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PULMONARY • CRITICAL CARE • SLEEP

ATS Integrative Therapy Interest Group 2018 Membership Meeting Minutes

Co-Chair: Tania Von Visger, APRN, PhD (c), CNS, CCNS, PCCN

Co-Chair: Ni-Cheng Liang, MD

Time: May 21, 2018 11:45am-1:15pm

Place: Manchester Grand Hyatt San Diego - Golden Hill B - (Third Level - Seaport Tower)

Attendees: Ni-Cheng Liang, Tania Von Visger, Marilyn Moy, Olivia Cukier, Valerie and Glenn Chang, Xiangming Ji

Our goals:

- 1) to increase clinicians' engagement in the critical evaluation of Integrative Therapies
- 2) to promote patient education about Integrative Therapies, and
- 3) to support clinician education in the scientific evidence about Integrative Therapies

1. Introductions-
2. Leadership transition process- ~q2 year cycles with 1 year of overlap from prior year. Maintenance of RN/physician team as co-chairs. Ni-Cheng Liang is stepping down this year. **Open proposal for any physician nominations:** Dr. Moy will think about accepting, but other nominations also welcome. **Please email Ni-Cheng and Tania.**
3. Summary of 2017 Interest Group activities- 5/2017: ATS Scientific Symposium on Integrative Therapies, Patient Information Series on Integrative Therapies for pulmonary patients: <https://www.thoracic.org/patients/patient-resources/resources/integrative-medicine.pdf>
Workshop Proposal- rejected, but likely resubmission; Sunrise Seminar on mindfulness- rejected but likely resubmission
4. Meeting time frequency and date- **Breana to send out Doodle Poll to help reinstitute monthly meetings at least for the first 3-6 months with programming deadlines forthcoming**
5. Strategies to broaden membership and increase visibility of our group (Dissemination of our work to the ATS at large)- Pulmonary Rehabilitation and Nursing assemblies already actively engaged. Opportunities to engage other assemblies: Pediatrics, Thoracic Oncology, Allergy. Possibility of exploring partnership with palliative care interest group, and becoming more involved with Public Advisory Roundtable (Courtney White), ATS Committee for Wellness (Ni-Cheng is involved), possible webinar monthly-quarterly; likely quarterly initially
6. Polkey Article, published in Chest 5/2018 – Tai Chi and Pulmonary Rehab (Marilyn)- ATS Pulmonary Rehabilitation Assembly to lead (with support from ATS Integrative Therapies Interest Group) in an ATS statement regarding the overstatement from the article that Tai Chi was equivalent to Pulmonary Rehabilitation. Weaknesses of the article
 - a. *Improvements in endpoints for both groups could have been 2/2 addition of LABA as these patients were treatment naïve for COPD*
 - b. *No power calculation, small cohort*
 - c. *Unmatched for contact time with patients (Tai Chi: 5 hours/week, Pulm Rehab: 3 hours/week)*

d. Tai Chi intervention does not include other important components of Pulm Rehab: social support, education, aerobic exercise, expertise of RT's that work with patients in the programs

7. **2019 PG course application progress (Tania)- welcome recommendations for speakers and committee members to help with writing proposal, see separate planning proposal document for topics**
8. **Workshop resubmission- Marilyn- will focus on asthma and COPD**
9. **Patient education series for sleep and critical care progress- UCSD medical students started gathering references, please let Ni-Cheng know if there is willingness to help with writing this**
10. **Sunrise Seminar- on Mindfulness (Ni-Cheng) Likely to partner with ATS Committee for Wellness on resubmission**
11. **Websites- Josh Benditt had put together a list, need to ensure it includes reputable sites where patients can reference reputable practitioners, training programs on integrative therapies, NIH Office of Dietary Supplements: <https://ods.od.nih.gov/HealthInformation/dictionary.aspx>; reaching out to medical librarian to assist with vetting websites**
12. **Round table discussion**