

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

**Meeting Minutes: 5/20/2019-at ATS Dallas**  
**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, Breanna (ATS Assemblies), Omar Hussain, Mang Yu, Sumit Bhargava  
 Ni-Cheng Liang-by email

Topic	Discussions/ Recommendations	Actions/ Follow-Up
I. ATS Introductions	<ul style="list-style-type: none"> <li>Welcome to Tai Zahir who is replacing Breanna</li> </ul>	<ul style="list-style-type: none"> <li>Tai will be sending all future communications</li> </ul>
II. 2019 IT Group meeting Asha & Tania	<ul style="list-style-type: none"> <li><b>Mon 5/20 @11:45a -1:15p. Location: Hyatt Regency Room - Cockrell, Atrium Level –Boxed Luncheon</b> <ul style="list-style-type: none"> <li>Patient Education series</li> <li>Fall 2019 workshop</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Asha gave an informative session on some dietary impacts on COPD and Asthma</li> <li>Tania presented her award-winning work Relaxation and Movement in PH</li> </ul>
III. 2020 Scientific Symposium Ni-Cheng, Tania & Asha	<ul style="list-style-type: none"> <li>Tentative Content for consideration               <ul style="list-style-type: none"> <li>Topic #1 - FDA to increase oversight on a dietary supplement - FDA Commissioner Scott Gottlieb? (ATS Morning minute 2/12/19)</li> <li>Topic #2 – Acupuncture</li> <li>Topic #3 – Acupressure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Tania</li> </ul>
IV. Integrative Therapy: Patient Education Series (PES) –Ni Cheng	<ul style="list-style-type: none"> <li><b>IT in Critical Care:</b> Tania forwarded the document to Dr. Chlan for review</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>	<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> </ul>

	<b>Mindfulness for Anxiety:</b> Tania and Ni-Cheng have drafted initial document-see att.	<ul style="list-style-type: none"> <li>Tania and Ni-Cheng will continue to refine draft, edit, and revise the document.</li> </ul>
V. <b>Pulmonary Manual on IT</b> – Asha and NiCheng	<ul style="list-style-type: none"> <li>The proposal for a textbook/manual was well-received by the group as well as publisher</li> </ul>	<ul style="list-style-type: none"> <li>Chapter Editors have been selected</li> <li>Need to establish separate work group</li> </ul>
VI. <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> </ul>	<ul style="list-style-type: none"> <li>There is interest in the Clinician's Center for a proposal next year.</li> </ul>
VII. <b>Webinar---topic solicitation and speaker(s)</b>	<p>Acupuncture, Mindfulness, supplements, acupressure, how to evaluate and analyze the literature for credible sources for IT, foods for COPD</p> <ul style="list-style-type: none"> <li><b>15min duration.</b></li> </ul>	<ul style="list-style-type: none"> <li>Ni Cheng, Sumit, Tania are happy to participate</li> </ul> <p>Would like to see a separate comm. For this. Tania and Asha connected with ATS Nursing web-leaders who can help facilitate</p> <p>Breanna and Tai will help coordinate w/ATS and provide us with a guide. Speaker and title</p>
IX. <b>Round Table</b>	<p>Congratulations to Tania for Nursing Assembly's top Abstract honor. Poster Presentation 9am 5/20. Award was presented to her at ATS Monday night dinner</p>	<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> <li></li> </ul>

Respectfully Submitted,

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