

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

**Meeting Minutes: 12/7/2018**  
**5-6 pm EST/ 2-3 pm PST**

**Standing Conference call – Usually every 3<sup>rd</sup> Friday of the month – 5-6 pm EST/ 2-3 pm PST**

**Present:** Tania Von Visger; Breana Portelli (ATS Assemblies); Debbie Ham; Asha Devereaux; Sumit Bhargava-Peds Pulm/Sleep-Stanford

**Absent, but contributed updates via email:** Karen Ericson-Alpha 1 foundation, Bhavik Kahn-IU-Pul/CC/LTAC (music feasibility-critical care); Marilyn Moy; Valerie Chang-Hawaii-US COPD Coalition; Ni-Cheng Liang

Topic	Discussions/ Recommendations	Actions/ Follow-Up
I. <b>Integrative Therapy Online Resources.</b> Josh, Ni-Cheng, & Asha	<ul style="list-style-type: none"> <li>Breanna indicated that the document requires final review before posting.</li> </ul>	<ul style="list-style-type: none"> <li>Breana will send the latest version to Asha for final review</li> <li>Breana will post active links on our website.</li> </ul>
II. <b>2019 Sunrise Symposium – Mindfulness –</b> Ni-Cheng & Tania	<ul style="list-style-type: none"> <li>This proposal was programmed.</li> </ul>	<ul style="list-style-type: none"> <li>Will disseminate specific details about this symposium as soon as it is available.</li> </ul>
III. <b>2019 Luncheon Symposium on IT –</b> Asha & Marilyn	<ul style="list-style-type: none"> <li>This proposal was not programmed.</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>
IV. <b>2019 IT Group meeting -Mini-Symposium –</b> Ni-Cheng & Tania	<ul style="list-style-type: none"> <li>Because the 2019 Luncheon was not programmed, we will use its content in preparation for this mini-symposium.</li> <li>The content will include what we covered in the supplemental guideline regarding Asthma, Allergies such as Mindfulness &amp; COPD, Tai Chi, Massage, Acupressure, and yoga.</li> </ul>	<ul style="list-style-type: none"> <li>Ni-Cheng and Tania will meet to plan for this mini-symposium</li> <li>Breanna will provide available selections for our 2019 meeting.</li> </ul>

V. <b>2020 Scientific Symposium</b> Ni-Cheng & Tania	<ul style="list-style-type: none"> <li>• Content – in development</li> <li>• Presenters – in development</li> <li>• Submission – in development</li> </ul>	Ni-Cheng and Tania will meet to plan for this mini-symposium
VI. <b>Integrative Therapy Education patient education series:</b> Critical Care Sleep	<ul style="list-style-type: none"> <li>• Literature review for the IT uses in the <b>Critical Care</b> setting completed by Armando Martinez (UCSD). Dr. Kahn is in the process of validating/ editing to patient education material. Asha sent draft Critical Care to Dr. Kahn w/copy of the Pulm Pt. Ed publication.</li> <li>• <b>Sleep:</b> Sumit completed a lit search and circulated the draft document to the group. We discussed the proper content and format for the document and agreed that we should focus on Melatonin use (the most evidence) and mention other therapies.</li> <li>• <b>Anxiety:</b> Pt-Ed – we started the lit review started and will be complete once Ni-Cheng and Tania can convene to discuss further</li> </ul>	<ul style="list-style-type: none"> <li>• Asha will follow up with Dr. Kahn.</li> <li>• Sumit will share the updated draft with the group for comments</li> <li>• Tania and Ni-Cheng will continue literature review and drafting the Pt. Ed material on mindfulness and Anxiety.</li> </ul>
VII. <b>Group Presence within the ATS &amp; Sponsor support</b> – Asha a. Funding sources idea b. Meeting minutes posting	<ul style="list-style-type: none"> <li>• Asha had already made a connection with Michelle (ATS staff member) who will be assisting in the process of submitting the request for sponsorship. We can request funding for things like reception, Actual business meeting, or lunch.</li> <li>• The plan is to propose a 1-day seminar/workshop before the ATS conference</li> <li>• There might be other clinical research funding opportunities to consider in the future.</li> </ul>	<ul style="list-style-type: none"> <li>• Currently awaiting Board response</li> <li>• Dr. Kahn might have some other opportunities-mentioned pt or family foundation</li> </ul>

<b>IIX. 2019 Patient Advisory Round Table Participation –</b>	<ul style="list-style-type: none"> <li>Asha reported that the group does not have interest in IT topic this year. They are seeking a presenter on the topic of “Shared Decision Making.”</li> </ul>	<ul style="list-style-type: none"> <li>They may have interest next year</li> </ul>
<b>IX. Tai Chi Demonstration</b>	<ul style="list-style-type: none"> <li>Asha checked with a leadership team who organizes Clinician Corner for the possibility of having Tai Chi demonstration. They preferred to keep Clinician Corner for medical devices and guidelines.</li> <li>There is a possibility of requesting space in the Exhibit Hall to provide information to patients/clinicians about Tai Chi movement and its benefits. We discussed having <b>a video</b> about Tai Chi and <b>summary lit review</b> (brochure) of its benefit to hand out.</li> </ul>	<ul style="list-style-type: none"> <li>Asha will check with the organizer of the Exhibit Hall</li> <li>To be discussed further during our next conference call</li> </ul>
<b>X. Round Table</b>	<ul style="list-style-type: none"> <li>Congratulations to Asha for providing her expertise speaking about nutrition and Lung health. She was interviewed by Reader’s Digest for the upcoming publication. She highlighted our work within this Integrative Therapy Workgroup.</li> <li>Tania successfully defended her dissertation defense and graduated this semester.</li> <li>Our next conference call will be 1/18/19 @ 2 pm PST/5 pm EST</li> </ul>	<ul style="list-style-type: none"> <li>None</li> </ul>

Respectfully Submitted,  
Tania T. Von Visger —Integrative Therapy Workgroup- Co-chair  
Asha Devereaux---- Integrative Therapy Workgroup- Co-chair