

**Meeting M i n u t e s**  
**Complementary and Integrative Medicine MIG**  
**February 28, 2024**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on February 28, 2024, beginning at 8:00 pm.

**Present:** Dr. Esther Konigsberg, Dr. Elliot Jacobson, Dr. Addrienne Junek

**Regrets:** Dr. Fred Hui, Dr. Richard Nahas

**By Invitation:** Dr. Farah Tabassum

**OMA Staff:** Alex Skublics

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. Welcome Dr. Farah Tabassum
2. WhatsApp group. Update Dr. Junek
3. Applying for certificate of added competence through Royal College Application update
4. CIMA - letter of support for the application update
5. Winter Newsletter update and Spring/Summer Newsletter
6. Regulatory Fairness. Next steps Dr Nahas (on hiatus)
7. Meeting with Kimberly Moran, new CEO of OMA.
8. Any other business.

**Minutes for Approval, Meeting of January 17, 2024**

**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 listserv 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

## **New Business**

### **1. Welcome Dr. Farah Tabassum**

- Dr. Farah Tabassum was invited to join the executive which she will think about and get back to the group

### **2. WhatsApp group. Update Dr. Junek**

- Dr. Junek updated Dr. Tabassum on the idea of creating a platform for close communication within the MIG with WhatsApp being the current focus
- Dr. Konigsberg, Dr. Junek, Dr. Elliot & Dr. Tabassum discuss the fundamentals including moderation, rules, & membership
- Dr. Konigsberg says we will only accept paid members of the group – we could potentially get a list of members from Peter K.
- Rules will be posted and members could be removed for breaking them
- Dr. Junek was unable to complete the blurb but will finish it asap

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

- Dr. Konigsberg and Dr. Junek have completed the main body but other aspects still need to be completed -Awaiting Angela Cheung to write a letter about how the fellowship will work and be funded
- Dr. Konigsberg is also circulating the application to various specialty committees, etc. at the Royal College that overlap with IM and has sent 10 letters various committees – these groups still need to discuss it at their next committee meeting
- final hurdle discussed is the \$14,000 application fee – Dr. Konigsberg says our group has \$9,000 and Dr. Angela Cheung's group may potentially cover the remaining cost

### **4. CIMA - letter of support for the application update**

- Dr. Elliot Jacobson currently has 4 signatures on the letter - The forum is difficult to maneuver so its possible people haven't seen it

-Dr. Konigsberg agreed we should reach out again to see if we can get as many signatures as possible

-Dr. Elliot Jacobson will write another letter

**5. Winter Newsletter update and Spring/Summer Newsletter**

-The winter newsletter has been published and will be sent to inboxes

-Considering the next newsletter, Dr. Junek to consider writing an article about T3

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

-on hiatus until Dr. Richard Nahas returns

**7. Meeting with Kimberly Moran, new CEO of OMA.**

-Kimberly Moran has reached out to have a meeting to see how she can support our group – Dr. Konigsberg will meet with her on March 18

-Dr. Konigsberg will email the group for suggestions on what to ask her – presently, her plan is to inform her on what our group is doing and see if she has ideas on what she could do to help out

**8. Any other business.**

-Dr. Farah Tabassum discussed the K037 & K007 fee code – the way the ministry has it set up they are unable to bill for the premium with their mixed fee for service model

-She is wondering if our MIG can help since their group is too small to form their own

-Dr. Elliot Jacobson stated that it could be something to consider

-Dr. Adrienne Junek also agrees our MIG would be good for this since many IM physicians use fee for service and mixed models for billing

-Dr. Konigsberg offered Dr. Farah Tabassum to join the executive board where she could forefront a plan for this initiative

**Tasks for executives:**

- Dr. Adrienne Junek to write blurb about the WhatsApp group.
- Dr. Elliot Jacobson to post to CIMA again to gather more signatures for the application.
- Dr. Esther Konigsberg will email the group for suggestions of what she discuss with Kimberly Moran

**Date of Next Meeting:** Wednesday April 17 at 8:00pm

**Adjournment**

The meeting was adjourned at 9:00 pm