

Meeting Minutes
Complementary and Integrative Medicine MIG
February 24, 2022

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on February 24, 2022, beginning at 7:00 pm.

Present: Richard Nahas, Esther Konigsberg, Adrienne Junek, Adam Gavsie

Regrets: Fred Hui

By Invitation:

OMA Staff: Mina Effendi

Call to Order

The Chair called the meeting to order.

Approval of Agenda

1. Initial query re: applying for a subspeciality through Royal College – updates
2. CIM-MIG Web page
 - a. Received: Bio's and pics of all execs
 - b. Add forum link
 - c. Add newsletters and meeting minutes
 - d. AGM Video conference link?
3. Winter Newsletter
 - a. Received: Dr. Konigsberg's article
 - b. Received: Dr. Junek's article
 - c. Add NAANT Conference link
 - d. Add a banner for the 2022 International Congress on Integrative Medicine and Health
 - e. Pending: Dr. N's article
4. Brief update on CIMA
5. CMAJ's response to our prospective analysis article about IM.
6. Strategic planning for 2022 - continued.
7. 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
8. Review survey Q. 2
 9. Revisit guidelines for ME

Minutes for Approval, Meeting of January 27, 2022

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. Junek
- 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 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**

New Business

1. Initial query re: applying for a subspecialty through Royal College – updates

- a. Review response from royal college
 - i. Would they accept a training program from USA, reach out to ask them if we could achieve Certification by practice through education from USA

- ii. If they would require Canadian What would be involved: We will hold off on this inquiry for now.
 - iii. Royal College route is the best route
 - b. Possible funding opportunities – Dr. Junek will look into it further.
 - c. Response from the CMAJ
 - i. Change the conclusion or come up with some data (an introduction to a profession)
 - ii. We would like to raise awareness and for that what would they like us to do, maybe change the conclusion etc.
 - iii. Other journals, global health journal; consider preaching to the choir (how to advance our field, speak to the field, how they can support themselves to gain further access to their field)
 - d. Chair of the CPD committee at the CFPC; they are not doing CAC's now; on pause for several years; perhaps an avenue in the future; Dr. Gavsie will reach out to them with the final version of the white paper.
- 2. CIM-MIG Web page**
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 - b. Add forum link
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 - d. AGM Video conference link?
- 3. Winter Newsletter**
 - a. Received: Dr. Konigsberg's article
 - b. Received: Dr. Junek's article
 - c. Add NAANT Conference link
 - d. Add a banner for the 2022 International Congress on Integrative Medicine and Health
 - e. Add link for Dr. Rogers Prize Gala & Virtual Event
 - f. Pending: Dr. N's article
- 4. Brief update on CIMA**
 - a. Spoke with Rob Banner
 - b. Focus is on creating a new healthcare system.
 - c. Dr. Nahas is emailing Steven Malthouse and will take stewardship of the URL and transfer ownership when the time comes.
 - d. Set aside a time, who we might invite as a governance team or body
 - i. Angela Hecter at the Hackett foundation.
 - ii. Establishing and maintain the integrity of the field
 - iii. Warren Bell in BC; there is no OMA like section
 - iv. FMOQ, FMSQ: Quebec version of OMA
- 5. Intro to Asana task template - Dr. Nahas' guest**
 - a. **Guest Speaker:-** Gave a brief update on Asana: Work together, setting deadlines, every piece of work has someone in charge for it, is it done, when will it get done, project that has several tasks inside it, attaching documents to the tasks; eliminate other communication tools, one stop shop, controlling tasks and workloads, and making reports, everybody in the project team will know what is going on, you can tag someone if you need someone specific to approach, it helps you stay organized.

- b. Internal users or external users (Cost: \$11/person*6=66/person)
 - c. OMA might cover the cost, will investigate it.
6. White papers to educate the medical community. **(Not Covered)**
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 - White paper on Integrative Medicine past, present and future.
 - Other: more conversational titles
7. Review survey Q. 2 **(Not Covered)**
8. Revisit guidelines for ME **(Not Covered)**

Tasks:

Dr. Konigsberg –

- Will reach out to the Royal College if they would accept education from US
- Dr. Konigsberg will email CMAJ and inquire about what potential changes could be made to the conclusion of the white paper just so we can create awareness about IM and CMAJ would approve it
- Dr. Konigsberg will inquire if OMA would fund us for Asana

Dr. Gavsie

- Send an email to Dr. Konigsberg about our rebuttal to CMAJ in response to their response.

Dr. Nahas

- Emailed Steven Malthouse to handover CIMA's credentials, and will hold onto it until we decide the future route
- Send the Rational prescribing article in couple of days for our newsletter.

Dr. Junek

- Look into possible funding opportunities

Mina

- Complete the web page template and send it to Ankita
- Complete the Newsletter and send it to OMA for publishing

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

Adjournment

The meeting was adjourned at 8:09 pm.