

**Meeting Minutes**  
**Complementary and Integrative Medicine MIG**  
**August 11, 2022**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on August 11, 2022, beginning at 7:00 pm.

**Present:** Esther Konigsberg, Fred Hui, Elliott Jacobson, Richard Nahas

**Regrets:** Adam Gavsie, Adrienne Junek

**By Invitation:**

**OMA Staff:** Mina Effendi

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. Applying for certificate of added competence through Royal College – updates
2. CIM-MIG Web page Update - AGM Video conference link? Practice forms?  
Mina will provide update
3. Integrative Medicine article update  
Global Advances in Health – update
4. Update on CIMA  
Dr. Gavsie will check with old CIMA execs about the status - wondering about taking over CIMA website. Will provide update.
5. Fall Newsletter - Review Dr. Howard Eisenberg's article.
6. Richard Nahas – discussion re: Dr Akbar Khan
7. Any new business

**Tasks:**

Dr. Konigsberg:

Reach out to TIM Cook

Write an article on survey results and add a link – for the next newsletter

Share IM Forms – to be uploaded on forum/webpage

Dr. Junek:

Write an article of LDN and Fibromyalgia

Write a letter to CMAJ to show interest in publications – will send the article to Dr. Konigsberg so she can send it to them.

Share IM Forms – to be uploaded on forum/webpage

Dr. Hui

Share IM Forms – to be uploaded on forum/webpage.

Mina:

Upload AGM Link on MIG forum and web page

Upload IM Forms on MIG forum and web page for members and other physicians' access

Unfinished business: 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

### **Minutes for Approval, Meeting of June 23, 2022**

1. Applying for a subspecialty through Royal College – Dr. Konigsberg provided the updates
2. CIM-MIG Web page Update - AGM Video conference link?
  - Link has been retrieved by OMA's help and Mina will upload it. Video is missing for part of the conference; Dr. Konigsberg has approved to upload it as is.
3. Integrative Medicine article update
  - a. Submitted to Global Advances in Health
4. Brief update on CIMA
  - a. Dr. Gavsie will check with old CIMA execs about the status - wondering about taking over CIMA website.
5. Spring Newsletter
  - a. Mina will create the newsletter for publishing with all the elements sent via email.

#### **Tasks:**

#### **Dr. Konigsberg:**

1. Reach out to TIM Cook

2. Write an article on survey results and add a link – for the next newsletter
3. Share IM Forms – to be uploaded on forum/webpage

### **Dr. Junek:**

1. Write an article of LDN and Fibromyalgia
2. Write a letter to CMAJ to show interest in publications – will send the article to Dr. Konigsberg so she can send it to them.
3. Share IM Forms – to be uploaded on forum/webpage

### **Dr. Hui**

1. Share IM Forms – to be uploaded on forum/webpage.

### **Mina:**

1. Upload AGM Link on MIG forum and web page
2. Upload IM Forms on MIG forum and web page for members and other physicians' access.

Unfinished business: 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

### **New Business**

1. Applying for certificate of added competence through Royal College – updates
  - a. Dr, Konigsberg provided an update on her interactions with University of Saskatchewan and Michael Epstein.
  - b. It would be interesting to know how many MDs would be interested in IM fellowship if University of Saskatchewan would be housing a IM fellowship.
  - c. Currently UBC and University of Manitoba both have residency program, not a fellowship
2. CIM-MIG Web page Update - AGM Video conference link? Practice forms?  
Mina will provide update.
  - Scott has created the folders so now Mina will update the forum and web page.
  - We will discuss the next AGM and Newsletter in the next meeting

3. Integrative Medicine article update
  - Global Advances in Health – update
  - Dr. Konigsberg gave an updated that the paper has passed two stages of approval and is now with the peer reviewers, hopefully they would approve it.
4. Update on CIMA
  - Dr. Gavsie will check with old CIMA execs about the status - wondering about taking over CIMA website. Will provide update.
  - CIMA is just a listserv now; no meeting for 2 years
  - If we take over CIMA we would require resources and administration support
  - CIMA took a new perspective during COVID – Stigma associated with CIMA
  - Can someone take it down since the organization is closed – Dr. Gavsie will investigate it.
5. Fall Newsletter - Review Dr. Howard Eisenberg's article.
  - Executives decided to not publish it in our newsletter
6. Richard Nahas – discussion re: Dr Akbar Khan
  - The executives decided not to get involved at this point.
7. Any new business (**None discussed**)

**Date of Next Meeting:** October 13, 2022, at 7:00 pm

### **Adjournment**

The meeting was adjourned at 8:20 pm.