

**Meeting M i n u t e s**  
**Complementary and Integrative Medicine MIG**  
**July 20, 2023**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on July 20, 2023, beginning at 7:00 pm.

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

**Regrets:** Richard Nahas

**By Invitation:**

**OMA Staff:** Alex Skublics

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. **AGM Virtual** – choose date and create format. Contact OMA for support.
2. **OMA Connect.** Migration of content for the OMA exchange update
3. **Applying for certificate of added competence** through Royal College Dr. Konigsberg - update
4. **Regulatory Fairness.** Next steps Dr Nahas
5. **CIMA** -Dr. Jacobson
6. **Save our supplements.**

**Minutes for Approval, Meeting of June 08, 2023**

**1. Introductions** with Alex Skublics

-Mina taking a leave of absence and Alex will be filling in

**3. Spring/Summer newsletter**

- a. Update re: Achieving Whole Health; A New Approach for Veterans and the Nation (2023)- Esther
- b. Regulatory fairness – Richard
- c. Emotional Trauma – AJ
- d. Conference announcements

-3 articles are ready to be formatted into the newsletter

**2. AGM** Dr. Gavsie, From Andrew:

Here is a basic outline of what could be viable for a 1/2 day of CME in conjunction with the OMA group.

Date options: November 11 - or - November 18

Venue options: U of T Medical Sciences Auditorium - or - Dalla Lana SPH Auditorium

Presentation topics:

1. Drug-Induced Nutrient Depletion
2. Clinical Practice Guidelines for Cannabis and Cannabinoid-Based Medicines in the Management of Chronic Pain and Co-Occurring Conditions - or - Medical Cannabis as an Adjunct to Opioids in Patients with Chronic Pain
3. Panel Discussion on Navigating CAM Policy in Clinical Practice

The Panel Discussion would include multiple speakers. John Gannage has agreed to participate, and suggested Esther and at least one other participant on the panel.

Registration fee would be \$200 for up to 4 Mainpro+ Credits (programs 1 and 2)

ISOM could organize and run the event, on the understanding that there would be a minimum of 50 paid registrants from the OMA group

What are your thoughts? What would be the timeline on making a decision about moving forward?

-discussed sponsorships but decided it to be impractical based on previous experiences  
- plan to inquire via OMA connect to see how many people are interested and which day to run. If <50, backup is to move event online

3. **OMA Connect.** Migration of content for the OMA exchange update – Dr. Konigsberg
  - Waiting for Scott to upload the forms on the web page so it can be linked to the discussion thread on OMA Connect. Mina is still working on this.
  - Also add old newsletters to the OMA connect library? Alex
  --forms have been uploaded and Mina will complete newsletter

4. **Integrative Medicine article update:** Global Advances in Health – Dr. Konigsberg  
-article has been accepted – goes to open access in next few months

5. **Applying for certificate of added competence** through Royal College Dr. Konigsberg - update

- Dr. Hui raised concerns raised about the requirement IM fellowships and whether that would exclude some physicians from being eligible for a certificate of added competence.
- overall was concluded to be beneficial for becoming a more recognized field in Canada
- Dr. Konigsberg to figure out next steps and will email when determined

**6. Regulatory Fairness.** Next steps Dr Nahas

- letter might be less urgent due to positive response from college in Dr. Nahas' last encounter with them.
- to be discussed more next meeting

**7. Feedback re: OMA Physician's Guide to Uninsured Services – Due June 23, 2023,**  
see email.

- planned to look at proposals from previous year to possibly re-send

**8. CIMA -Dr. Jacobson**

- not used recently – goal to keep for possible future use

**New Business**

**1. AGM Virtual – choose date and create format. Contact OMA for support.**

- group agreed to host event on Saturday, November 11<sup>th</sup>
- It will be focused around community building and networking
- Dr. K to connect with IT to begin event setup

**2. OMA Connect.** Migration of content for the OMA exchange update

- form repository and past newsletters have been uploaded to the OMA library

**3. Applying for certificate of added competence** through Royal College Dr. Konigsberg -  
update

- Dr. Konigsberg to finish up and have group members review for input/feedback
- goal is to get as many names as possible on it and submit for February 1<sup>st</sup> deadline
- Awaiting responses from Kate McDonald from the Hecht foundation in regards to helping fund application cost
- it was mentioned that CIMA representing integrative medicine physicians would be beneficial

4. **Regulatory Fairness.** Next steps Dr Nahas

- Dr. Nahas to write a letter to Nancy Whitmore to request representation of Integrative Medicine Physicians on the ICRC, and if executives sign off on it, it could be sent
- to be discussed further when Dr. Nahas returns

5. **CIMA** -Dr. Jacobson

- discussed reviving CIMA versus creating new organization and website
- Dr. Gavsie, Dr. Junek, and Dr. Hui agree its better to avoid any old affiliation and create new name and website
- Dr. Gavsie and Dr. Jacobson to see if they can access old content from previous CIMA website
- costs of website discussed with discussion on pause until next meeting

6. **Save our supplements.**

- discussion of new bill to change manufacturing standards of NHPs including changing labels to avoid claims that are not evidenced based.
- general agreement that raising standards is good, however concerns regarding increased costs were brought up
- Dr. Junek to write a neutral blurb to post on OMA connect

**Tasks for executives:**

- Dr. K to connect with IT to begin AGM setup
- Dr. Gavsie and Dr. Jacobson to see if they can access old content from previous CIMA website
- Dr. Junek to write a neutral blurb to post on OMA connect

**Date of Next Meeting:** Thursday, September 21<sup>st</sup>, 2023, at 7:00 pm

**Adjournment**

The meeting was adjourned at 8:00 pm