

**Meeting Minutes**  
**Complementary and Integrative Medicine MIG**  
**December 14, 2023**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on December 14, 2023, beginning at 8:00 pm.

**Present:** Esther Konigsberg, Adrienne Junek, Fred Hui

**Regrets:** Richard Nahas, Elliot Jacobson, Adam Gavsie

**By Invitation:**

**OMA Staff:** Alex Skublics

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. **AGM** Virtual Meeting quick recap. Action items: WhatsApp group.
2. **Applying for certificate of added competence** through Royal College Application update
3. **CIMA** - letter of support for the application
4. **Executive changes.**
5. **Winter Newsletter**
6. **Regulatory Fairness.** Next steps Dr Nahas (on hiatus)

**Minutes for Approval, Meeting of October 19, 2023**

1. September 21, 2023 minutes approved.
2. **Elections vs appointing the exec.**
  - Dr. Nahas suggests messaging group to see if members want to run and base decision on interest
  - Dr. Konigsberg mentions this was done in the past without much response. Also was given a short turn around time by the OMA. Perhaps will continue with appointments for this year and solicit members for their interest in running ahead of the election cycle next year.
  - Dr. Junek suggests Dr. John Coombs as a possible exec member,
  - Dr. Konigsberg discussed optimal group size, agreeing that a larger group could be useful since everyone isn't always present at the meetings.

-discussed the possibility of any member having the option to dropping in and listen, to meetings  
Dr. Konigsberg & Dr. Nahas agree as long as they predominantly listen

-Dr. Junek to send an email to the group to ask group's opinion and get consensus about Dr. Coombs joining the executive

### 3. **AGM Virtual Meeting :**

- Review RSVPs
- Discuss format
- Create agenda

-17 people have signed up so far, Dr Konigsberg to request OMA to send out another reminder to the membership for the AGM

-discussed ideas of switching between webinar style to everyone participating, as well as possibility of break out rooms if more people sign up

-Dr. Nahas volunteers to be panel moderator – Dr. Konigsberg, Dr. Junek, & Dr. Hui agree

-format to include each panel member introducing themselves, followed by a brief presentation by Dr. Konigsberg, then a Q&A

-Dr. Hui suggests opportunity for attendees to introduce themselves before Q&A, Dr. Junek agrees but Dr. Konigsberg suggests to decide later based on number of attendees

-panel to answer submitted questions and open the floor if there is still time

-Dr. Konigsberg to send the submitted questions to the group to consider in advance

-exec team agree to meet briefly on November 8<sup>th</sup> at 8 pm for final discussion before the event, Dr. Konigsberg to send out zoom invitation.

-Dr. Nahas suggests mentioning voluntary member fees during AGM

-Dr. Konigsberg says discretionary fund balance is around 10,000. Can use this fund for the Added Focus Competence application.

### 4. **Applying for certificate of added competence** through Royal College Application update

-Dr. Konigsberg & Dr. Junek have been working on it, planning to complete within the next week

-Dr. Nahas requests to review document to provide suggestions afterwards

-Dr. Konigsberg to send out another draft to the group for suggestions or additions to be taken under advisement

-Afterwards, Dr. Konigsberg will send updated draft to a royal college contact to assess the

viability of the application

-goal remains to submit on February 1<sup>st</sup> deadline

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

-Dr. Nahas says he had to delay working on this due to personal affairs, and will continue once resolved

6. **CIMA** - or other website

-not discussed

7. **Newsletter**

-to be discussed in the next meeting

## **New Business**

1. **September 19, 2023 minutes approved.**

2. **AGM** Virtual Meeting quick recap. Action items: WhatsApp group.

-Dr. Konigsberg, Dr. Junek, and Dr. Hui agree the AGM event was successful

-Event recording uploaded to OMA – Dr. Konigsberg will relay via OMA connect

-WhatsApp group has been created by Dr. Junek – Dr. Junek to write a blurb about it for Dr. Konigsberg to share through various channels (OMA connect, email, website) in the new year.

3. **Applying for certificate of added competence** through Royal College Application update

-Awaiting feedback from Angela Chung in regards to the IM fellowship for internists

-Current draft has also been sent to internal medicine committee at the Royal College who will review it during their spring meeting – potentially shifting our application deadline from February to September 2024

-important to hear back from both as the development of a fellowship gives the application more merit

-Also awaiting response from Dr. Fowler from the College of Family Physicians of Canada, as well as other academic, professional organizations, for a letter of support – not as necessary but all support is beneficial

-Dr. Konigsberg to continue sending out requests for letters of support

4. **CIMA** - letter of support for the application
  - to be discussed when Dr. Elliot Jacobson returns
5. **Executive changes.**
  - Dr. Adam Gavsie is resigning from the executive committee
  - Dr. Konigsberg looking to invite new members
  - Dr. Kongisberg, Dr. Junek, and Dr. Hui agree to invite Dr. John Coombs to attend the next meeting to onboard him – all agree to offer him position of treasurer
  - afterwards additional openings may be posted on OMA connect for the community to apply
6. **Winter Newsletter**
  - May include a recap of the AGM event
  - Dr. Konigsberg's recently published article
  - Potentially advertise executive positions but currently undecided
  - Dr. Konigsberg to connect with Dr. Mandeep Singh regarding him writing an article
  - Dr. Junek will also draft something for the newsletter
7. **Regulatory Fairness.** Next steps Dr Nahas (on hiatus)
  - Tasks for executives:**
    - Dr. Konigsberg to announce the AGM video upload via OMA connect
    - Dr. Junek to create a blurb for the WhatsApp group & Dr. Konigsberg will share it to the community in the new year.
    - Dr. Konigsberg to send additional letters to academics and colleagues for support for the AFC application
    - Dr. Junek to connect with Dr. John Coombs, inviting him to the next executive meeting
    - Dr. Konigsberg to connect with Dr. Mandeep Singh in regards to him writing an article for the winter newsletter
    - Dr. Junek to draft something for the winter newsletter

**Date of Next Meeting: Wednesday, January 17<sup>th</sup>, 2024 at 7:30 pm**

### **Adjournment**

The meeting was adjourned at 9:00