals.
 - Discussion to be continued on whether it should be Physician led multidisciplinary; or Physician led body.
4. Strategic planning for 2022 - continued.
 - Dr. Junek would like to consider approaching the Family Medicine Residency program at U of O to incorporate IM in Residency (IMR) like the University of Manitoba – so far 91 Family Physicians have completed their residency with IMR.
 - **(as discussed above)**
 5. Review survey Q. 2 **(not covered)**
 6. Revisit guidelines for ME **(not covered)**

Tasks:

Dr. Konigsberg –

- Write an article on Integrative approach to manage anxiety **Deadline: Feb 13, 2022**
- Give OMA an approval to have Psychedelic Medicine MIG
- Write an initial letter of interest to the Royal College, to find out what are the chances of getting an approval for Focused Practice.

Dr. Nahas

- Speak to Steven Malthouse about CIMA's credentials
- Rational prescribing article for newsletter. **Deadline: Feb 13, 2022**

Dr. Junek

- Write an article on an update on Maddox prize and Dr. Rogers' prize. **Deadline: Feb 13, 2022**
- Write an article on Functional Medicine for Newsletter. **Deadline: Feb 13, 2022**

Date of Next Meeting: February 24th, 2022 at 7:00 pm

Adjournment

The meeting was adjourned at 8:00 pm.