

**ATS Integrative Therapy Interest Group**  
<https://www.thoracic.org/members/assemblies/interest-groups/integrative-therapy.php>  
**Conference Call**

**Meeting Minutes: 4/19/2019**  
**2 pm EST/ 11am PST**  
**Standing Conference call – Usually every 3<sup>rd</sup> Friday of the month – 2 pm EST/ 11 am PST**  
1-800-791-2345, access code 46768

**Present;** Asha: Tania, Tai Zahir and Breanna (ATS Assemblies); Ni-Cheng Liang, Valerie

Topic	Discussions/ Recommendations	Actions/ Follow-Up
I. ATS Announcements	<ul style="list-style-type: none"> <li>Welcome to Tai Zahir who is replacing Breanna</li> <li>Each interest group will have a 3yr term limit and may be sunset as ATS will have 15max groups and reviews periodically as new apps come in</li> </ul>	<ul style="list-style-type: none"> <li>Tai will be sending all future communications</li> <li>May need to submit summary for renewal-membership determines.</li> </ul>
II. <b>2019 Sunrise Symposium –</b> Mindfulness & Burnout – Ni-Cheng	<p><b>Session Title:</b> SS301 - MINDFULNESS FOR OPTIMIZING HEALTH CARE PROFESSIONAL WELL-BEING: REDUCING BURNOUT</p> <p><b>Date &amp; Time:</b> 5/22/2019 6:45 am - 5/22/2019 7:45 am</p> <p><b>Location:</b> Greenville Avenue (Level 2), Omni Dallas Downtown</p>	<ul style="list-style-type: none"> <li>Session is still OPEN for sign-ups. Need to pre-register.</li> </ul>
III. <b>2019 IT Group meeting</b> Asha & Tania	<ul style="list-style-type: none"> <li><b>Mon 5/20 @11:45a -1:15p. Location: Hyatt Regency Room - Cockrell, Atrium Level - Luncheon</b></li> <li>Our tentative agenda: <ul style="list-style-type: none"> <li>a. Asha – Diet, and Inflammation in Asthma &amp; COPD</li> <li>b. Tania – Body Movement in PH</li> <li>c. Working time – <ul style="list-style-type: none"> <li>2020 Scientific Symposium</li> <li>Patient Education series</li> <li>Fall 2019 workshop</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Agenda Confirmed and will be sent May 1st 2019 to group.</li> <li>Tai will have postcards created for Tania to pass out</li> <li>Concern expressed that our meeting will conflict w/Women's Luncheon and Clinician's corner</li> </ul>

<p><b>IV. 2020 Scientific Symposium</b> Ni-Cheng, Tania &amp; Asha</p>	<ul style="list-style-type: none"> <li>• Tentative Content for consideration <ul style="list-style-type: none"> <li>○ <i>Topic #1 - FDA to increase oversight on a dietary supplement - FDA Commissioner Scott Gottlieb? (ATS Morning minute 2/12/19)</i></li> <li>○ <i>Topic #2 – Acupuncture</i></li> <li>○ <i>Topic #3 – Acupressure</i></li> <li>○ <i>Topic #4 –</i></li> </ul> </li> <li>• Nursing Assembly suggested a Poster Symposium. Marilyn suggested submission via another assembly.</li> <li>• Valerie feels Integrative topics and our group's leadership on topics, like dangers of stem cells, may be useful.</li> </ul>	<ul style="list-style-type: none"> <li>• Ni-Cheng and Tania will seek input from the group during our working session at the 2019 ATS Conference</li> </ul>
<p><b>V. Integrative Therapy: Patient Education Series (PES) –Ni Cheng</b></p>	<ul style="list-style-type: none"> <li>• <b>IT in Critical Care:</b> Dr. Chlan reviewed and provided some suggestions. But more work needs to be done.</li> <li>• <b>IT for Sleep:</b> This PES document is focused on the use of Melatonin to promote sleep in Pediatric and Adult population.</li> </ul> <p><b>Mindfulness for Anxiety:</b> Tania and Ni-Cheng have drafted initial document on COPD, Asthma, and Lung Cancer population with focus on breathing techniques to help ease anxiety using pictures and step-by-step “how to.”</p>	<ul style="list-style-type: none"> <li>• Dan Crouch may be interested in working on this. Ni-Cheng is awaiting response.</li> <li>• Sumit and Bernie Sunwoo MD from UCSD will put document together and Dr. Atul Malhotra has agreed to serve as final editor. Publication summer 2019</li> <li>• Tania and Ni-Cheng will continue to refine draft, edit, and revise the document. A medical student assisted w/document. Ready to send to Interest group for input. Publication Summer 2019</li> </ul>
<p><b>VI. Seminar on IT – Asha</b> a. Funding sources ideas</p>	<ul style="list-style-type: none"> <li>• Asha submitted a grant proposal for this workshop, but due to company in litigation, no grants are being approved.</li> <li>• We still plan to organize a 4-hour workshop in collaboration with the California Thoracic Society (CTS). This forum will serve as an opportunity to discuss with experts about priorities regarding the use of IT for lung health.</li> </ul>	<ul style="list-style-type: none"> <li>• Asha has sent inquiries for grants to other sources: Visiobiome, Florastor, Align</li> </ul>

	<ul style="list-style-type: none"> <li>We plan to hold this in Fall 2019. Some ideas may be: <ul style="list-style-type: none"> <li>Probiotic use in CF and other lung conditions</li> <li>Chronic antibiotic use in critical illness</li> </ul> </li> </ul>	
<b>Tai Chi Demonstration</b>	<ul style="list-style-type: none"> <li>Tai Chi demonstration at the ATS Wellness Collaborative Initiative at the Exhibit Hall.</li> <li>This wellness collaborative will present other modalities to combat burnout such as therapy dog, sound booth, artwork, poetry, and letter.</li> </ul>	<ul style="list-style-type: none"> <li>Ni-Cheng is contacting local Dallas providers.</li> </ul>
<b>IX. Round Table</b>	<ul style="list-style-type: none"> <li>Congratulations to Tania for Nursing Assembly's top Abstract honor. Poster Presentation 9am on Monday 5/20. Award to be presented to her at ATS Monday night dinner</li> <li>Tania has successfully created a Twitter handle for the group. Awaiting refinement.</li> </ul>	<p><i>The Impact of a Multicomponent Integrative Intervention on Symptoms and Health Related Quality of Life for Patients with Pulmonary</i> Publication pending. This is Tania's dissertation work.</p> <ul style="list-style-type: none"> <li>@ATS_Integrative (Twitter). Encourage everyone to follow</li> </ul>
<b>X.</b>	<p><b>Webinar---topic solicitation and speaker(s)</b>  Acupuncture, Mindfulness, supplements, acupressure, how to evaluate and analyze the literature for credible sources for IT, foods for COPD  <b>15min duration.</b></p>	<ul style="list-style-type: none"> <li>Valerie feels it is a good idea and can be used in Patient Support groups as well!  Can be delivered to rural areas</li> <li>Ni Cheng is happy to be first panelist</li> <li>Breanna and Tai will help coordinate w/ATS and provide us with a guide.  Speaker and title</li> </ul>

- Our next meeting will be in person at ATS- Dallas May 20th @ 11:45am (see above for location)

Respectfully Submitted,

Tania Von Visger —Integrative Therapy Workgroup- Co-chair  
Asha Devereaux---- Integrative Therapy Workgroup- Co-chair