**Meeting M i n u t e s**

**Complementary and Integrative Medicine MIG  
December 11, 2024**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on December 11, 2024, beginning at 8:00 pm.

**Present:** Dr. Esther Konigsberg, Dr. Fred Hui, Dr. Elliot Jacobson, Dr. Richard Nahas, Dr. Adrienne Junek, Dr. Farah Tabassum

**Regrets:**

**By Invitation**: Nisha Chojar

**OMA Staff:** Alex Skublics

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. Meet new OMA contact: Nisha Chojar
2. Dr. Angela Cheung’s update on IM fellowship. Pending confirmation.
3. Dr. Richard Nahas update on creating a survey for gathering experiences from group members related to regulatory issue
4. CIMA - letter of support for the application update
5. Dr. Esther Konigsberg update to timing for AFC application.
6. Any other business.

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

1. Fall newsletter:

* Review Dr. Esther Konigsberg’s article
* Review Dr. Richard Nahas’ article

-The articles were well received by the group and the newsletter will be worked on soon

1. Dr. Angela Cheung’s update on IM fellowship

-Dr. Angela Cheung was unable to join today’s meeting  
-Dr. Esther Konigsberg received an update from Dr. Cheung that she currently has an IM research fellow who just won an award at a national conference. Dr. Konigsberg will keep in touch and will invite her to a future meeting for discussion

1. Dr. Richard Nahas to share report from Santis health to the group

-Dr. Richard Nahas states his main takeaway from the report is that the best way to long lasting change would be an ICRC that is specific to integrative medicine  
-Dr. Fred Hui suggests inviting Nancy Whitmore to a meeting to discuss this and concerns with health care regulation   
-Dr. Esther Konigsberg says we should gather some data before bringing any issues forward  
-Dr. Adrienne Junek mentions that we should gather personal experiences from members to support this idea, especially from other specialties to see if they have also encountered similar concerns  
-Dr. Richard Nahas proposes to produce a survey that could be used to gather such experiences but questions if there is a framework by the OMA for intersection collaboration  
-Dr. Esther Konigsberg will reach out to our OMA support person to see if it possible to arrange a meeting between members of different sections or MIGs

-Dr. Richard Nahas will begin working on the survey, he will attempt to dig up an old survey already created to use as a template

1. CIMA - letter of support for the application update

-Dr. Elliot Jacobson states he has acquired 4 signatures  
-Dr. Esther Konigsberg suggests one more follow-up to see if we can get a few more signatures stating that a letter from a group, like CIMA, is beneficial to our application to the royal college

1. Dr. Esther Konigsberg to follow-up with Kimberly Moran after Dr. Richard Nahas completes the article.

-Dr. Esther Konigsberg questions if meeting with Kimberly Moran or Nancy Whitmore would be better for vetting the ideas in Richard’s article   
-Dr. Richard Nahas again suggests bringing the idea to law school researchers   
-Dr. Fred Hui brings up potential issues with attempting to collaborating with regulators – agrees that approaching a law school would be the best option  
-Dr. Farah Tabassum mentions that AI is still a ways off from being practical  
-Dr. Esther Konigsberg and Dr. Richard Nahas agree but believe it is important to get the conversation started

1. Any other business.

-application was briefly discussed – Dr. Esther Konigsberg says the new application procedure at the Royal College is in the works but the College will hold onto what we have already submitted – we will seek out more letters once the new timeline has been released

**New Business**

1. October meeting minutes approved
2. Meet new OMA contact: Nisha Chojar  
     
   -Nisha Chojar introduced herself to the team - She is taking over the role as the OMA contact for our MIG and is working with many MIGs & sections in the OMA within primary care

-The executives took turns briefly introducing themselves and their practices

1. Dr. Angela Cheung’s update on IM fellowship. Pending confirmation.

-Dr. Angela Cheung was unable to join the meeting to provide an update on the IM fellowship – Dr. Esther Konigsberg is going to meet with her in early January   
  
-Dr. Adrienne Junek suggests putting together a fellowship that fits the criteria of the American Board of Integrative Medicine – she suggested to network with a university to sponsor and help build it

-Dr. Esther Konigsberg mentioned she is a member of the IM Fellowship Recognition committee and is up to date on their curriculums and requirements – essentially they require the fellowships to be a minimum of 1000 hours.

-Dr. Richard Nahas suggests that Dr. Adrienne Junek and Dr. Elliot Jacobson take on this task, and could utilize their clinical settings for the clinical training portion.

-Dr. Adrienne Junek is excited to pursue this, she is affiliated with the University of Ottawa and she is willing to work on a proposal for an IM fellowship

-Dr. Elliot Jacobson stated that if there is an openness to the idea at the University of Toronto, he would be interested in pursuing this as well

-Dr. Esther Konigsberg asked if Dr. Farah Tabassum has any academic affiliation – she does but it requires more administrative process to work at her clinic so it is less flexible and may not be suitable for fellows

-Dr. Elliot and Dr. Adrienne will look further into creating a proposal to their respective universities

1. Dr. Richard Nahas update on creating a survey for related to regulatory issues

-Dr. Richard Nahas stated he was unable to access the original survey so he created a new one with similar questions based on memory as well as anything else that seemed relevant as a template to build upon

-Dr. Farah Tabassum suggested that we should define integrative medicine and some people may practice certain aspects to a varying degree

– Dr. Richard agreed and suggested adding a list of modalities for people to rate how much they use each one

-Dr. Richard Nahas also mentioned adding a question to inquire about interest in doing the 1000-hour fellowship

Dr. Esther Konigsberg suggested specifying between the certificate of added competence and the fellowship to gauge interest based on costs and time commitment

-Dr. Elliot Jacobson will upload the document to Google Docs and share with the team to collaborate on

-Dr. Esther Konigsberg asks how we will we distribute the survey to the MIG – Nisha says she will check for any built-in survey tools within the OMA

1. CIMA - letter of support for the application update  
     
   -this was not discussed during the meeting

1. Dr. Esther Konigsberg update to timing for AFC application  
     
   -Dr. Esther Konigsberg relayed that the window for reopening applications to the Royal College is 2-4 years  
     
   -The college is holding onto our submitted application materials while our next steps are still gathering more letters of support. However it is too early to continue right now
2. Any other business. N/A

**Tasks for executives:**

* Dr. Adrienne Junek to look into and prepare a proposal to the University of Ottawa for a fellowship in Integrative Medicine
* Dr. Elliot Jacobson to look into and prepare a proposal to the University of Toronto for a fellowship in Integrative Medicine
* Dr. Elliot Jacobson to upload survey to Google Docs and share with executive team
* Dr. Esther Konigsberg to reach out to Angela Cheung to see when she is available for meeting in January

**Date of Next Meeting: Thursday, January 23, 2025**  
 **Adjournment**

The meeting was adjourned at 9:00 pm