

Meeting M i n u t e s
Complementary and Integrative Medicine MIG
January 17, 2024

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on January 17, 2024, beginning at 7:30 pm.

Present: Esther Konigsberg, Fred Hui, Elliot Jacobson, Adrienne Junek

Regrets: Richard Nahas

By Invitation:

OMA Staff: Alex Skublics

Call to Order

The Chair called the meeting to order.

Approval of Agenda

1. **Executive changes.**
2. **December 14, exec reimbursement.**
3. **WhatsApp group.** (Dr. Junek to create a blurb for the WhatsApp group & Dr. Konigsberg will share it to the community in the new year.)
4. **Applying for certificate of added competence** through Royal College Application update
5. **CIMA** - letter of support for the application
6. **Winter Newsletter**
7. **Regulatory Fairness.** Next steps Dr Nahas (on hiatus)
8. **Any other business.**

Minutes for Approval, Meeting of December 14, 2023

1. October 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. Konigsberg, 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)

New Business

1. Executive changes.

- Dr. Konigsberg offered the position of treasurer to Elliot Jacobson who accepted
- Dr. Coombs has declined joining the exec for now

2. December 14, exec reimbursement.

- OMA credits for paying stipends used up prior to December 14 meeting – team won't be reimbursed for that meeting

3. WhatsApp group. (Dr. Junek to create a blurb for the WhatsApp group & Dr. Konigsberg will share it to the community in the new year.)

- Dr. Junek was unable to complete the blurb – she will be working on it asap

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

- Royal college requested that Canadian groups write a letter of support – one option for this would be resurrected CIMA - discussed further (see below)
- Dr. Konigsberg suggests option of writing letter and sending it to Canadian contacts on our listserve to collect signatures – She will write the letter and Dr. Jacobson will distribute it
- Angela Cheung has responded to Dr. Konigsberg – she is supportive and will begin working on the application – she also stated it would include family doctors as well as specialists

5. CIMA - letter of support for the application

- Dr. Jacobson says the issue with CIMA is the lack of engagement within the group – what resources does it provide and what is its purpose – it also might just look like we're supporting ourselves
- Suggests that WhatsApp might be better platform for engagement.

6. Winter Newsletter

- Dr. Mandeep Singh to write an article on psychedelic assisted psychotherapy – will complete in the next couple weeks
- Dr. Konigsberg will work on the message from the chair – she may also put her recently

published article into the newsletter

-Dr. Junek will work on an article about reverse T3

-Dr. Jacobson to write an article on the topic of Vitamin D

-goal to complete article drafts by the first week of February

7. **Regulatory Fairness.** Next steps Dr Nahas (on hiatus)

8. **Any other business.**

-team discussed reaching out to their community to see if anyone wants to join the executive board

-agreed to invite Dr. Farah Tabassun first before posting anything

Tasks for executives:

- Dr. Junek to create a blurb for the WhatsApp group
- Dr. Konigsberg to write a letter of support for the AFC from “CIMA” & Dr. Jacobson will distribute it to contacts
- Dr. Jacobson to submit a photo and bio to Dr. Konigsberg for the website
- Dr. Jacobson and Dr. Junek to submit drafts of their newsletter articles for the first week of February
- Dr. Junek to invite Dr. Farah Tabassun to join the executive board

Date of Next Meeting: Wednesday, February 28 at 7:30

Adjournment

The meeting was adjourned at 8:30 pm