



OMA

ONTARIO MEDICAL ASSOCIATION

Complementary & Integrative Medicine Medical Interest Group

CIM-MIG

Summer 2021

Our Mission

Our mission is to support physicians, residents, and medical students who have an interest in complementary and integrative medicine (CIM) therapies. We will do this by sharing information, news and events, by providing recommendations for safe, responsible and professional practice, and by communicating with stakeholders about CIM as a valuable tool that can help Ontario's doctors deliver better healthcare.

Our Vision

Our vision is an inclusive healthcare system in Ontario, in which patients can explore their interest in complementary and integrative medicine with doctors, to ensure their safety and support their efforts to achieve better health outcomes.



In This Edition...

Message from the Chair

Clinical Resources

- Integrative Medicine Focused Practice

An Invitation to Members

Support Our Work
- Pay Your Constituency Fees

A Message from the Chair

Dear CIM MIG member physicians,

This is my first opportunity to address you as Chair of our MIG and as such would like to take this opportunity to extend our immense gratitude to Dr. Richard Nahas for four years of incredible leadership. Richard has put our MIG on the map which has raised awareness of our group among the leadership, Sections, MIGS and members of the OMA. He is passionate about regulatory fairness in regards to CAM and Integrative Medicine and continues to engage within our executive to that end. This year he has been short listed for the prestigious Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine which highlights his profound contribution to our field, our province and country.

We realize that our members are anxiously awaiting an update in regards to the CPSO's CAM draft policy. We understand that the CPSO's CAM policy working group has been seriously considering the overwhelming feedback that they had received during the consultation period. From the CPSO's council's document: *All feedback is currently being reviewed in detail and will help inform revisions to the draft policy.* For more details please refer to the **Thursday, June 17 and Friday, June 18, 2021 council materials page 284.** There should be an update coming in late summer and we will share it with you as soon as it is available. On behalf of the executive, I would like to thank you for your significant contributions to this process.



This newsletter is focusing on an informative article written by new MIG Secretary, Dr. Adrienne Junek, in response to Question 1 from our recent membership survey questions. In the attached article, Adrienne outlines the current state of affairs regarding potential strategies for attaining recognition of Complementary and Integrative Medicine in Ontario and Canada and steps that could be taken in the future. Regulatory fairness has been an overarching theme for our executive and our members. There are many strategies for tackling this important issue. In our discussions with the CPSO it has become evident that the more our group is recognized in institutions such as universities, boards and governance, the more likely negative biases that drive disciplinary action against CIM practitioners will fall away. Adrienne's article will provide a road map for our future.

On behalf of the executive we hope that you are able to enjoy these precious summer months.

Sincerely,

Dr. Esther Konigsberg

Clinical Resources



Update on certification programs for integrative medicine

Dear OMA CIM MIG members,

You spoke, we heard you.

Based on the results of our recent member survey, the majority of our members (85%) support the need to recognize integrative medicine as a focused discipline. We would therefore like to provide you with an update that reflects the current state of affairs regarding disciplines or areas of focused practice and what your OMA CIM MIG will be doing to move things forwards with regards to this particular topic.

Current state of affairs:

At present, there are no defined focused practice areas in integrative medicine. There do exist the following:

- 1) CFPC certificates of added competence (CACs), which serve to recognize physicians with enhanced skills in a particular domain. CACs are typically obtained by examination, formal training, or clinical practice experience. Integrative medicine is not currently on the list of approved CACs.
- 2) GP focused practice domains, which serve to exempt specific physicians who practice in a focused area from impacting access bonuses for local family health organizations (FHOs).

Certification is by application, and has no bearing on the physicians clinical skill in their domain of focused practice. Integrative medicine is not on the list of approved domains.

See the attached table for a more detailed description of the types of focused practice domains. At present, the only option for any form of advanced practice in integrative medicine is to apply to an existing area of GP focused practice. In the past, members of the OMA CIM MIG have successfully applied under psychotherapy, developmental pediatrics, and physical medicine & rehabilitation.

Continued...

Clinical Resources (Continued...)



OMA CIM MIG Action Plan for the future

The OMA CIM MIG is closely following the CFPC website for when they will re-open for applications of new CACs, likely later in 2021. We believe this will be the best route for integrative medicine to garner it's first official status as a discipline in Canada.

We will plan to apply for the creation of integrative medicine as a CAC as soon as the application cycle becomes available again. Please note that the “spirit” of the CACs is to recognize those clinicians with advanced skills *without* deterring from the skills of physicians who practice integrative medicine but do not hold a CAC. Our proposal for certification status in integrative medicine may consist of:

- Formal educational training route (i.e. established fellowships)
- Clinical practice experience route for certification (i.e. estimated/minimum CME hours).
- A written examination, with a published list of objectives to guide candidates.

We will likely develop this program by networking with the American Board of Integrative Medicine (ABOIM) program in the U.S. and the Canadian Academic

Consortium for Integrative Health Education (CACIHE), in conjunction with input from our members. Importantly, we will also want to address how to recognize individuals who practice within a specific domain of integrative medical practice - for example, mind-body medicine, acupuncture, homeopathy, or other specific domains - but without the experience of a formative general integrative medicine education.

We are hopeful that once we attain focused practice recognition, we will also be able to apply for section status for our Complementary and Integrative Medicine group.

Stay tuned this year for further news and updates on the application process and please contact the executive committee if you are interested in participating in this process.

Sincerely,

Dr. Adrienne Junek

Attachment

Table 1: Existing domains of focused practice

Clinical Resources (Continued...)



Designation	About & Resources	Certification & Incentives
<p>CFPC CAC: Certificate of Added Competence</p>	<ul style="list-style-type: none"> - Enhanced skill family physicians are family physicians who act at or beyond the current edges of the scope of family practice. - The program was designed to help fill a community need intersect the exchange between family medicine & specialist care. - Existing areas include emergency medicine, palliative care, care of the elderly, anesthesia, sport medicine, surgical skills, obstetrics, & addiction. - The CFPC CAC were reviewed in 2020. See the full report at: https://www.cfpc.ca/CFPC/media/PDF/2020-04-CAC-Impact-Study-Report.pdf 	<ul style="list-style-type: none"> - Programs typically require prerequisites based on formal education OR practice experience, plus a formal exam (OSCE, written or both). - Incentives are mainly for recognition of advanced skills in a focused area of practice.
<p>GP Focused Practice</p>	<ul style="list-style-type: none"> - Designation is solely for the purposes of exempting focus practice physicians billings from impacting the access bonus for FHOs. - The designation bears NO reflection of the skills/abilities for the practice of medicine. - Existing domains include: addiciton, allergy, anesthesiology, cardiac rehabilitation, complex wound care, dermatology, developmental pediatrics, geriatrics, infectious disease, Ob/Gyn, oncology, ophthalmology, orthopedics, pain medicine, palliative care, physical medicine & rehabilitation, psychotherapy, sleep, sports, varicose veins, vasectomy. - Applications are reviewed bianually on Sept 1 and Feb 1. For more information, see below: https://www.oma.org/member/practice-professional-support/billing/gp-focused-practice-designation/ 	<ul style="list-style-type: none"> - Certification requires an application process. To be eligible, a physician must practice in a focused area, have had appropriate training or qualifications, practice in a domain in need in their community, spend a minimum of 20% of their time in their focused practice. - Incentives are mainly to negate the deductions experienced by FHOs for outside use of a GP physician who practices in a focused area.

Table 1: Existing domains of focused practice

An invitation to members

Share something with us!

The Medical Interest Group for Complementary and Integrative Medicine has nearly 300 members. Some of you may feel passionate about one specific modality, whether it be nutrition, movement, mind-body practices, natural health products, manual therapy, or acupuncture. Perhaps you have an interest in a specific condition, or some aspect of functional medicine that you want to share with us. Some of you may have insights or personal experiences that have shaped your perspective on healthcare.

Whatever you want to contribute, we want to read it and share it with the Ontario Integrative MD community. We would love to receive submissions, whether they are in the form of a single paragraph or a full-length article, with references or without. Help us all to grow and learn together. Email submissions to: oma.cim.mig@gmail.com

Please Support Our Work- Pay Your Constituency Fees

Your CIM MIG Executive is the only organization that is focused on CPSO Reform. We need your support to help us continue our work creating a safe regulatory environment for Ontario's doctors. We believe that doctors should not be targeted or persecuted for helping patients who want their trusted healthcare providers to help them explore CAM. We have made significant progress towards this goal, by engaging stakeholders, providing a consistent message about our members' concerns, and drafting submissions that offer real solutions.

By paying your \$50 Constituency Fee, you will help ensure that our work can continue. We are working to support you, but we cannot do it unless You support us. Follow the instructions below to pay your dues:

Step 1: Log into the OMA

Step 2: Click on "[My Account](#)"

Step 3: Click on "Pay dues & fees"

Step 4: Click "Next Step" at the bottom of the page

Step 5: Click on "Complementary & Integrative Medicine Medical Interest Group"

Step 6: Click on "Next Step" at the bottom of the page

Step 7: Follow instructions on the page to finish the payment

CIM-MIG Contact:
oma.cim.mig@gmail.com

Chair: Dr. Esther Konigsberg
Vice chair: Dr. Fred Hui
Secretary/Treasurer: Dr. Adrienne Juneke
Member-at-large: Dr. Richard Nahas
MIG Coordinator: Ms. Mina Effendi