

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

Meeting Minutes: 2/15/2019
5-6 pm EST/ 2-3 pm PST

Standing Conference call – Usually every 3rd Friday of the month – 2-3 pm EST/ 11-12 pm PST

Present: Tania Von Visger; Breana Portelli (ATS Assemblies); Ni-Cheng Liang; Valerie Chang-Hawaii-US COPD Coalition; Maureen Crocker (ResMed)

Absent, but contributed updates via email: Karen Ericson-Alpha 1 foundation, Bhavik Kahn-IU-Pul/CC/LTAC (music feasibility-critical care); Marilyn Moy; Sumit Bhargava-Peds Pulm/Sleep-Stanford; Debbie Ham; Asha Devereaux

Topic	Discussions/ Recommendations	Actions/ Follow-Up
I. Integrative Therapy Online Resources. Josh, Ni-Cheng, & Asha	<ul style="list-style-type: none"> The PDF version of the online resource is posted. Please take time to review and provide your suggestions to Breana for further improvement. Valerie indicated that she already started to share this resource to patients. 	<ul style="list-style-type: none"> none
II. 2019 Sunrise Symposium – Mindfulness & Burnout – Ni-Cheng	<ul style="list-style-type: none"> Ni-Cheng will present this topic on Wed 5/22 @ 6:45 am. We will let you know of the exact location once finalized. 	<ul style="list-style-type: none"> Between now and the conference, we will disseminate the information via: <ul style="list-style-type: none"> E-mail communication Twitter / Facebook Postcard Personal communication
III. 2019 IT Group meeting -Mini-Symposium Asha & Tania	<ul style="list-style-type: none"> We will meet on Mon 5/20 @11:45 am. We will let you know of the exact location once finalized. Breana began the planning phase of this meeting. We plan for approximately 20 participants. Our tentative agenda: <ol style="list-style-type: none"> Asha – Diet, and Inflammation in Asthma & COPD Tania – Body Movement in PH 	<ul style="list-style-type: none"> We will continue to refine the agenda/plan until May 2019 Breana has the agenda created; marketing will go out in March 2019 Between now and the conference, we will disseminate the information via: <ul style="list-style-type: none"> E-mail communication Twitter / Facebook Postcard Personal communication

	<p>c. Working time –</p> <ul style="list-style-type: none"> • 2020 Scientific Symposium • Patient Education series • Fall 2019 workshop 	
<p>IV. 2020 Scientific Symposium Ni-Cheng, Tania & Asha</p>	<ul style="list-style-type: none"> • We will discuss the content further during our interest workgroup this May. • Tentative Content for consideration <ul style="list-style-type: none"> ○ <i>Topic #1 - FDA to increase oversight on a dietary supplement - FDA Commissioner Scott Gottlieb? (ATS Morning minute 2/12/19)</i> ○ <i>Topic #2 – Acupuncture</i> ○ <i>Topic #3 – Acupressure</i> ○ <i>Topic #4 -</i> 	<ul style="list-style-type: none"> • We will continue to refine the agenda/plan until May 2019 • Ni-Cheng and Tania will seek input from the group during our working session at the 2019 ATS Conference
<p>V. Integrative Therapy: Patient Education Series (PES)</p>	<ul style="list-style-type: none"> • IT in Critical Care: Since we have not heard from Dr. Kahn's comment on this PES document, we solicited additional critical care expert. Tania forwarded the document to Dr. Chlan for review. We should get her feedbacks by the end of this month. • IT for Sleep: Ni-Cheng reported that progress had been made. This PES document is focused on the use of Melatonin to promote sleep in Pediatric and Adult population. A specific recommendation for adult, there will other modalities included such as mindfulness (according to available evidence). • Mindfulness for Anxiety: Ni-Cheng proposed an outline for this PES document. With the group discussion and review, we revised the format slightly. We decided to narrow our focus specifically to COPD, Asthma, and Lung Cancer population. Suggestions made by the group, (which we will include) to focus on breathing technique to help ease anxiety using pictures 	<ul style="list-style-type: none"> • Waiting for input from Dr. Linda Chlan • Ni-Cheng will meet with an editor & Medical Director for Sleep for final review this Friday 2/22/19. • Tania will summarize the literature in preparation for the initial proposal review/consideration. • Ni-Cheng will continue to refine the outline. • We will continue to draft, edit, revise the document.

	and step-by-step “how to.”	
VI. Workshop on IT – Asha a. Funding sources idea	<ul style="list-style-type: none"> • Asha submitted a grant proposal for this workshop. • We plan to organize a 4-hours 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. • We plan to hold this in Fall 2019. Some ideas may be: <ul style="list-style-type: none"> ○ Probiotic use in CF and other lung conditions ○ Chronic antibiotic use in critical illness 	<ul style="list-style-type: none"> • Asha will report on the progress during our next meeting.
IX. Tai Chi Demonstration	<ul style="list-style-type: none"> • Ni-Cheng reported that there may be a space for Tai Chi demonstration at the ATS Wellness Collaborative Initiative at the Exhibit Hall. • This wellness collaborative will present other modalities to combat burnout such as therapy dog, sound booth, artwork, poetry, and letter. • Depending on space or personnel availability, we will either have a live demonstration, scrolling photos, or video on the topic. • Valerie reminded us that the Exhibit Hall would be open 10-4 pm on Sunday and Monday; and 10-2 pm on Tuesday. • We may have a summary lit review (brochure) of its benefit to hand out. 	<ul style="list-style-type: none"> • Ni-Cheng will provide further details. She will also check on potential available space. • Between now and the conference, we will disseminate the information via: <ul style="list-style-type: none"> ○ E-mail communication ○ Twitter / Facebook ○ Postcard ○ Personal communication
X. Round Table	<ul style="list-style-type: none"> • Tania is working with ATS Media relation to seeing if we can have our twitter account. Another option is to post our current event in the ATS Nursing Assembly account. However, it appears that most would like our own due to the interprofessional nature of our group. • Group discussed the best time to meet on every 3rd Friday. We will try meeting at 11 am Pacific 	<ul style="list-style-type: none"> • Tania will report the progress regarding the social media platform. • We will re-evaluate if this new meeting time is feasible for most of us.

	<p>time and 2 pm East Coast time.</p> <ul style="list-style-type: none">• Our next conference call will be 3/15/19 @ 11 am PST/ 2 pm EST	
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Respectfully Submitted,

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