

**Meeting M i n u t e s**  
**Complementary and Integrative Medicine MIG**  
**May 15, 2025**

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on May 15, 2025, beginning at 8:00 pm.

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

**Regrets:**

**By Invitation:**

**OMA Staff:** Alex Skublics

**Call to Order**

The Chair called the meeting to order.

**Approval of Agenda**

1. Review **Tasks for executives:**

- Dr. Elliot Jacobson (or Dr. Esther Konigsberg) to reach out to Dr. Richard Nahas regarding questions in the survey
- Dr. Adrienne Junek and Dr. Esther Konigsberg to schedule a time together to discuss the development of the fellowship
- Dr. Esther Konigsberg to send an email to connect Dr. Elliot Jacobson with Dr. Angela Cheung
- Dr. Elliot Jacobson to write a piece about ticks and lime disease for the Spring Newsletter
- Dr. Farah Tabassum to write a short blurb about the Centre of Effective Practice modules for the Spring Newsletter
- Dr. Esther Konigsberg to write about the opportunity for MIG members to contribute by having lecture meetings for the CIM MIG

2. Any other business.

**Minutes for Approval, Meeting of February 27, 2025**

1. Minutes were approved by Dr. Adrienne Junek.
2. Update: Survey for gathering experiences from group members related to regulatory issue

-Dr. Esther Konigsberg stated that the survey appears to not be completely finished, and asked the group for their current opinions on the matter

-Dr. Elliot Jacobson questioned about the specific goals and purpose behind the survey and its outcome, as well as if it would be sent to the entire OMA or just our MIG

-Dr. Esther Konigsberg responded that it would be used to gather data about potential concerns people are experiencing with respect to regulation – it would be sent to our MIG first, and based on the responses, it could be sent to other OMA chairs as well

-Dr. Farah Tabassum asked about a specific question regarding support for amending the regulated health professionals act – is this lacking context for the average physician to understand?

-Dr. Elliot Jacobson and Dr. Adrienne Junek agreed that the question could use a short paragraph as preamble for clarification

-Dr. Elliot Jacobson stated he would reach out to Dr. Richard Nahas about this question

-Dr. Elliot Jacobson was also curious about how many people would even have these concerns, and stated that there has been some very recent changes with the CPSO's "Right Touch" regulation

-Dr. Adrienne Junek also agreed based on her personal experience

-Dr. Esther Konigsberg questioned if this perception is generally felt among IM physicians, or are many others experiencing potential biases or feeling targeted similar to Dr. Richard Nahas and Dr. Fred Hui

-Dr. Elliot Jacobson said that this survey will help us determine this and provide a better representation of the situation

3. Dr. Adrienne Junek update: re. proposal to the University of Ottawa for a fellowship in Integrative Medicine

-Dr. Adrienne Junek had contacted the University of Ottawa a few times, and they ultimately stated there is no capacity for new focused programs and no timeline for it

-Dr. Adrienne Junek decided to begin networking and build up her own curriculum to create a fellowship so a structure is in place for when applications are open again

-Dr. Adrienne Junek considered getting nominated for the Dr. Rogers Prize for funding this initiative

-Dr. Esther Konigsberg will connect with Dr. Adrienne Junek at a later date to further discuss the development of the fellowship

#### 4. Dr. Elliot Jacobson update re: proposal to the University of Toronto for a fellowship in Integrative Medicine

-Dr. Elliot Jacobson had yet to reach out to the University of Toronto regarding the fellowship - he thought it would be best to contact Dr. Angela Cheung to work on something in concert with her current academic fellowship

-Dr. Esther Konigsberg agreed that Dr. Angela Cheung would be open to this idea

-Dr. Esther Konigsberg will send an email to connect Dr. Elliot Jacobson with Dr. Angela Cheung

-Dr. Farah Tabassum questioned if this fellowship could operate as a branch of a current program in the United States

-Dr. Esther Konigsberg replied that the fellowship must be fully Canadian as per the requirements for the certificate of added competence

- Dr. Esther Konigsberg, Dr. Farah Tabassum, and Dr. Elliot Jacobson discussed the logistics of program running as a satellite clinic under the umbrella of an academic institution

-Dr. Farah Tabassum also mentioned that running clinical experience in parallel to academic learning would complement each other well

-Dr. Esther Konigsberg agreed that that would be the plan for developing the program.

#### 5. Spring Newsletter: Article proposals

-Dr. Elliot Jacobson proposed writing a PSA style article about tick bite prevention and Lyme disease

-Dr. Farah Tabassum brought up an online module regarding acute Lyme, as well as other modules on medical conditions/managed, from the Centre for Effective Practice

-Dr. Esther Konigsberg suggested that Dr. Farah Tabassum write a blurb about these modules and we could add links in the Newsletter

-Dr. Esther Konigsberg said she would write about an opportunity for members of the MIG to lecture the membership on specific IM topics

-Dr. Farah Tabassum inquired about an honorarium as a potential way to increase interest for this

-Dr. Esther Konigsberg agreed and said there may be some funding for this

#### 6. Any other business.

-Dr. Esther Konigsberg briefly reviewed the previous meeting minutes and updated Dr. Elliot Jacobson on the discussion with Dr. Angela Cheung

#### **New Business**

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-The meeting minutes for February 27, 2025, were approved by the team

-Dr. Esther Konigsberg requested that the group begin by going over the survey

-Dr. Esther Konigsberg queried the team about amending the question “please rate the following in terms of significance to barriers to your practice”

-Dr. Adrienne Junek approved the options for this question

-Dr. Elliot Jacobson suggested altering the answer related to barriers to opportunities

-Dr. Richard Nahas clarified the difference between a lack of opportunity versus being uncertain of what to choose amongst a large variety of options

-Dr. Elliot Jacobson agreed that keeping this answer about uncertainty was a good idea

-Dr. Farah Tabassum questioned if the survey should include asking about training in family medicine or specialty and how it could relate to their interest in an Integrative Medicine (IM) fellowship

-Dr. Esther Konigsberg confirmed that CCFP is not interested in another focused practice designation, and that the royal college Certificate of Added Competence (CAC) would be available to any physician

-Dr. Farah Tabassum mentioned that some people may be unaware that the IM fellowships and CAC would be open to family medicine

-Dr. Esther Konigsberg said they plan to make it clear

-Dr. Adrienne Junek added a question to the survey asking about physician certification (CCFP or RCPSC) and the team approved.

-Dr. Esther Konigsberg asked whether the question on interest in a Canadian Fellowship should clarify that it is available to everyone and not just specific specialties

-Dr. Adrienne Junek agreed we should make this clear

-Dr. Richard Nahas suggested we preface the question with some preamble that would include this information

-Dr. Adrienne Junek suggested some preamble and added it to this question

-Dr. Farah Tabassum asked whether the next question should be clearer about the difference between a fellowship and a certificate of added competence.

-Dr. Adrienne Junek stated that the certificate is based on an exam while the fellowship is the training program to take the exam, however people with extensive experience may be qualified without the fellowship

-Dr. Esther Konigsberg confirmed that the exam may not be necessary if your practical experience can be proven to the college

-Dr. Richard Nahas asked how the criteria would be determined

-Dr. Esther Konigsberg stated that a committee would be put together by the Royal College to develop the criteria

-Dr. Farah Tabassum asked about funding options for the fellows/residents

-Dr. Adrienne Junek said she was unsure of who to approach and suggested part time training models to allow fellows to maintain clinical work while paying privately for modules

-Dr. Esther Konigsberg suggested Dr. Adrienne Junek reach out to any group who have previously secured funding for this type of project to inquire.

-Dr. Adrienne Junek recalled a hematology group who created a fellowship she could ask

-Dr. Esther Konigsberg returned to the survey to address the question “Do you see publicly funded, privately funded, or a mix of both?” and wondered what the purpose of the question way.

-Dr. Adrienne Junek stated the question was just to gather general information and Dr. Richard Nahas agreed but was open to feedback.

-The team decided to leave the question as it is

-Dr. Richard Nahas suggested trimming the large paragraph that prefaced the following question and questioned the relevance and appropriateness of asking about legal issues

-Dr. Esther Konigsberg stated they had originally added that paragraph as they believed the background information was required

-Dr. Elliot Jacobson stated that most physicians are unfamiliar with the legal framework

-Dr. Richard Nahas said that he is in contact with CMPA lawyers who are open to providing a webinar or lecture on this topic

-Dr. Elliot Jacobson and Dr. Esther Konigsberg agreed that a webinar/lecture would be a good idea

-Dr. Farah Tabassum brought up that she was unaware of the RHPA and how it relates to integrative medicine and thinks the average physician would also have trouble answering this question

-Dr. Adrienne Junek agreed and suggested that this question be asked after there is a lecture on the RHPA lecture

-Dr. Fred Hui emphasized that this is important to ask about as soon as possible

-Dr. Esther Konigsberg acknowledged the prior experiences that Dr. Fred Hui and Dr. Richard Nahas have had with the CPSO but also noted others have had positive experiences

-Dr. Esther Konigsberg suggested altering the question order to start with “have you ever been investigated...?” to assess the frequency of this issue

-Dr. Fred Hui and Dr. Adrienne Junek agreed with this change  
-Dr. Richard Nahas stated the issue is not frequency but the enabling legal framework – broad definitions and lack of appeal processes that may allow of power misuse  
-Dr. Esther Konigsberg proposed including Dr. Richard Nahas’ point as part of the preamble  
-Dr. Farah Tabassum suggested the survey should assess members’ familiarity with RHPA and CPSO due to the complexity of it  
-Dr. Fred Hui and Dr. Adrienne Junek agree, citing the RHPA document as 90 pages  
-Dr. Esther Konigsberg proposed two additional questions to ask about familiarity with the RHPA and one on interest in attending a webinar

-Dr. Esther Konigsberg suggested the final question to be “DO you have any suggestions for what the CIM MIG can do to support integrative medicine in Ontario”  
-Dr. Elliot Jacobson agreed that it is a good closing question  
-The team agreed the survey was ready to be distributed

-Dr. Esther Konigsberg discussed the newsletter  
-Dr. Farah Tabassum had submitted her newsletter article  
-Dr. Elliot Jacobson said he is finishing up his article on tics and will submit it to her  
-Dr. Esther Konigsberg said she is going to finalize her portion to offer for general members to present webinars on IM topics  
-Dr. Farah Tabassum suggested adding information for the Orthomolecular conference in September where Dr. Junek will be presenting.  
-Dr. Richard Nahas mentioned he is doing a workshop on July 11  
-Dr. Esther Konigsberg asked Dr. Adrienne Junek and Dr. Richard Nahas to submit the information so it can be added to the newsletter

#### **Tasks for executives:**

- Dr. Esther Konigsberg to have the survey distributed to the members of the MIG
- Dr. Elliot Jacobson to submit his article for the newsletter
- Dr. Adrienne Junek to relay details about the September conference for the newsletter
- Dr. Richard Nahas to submit the details for his July 11 workshop for the newsletter
- Dr. Adrienne Junek to reach out to Hematology fellows to inquire about funding for fellowships

**Date of Next Meeting: Monday, June 16, 2025, at 8:00pm**

#### **Adjournment**

The meeting was adjourned at 9:00pm