

**Meeting M i n u t e s**  
**Complementary and Integrative Medicine MIG**  
**December 08, 2022**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on December 08, 2022, beginning at 7:00 pm.

**Present:** Esther Konigsberg, Fred Hui, Elliott Jacobson, Adam Gavsie, Adrienne Junek

**Regrets:**

**By Invitation:**

**OMA Staff:** Mina Effendi

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. Approval of meeting minutes - Approved
2. Applying for certificate of added competence through Royal College
3. CIM-MIG Web page Update - AGM Video conference link. Mina will provide update
4. Discussion re: OMA connect.
5. Submit your 2023 priorities – all Sections, MIGs and Fora
  - Action: Ideanote is now open for all members to submit their ideas to the General Assembly for prioritization.
  - Timeline: Ideas must be submitted by Jan 23, 2023 and will be prioritized at the Spring Priority and Leadership Group meeting.
  - Resources: Visit [Ideanote](#), review [instructions and tutorials](#), or explore the [FAQ](#).
6. Integrative Medicine article update: Global Advances in Health – update
7. Nadine's research survey questions
8. OPIM money transfer to CIM MIG update. The final amount after fees was \$7,590.97 -\$17 for transfer fee

9. CPSO - Submissions by CPSO to Government – Dr. Hui

10. CIMA -Any updates?

11. Winter newsletter

11. AGM/

- The OMA AGM will be on May 4<sup>th</sup> (location not yet finalized), however we have been advised that the practice of having constituencies hold their AGMs in conjunction with the OMA AGM will not be reintroduced. You can always choose to hold the AGM at the OMA offices. If you are looking at offering it on a hybrid basis, the meeting rooms allow for full AV set-up and use. I can also look into arranging for reception services; coffee/tea; or potentially some light snacks.  
If you choose to book externally, the finance policy does currently allow for a \$1000 for room booking/av/food/etc. for AGMs. Whether it's online or hybrid, Ankita from OMA can assist with Zoom set-up and registration.
- Connection with nutrition conference organizers. Dr. Sheila Lakhoo, lifestyle medicine/ Join our next meeting as guest? “ACLM Canadian member interest group chair and Dr. Jennifer Purdy is our co-chair”

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### **Minutes for Approval, Meeting of October 13, 2022**

1. Applying for certificate of added competence through Royal College – updates.
  - a. Dr. Konigsberg provided the updates on her conversations with Michael Epstein and Joseph Schnurr, MD– we may be able to initiate it with the help of University of Saskatchewan as they have an infrastructure.
  - b. 500 clinical hours would be required as well as a Fellowship director and faculty
  - c. Dr. Gavsie would liaise with Tyler whenever needed.
2. CIM-MIG Web page Update - AGM Video conference link? Practice forms? OMA Connect.  
Mina has a TeamsMeeting with Scott and James regarding this. will provide update.
3. Integrative Medicine article update: Global Advances in Health – update
  - a. Dr. Konigsberg provided an update that peer reviewers came back with a lot of comments about the article – requested if any executive members are willing to help out in editing/re-writing would be helpful
  - b. Need to add why the certificate of added competence is important.
  - c. Dr. Konigsberg will share the article with the members and Dr. Gavsie and Dr. Junek will help with editing.

4. ONPIM money transfer to CIM MIG
  - a. Dr. Hui suggested to ask OMA if the money can be used for discretionary purpose; therefore, we can have it transferred to the discretionary account.
  - b. Dr. Konigsberg will connect with OMA to find out if we can place the money in our OMA discretionary account and use it for discretionary purpose/for when we are applying to get the certificate of added competency through Royal college.
  
5. CIMA -further discussion re: future
  - a. CIMA is in hibernation for now
  - b. Dr. Jacobson will send a message to the CIMA listserv and ask if they are interested in joining another IM discussion group/email group
  
6. AGM?
  - a. Discussed options regarding virtual or in-person AGM – Decided for a bit of both.
  - b. Ask OMA when will be the next meeting and if they can help us set up
  - c. CME – in person – find out an existing meeting or conference and merge our event with them
  - d. Food as Medicine Conference at U of T – 25<sup>th</sup> November, 2022 – Dr. Konigsberg will attend this conference and connect with the organizers and see if we can organize our AGM in conjunction next year
  
7. Fall newsletter
 

Articles

Dr. K will write an article on Rapamycin

Dr. Jacobson --> Long Covid

Dr. J --> Functional medicine approach to gut health

Effect of low-dose Naltrexone -
  
8. Elections: *In past election years, your MIG has elected its leadership through the single election period and we are preparing to support you in the same way this year. As MIGs can choose whether or not they wish to participate in these elections, electing or appointing leaders independently is also an option they can follow.*
  - a. Email members if they are interested in running – If not we will continue with the same board members/ executive team.
  
9. Any new business...
  - a. RHPA – Revision of the Health Professional Act
  - b. CPSO making submissions for these revisions
  - c. Dr. Hui will look into it – i.e. what is the college proposing – what can we input (if we can, to make sure there is regulatory fairness) is it too late to input - who to input to

**Tasks:**

### **Dr. Konigsberg:**

1. Write an article for Newsletter – Rapamycin
2. Email members if they are interested in re-electing the same executives or if someone would like to come forward with a nominee
3. Ask OMA about the next AGM and see how they can help us set up our AGM in conjugation with the OMA AGM
4. Attend the “Food as Medicine Conference” at U of T, on 25th November, 2022; connect with the organizers for future MIG AGM prospects.
5. Dr. K will connect with OMA to find out if we can place the money in our OMA discretionary account and use it for discretionary purpose/for when we are applying to get the certificate of added competency through Royal college

### **Dr. Jacobson**

1. Dr. Jacobson will send a message to the CIMA listserv and ask if they are interested in joining another IM discussion group/email group.
2. Write an article for Newsletter – Long Covid

### **Dr. Junek**

1. Write an article for Newsletter – Functional medicine approach to gut health

### **Dr. Hui**

1. Dr. Hui will try to find out what CPSO is proposing – and if it is not too late to provide out feedback regarding regulator fairness – if so, who can we provide this feedback to, so it is taken into consideration in the new/revised RHPA

### **Mina**

1. Connect with Scott on October 14, 2022 at 10:30 am for a tutorial on OMA connect and the integration of the Forum and MIG web page.

### **New Business**

#### **1. Approval of meeting minutes - Approved**

#### **2. Applying for certificate of added competence through Royal College**

Dr. Konigsberg provided the updates re possible fellowship sites:

- University of Saskatchewan possibility of fellowship is uncertain
- University of Manitoba may be interested in an IM fellowship
- Another possible avenue could be University of Toronto.

#### **3. CIM-MIG Web page Update - AGM Video conference link.**

- Mina will update once she has access to OMA Connect.

- Scott will upload the video under the discussion thread.

#### **4. Discussion re: OMA connect.**

- Scott will update the Executives information on the main page, as well as the Member Voluntary Fee.
- Technology department has to set up the access for Mina

#### **5. Submit your 2023 priorities – all Sections, MIGs and Fora**

- **Action:** Ideanote is now open for all members to submit their ideas to the General Assembly for prioritization.
- **Timeline:** Ideas must be submitted by Jan 23, 2023 and will be prioritized at the Spring Priority and Leadership Group meeting.
- **Resources:** Visit [Ideanote](#), review [instructions and tutorials](#), or explore the [FAQ](#).
  - Dr. Hui suggested to submit about regulatory fairness – He will work on the submission with Dr. Nahas.
  - Dr. Jacobson will work with Dr. Tabassum on submission regarding Focus Practice for Chronic pain/environmental medicine/functional medicine/IM.

#### **6. Integrative Medicine article update: Global Advances in Health – update**

Dr. Konigsberg answered all the peer reviewers' questions, made few changes to the article and re-submitted. Waiting for their response.

#### **7. Nadine's research survey questions**

- Dr. Junek spoke about the survey and her thoughts on adding a couple of questions in the survey – that could be used as data to support our submission for a IM Focus Practice.
- Question: How strongly do you feel IM should be a certified speciality? – This will be a question specific to Canadian Physicians.

**8. ONPIM money transfer to CIM MIG update.** The final amount after fees was \$7,590.97 - \$17 for transfer fee

#### **9. CPSO - Submissions by CPSO to Government – Dr. Hui**

- Dr. H did not understand the content -  
- Dr. K – they are trying to reduce the board members – no obvious change to any over-reach –  
Appears they are trying to make their processes more efficient.

#### **10. CIMA -Any updates?**

- Dr. Jacobson reached out to the CIMA group -8 people showed interest in joining an email listserv for CIMA

- Did not speak to Dr. Malthouse yet
- Dr. Gavsie suggested to take over the website, Dr. Jacobson will look into it.

## **11. Winter newsletter**

- Dr. Jacobson will write his article this weekend and email it.
- Drs. Konigsberg and Junek wrote their articles
- Once all articles are available will forward to Mina for publication

## **11. AGM/**

- The OMA AGM will be on May 4<sup>th</sup> (location not yet finalized), however we have been advised that the practice of having constituencies hold their AGMs in conjunction with the OMA AGM will not be reintroduced. You can always choose to hold the AGM at the OMA offices. If you are looking at offering it on a hybrid basis, the meeting rooms allow for full AV set-up and use. I can also look into arranging for reception services; coffee/tea; or potentially some light snacks. If you choose to book externally, the finance policy does currently allow for a \$1000 for room booking/av/food/etc. for AGMs. Whether it's online or hybrid, Ankita from OMA can assist with Zoom set-up and registration.
- Connection with nutrition conference organizers. Dr. Sheila Lakhoo, lifestyle medicine/ Join our next meeting as guest? "ACLM Canadian member interest group chair and Dr. Jennifer Purdy is our co-chair"

## **12. Elections** – results the executive are all re-acclaimed.

### **Tasks:**

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

- Ask Scott to advise how to use OMA connect to interact with all our members.
- Will talk to Angela Cheung regarding IM status at U of T and possible fellowships
- Follow up with University of Manitoba re: IM fellowship

#### **Dr. Hui**

- Reach out to DR. Nahas and work on submission to OMA through [Ideanote](#), regarding regulatory fairness.

#### **Dr. Jacobson**

- Talk to Dr. Malthouse to take over CIMA's website
- Dr. Jacobson will work with Dr. Tabassum on submission to OMA through [Ideanote](#), regarding Focus Practice for Chronic pain/environmental medicine/functional medicine/IM.

- Send the Newsletter article via email to executives and Mina
- Send his bio and pic to the exec to be put up on the CIM MIG webpage

### **Dr. Junek**

- Continue to liaise with Nadine re: survey questions

### **Mina**

- Connect with Scott to update OMA Connect
- Work on the newsletter once all the articles are received
- Submit the minutes before December 15, 2022, so the executives can get reimbursed.
- Update the webpage with the meeting minutes and Newsletters.

**Date of Next Meeting:** February 16, 2023, at 7:00 pm

### **Adjournment**

The meeting was adjourned at 8:13 pm.