Welcome!

7th IN-CAM Research Symposium

EVENT: 7th IN-CAM Research Symposium


DATE: November 2 to 4, 2012

LOCATION: Leslie Dan Faculty of Pharmacy, University of Toronto, Toronto, Ontario, Canada

Pre-Symposium events scheduled for Nov 2nd, 2012:
♦ 4th HomeoNet Research Forum
♦ IN-CAM Public Forum

The goal of the 2012 Symposium is to continue supporting the advancement of the field of complementary and integrative healthcare through research. The Symposium has also been recognized as an excellent networking opportunity as it brings together researchers, research trainees and practitioners from across Canada and internationally. It is an excellent opportunity to share new knowledge and information, strengthen existing relationships, and develop new collaborations.

We hope you enjoy and benefit from the Symposium program and networking opportunities!

Heather Boon, BScPhm, PhD & Marja Verhoef, PhD
IN-CAM Co-Founders and Co-Directors

Ania Kania, BSc, RMT, PhD (candidate)
IN-CAM Manager & Symposium Coordinador
akania@ucalgary.ca

Teresa Tsui, BSc, ND, MSc
IN-CAM & Symposium Coordinator
teresa.tsui@utoronto.ca
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Pre-Symposium Event—

4th HomeoNet Research Forum

Friday November 2nd, 2012—1:00 to 5:30pm

ROOM 850, 8th floor

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00—1:00pm</td>
<td>Registration for the 4th HomeoNet Research Forum &amp; poster viewing</td>
</tr>
<tr>
<td>1:00—1:10pm</td>
<td>Opening of the Forum</td>
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<tr>
<td></td>
<td>Heather Boon, PhD, University of Toronto, IN-CAM Co-Director</td>
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<tr>
<td></td>
<td>David Brulé, BA, DHMS(Can.), Homeopath, IN-CAM Homeopathy.SIG Coordinator</td>
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<tr>
<td>1:10—2:00pm</td>
<td>Keynote Speaker — Dr. Claudia Witt</td>
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<td></td>
<td>Clinical research on homeopathy - the evidence gap between efficacy studies and clinical practice</td>
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<tr>
<td>2:00-3:00pm</td>
<td>Session 1—Oral research presentations</td>
</tr>
<tr>
<td>2:00-2:20pm</td>
<td>Feasibility and design of an open label pilot study of homeopathic treatment of attention hyperactivity Disorder</td>
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<td></td>
<td>David Brulé</td>
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<tr>
<td>2:20-2:40pm</td>
<td>Identifying clinical limitations in a study of the homeopathic treatment of attention deficit/hyperactivity disorder</td>
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<td></td>
<td>Beth Landau-Halpern &amp; Violeta Nastase</td>
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<tr>
<td>2:40—3:00pm</td>
<td>Promoting healthy therapeutic relationships and conducting effective consultations with child patients: Results of a Delphi study seeking the opinion of experts in the homeopathic treatment of children.</td>
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<tr>
<td></td>
<td>Lisa DeCandia</td>
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</tbody>
</table>
**Pre-Symposium Event—**

**4th HomeoNet Research Forum**

*Friday November 2nd, 2012—1:00 to 5:30pm*

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
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<tbody>
<tr>
<td>3:00—3:30pm</td>
<td>Nutrition Break &amp; Poster viewing</td>
</tr>
<tr>
<td>3:30—5:30pm</td>
<td><strong>Session 2—Oral research presentations</strong></td>
</tr>
<tr>
<td>3:30-3:50pm</td>
<td>Homeopathic practice in Canada: A baseline</td>
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<td></td>
<td>Elena Bonilla</td>
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<tr>
<td>3:50-4:10</td>
<td>Ontario homeopathic practitioners: Are homeopaths prepared to be regulated?</td>
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<td></td>
<td>Aalia Parker</td>
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<tr>
<td>4:10-4:30</td>
<td>A critical examination of evidence regarding the use of individualised homeopathy in the treatment</td>
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<td>of bipolar spectrum disorders</td>
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<td></td>
<td>Kimberlee Blyden-Taylor</td>
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<tr>
<td>4:30-4:50</td>
<td>Homeopathic treatment of depression in Intersex patients: Specifically in Klinefelter and Polycystic</td>
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<td></td>
<td>Ovarian Syndrome</td>
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<td></td>
<td>Rachel Levine</td>
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<tr>
<td>4:50-5:10</td>
<td>A study to evaluate the effect of homeopathic concentrations of potassium dichromate on tracheal</td>
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<td>secretions in critically ill patients</td>
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<td></td>
<td>Sharon Yamashita</td>
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<tr>
<td>5:15-5:30</td>
<td>Closing of the HomeoNet Research Forum</td>
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</table>

Sponsored by:

[Logos of sponsors]
**Pre-Symposium Event—**

**IN-CAM Public Forum:**
Treatment and prevention of the common cold: What is the evidence for vitamins, herbs, homeopathy, and nutrition?
*Keeping your family healthy during the cold season*

*Friday November 2nd, 2012—5:30 to 8:00pm*

**ROOM B-150**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>5:30—6:00pm</td>
<td>Welcome reception</td>
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<tr>
<td>6:00—6:10pm</td>
<td>Opening of the Forum</td>
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<tr>
<td></td>
<td>Heather Boon, PhD, <em>University of Toronto, IN-CAM Co-Director</em></td>
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<tr>
<td>6:10—7:30pm</td>
<td>Expert Talks:</td>
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<tr>
<td></td>
<td>Dr. Aileen Burford-Mason, PhD, <em>Focus on Vitamin D</em></td>
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<td>Dr. Paul Saunders, PhD, ND, DHANP, CCH, <em>Homeopathy &amp; Herbs</em></td>
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<td>Vanita Pais, RD, CDE, <em>Nutrition</em></td>
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<tr>
<td>7:30—8:00pm</td>
<td>Question and Answers with the Audience</td>
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<td>Moderator: Sunita Vohra, MD, MSc, FRCPC</td>
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Sponsored by: [GOGREEN INSIDE.ca](http://www.gogreeninside.ca)

This pre-Symposium Event is **FREE OF CHARGE** and open to the public and to Symposium participants.

*Everyone is welcome to attend!*
Pre-Symposium Event—


Friday November 2nd, 2012— 9:00-5:00pm
ROOM 220, 2nd Floor

Facilitator: Barbara Findlay Reece, RN, BSN
Organizers: Trish Dryden, M. Ed., RMT, & Bryn Sumpton, BSN

The landscape of healthcare in Canada is rapidly changing due to demographics, patient health complexity, and economic pressures. Massage therapy can play a progressively more important role in providing a safe and effective option for addressing Canadians’ healthcare needs. A cohesive vision of a national research agenda for massage therapy is needed in order to ensure maximum benefit is derived from future MT research for patients, providers and policy makers and to inspire ongoing discussion and collaboration.

This one-day invitational summit will help guide massage therapy research efforts and build strategic alliances through participation of thought leaders in research and policy, as well as other stakeholders from across the country and internationally.

The ideas and products of this summit will be further discussed and built upon in the IN-CAM Symposium Massage Therapy Workshop. This workshop is open to all IN-CAM Research Symposium participants. See page 19 for a description.

Sponsored by:
IN-CAM RESEARCH SYMPOSIUM

Saturday Nov. 3rd, 2012

8:00-8:45  Continental breakfast & Symposium registration
           Sponsor: Max Bell Foundation

8:45-9:00  Opening and Welcome
           Marja Verhoef and Heather Boon (IN-CAM Co-Directors)
           Location: Room B-150

9:00-9:50  Keynote Speaker—Dr. Claudia Witt
           Comparative effectiveness research and the efficacy-effectiveness continuum in clinical research - learning from acupuncture research
           Location: Room B-150

10:00–11:00 Oral Research Presentations—Session 1

<table>
<thead>
<tr>
<th>Session 1.a — Effectiveness of CAM Interventions</th>
<th>Session 1.b—CAM Health Services Research</th>
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<tbody>
<tr>
<td>Session Chair: Tannis Jurgens</td>
<td>Session Chair: Barb Findlay Reece</td>
</tr>
<tr>
<td>Location: Room B-150</td>
<td>Location: Room 255 (Large pod)</td>
</tr>
</tbody>
</table>

10:00-10:20 Extracts of green tea for weight loss in overweight or obese adults: A Cochrane systematic review.
             Tanis Jurgens

             Julie O'Shaughnessy

10:40-11:00 Effect of massage therapy on anterior abdominal wall hernia post-operative surgery site infection rates.
             Piroska Kennedy

www.incamresearch.ca
### IN-CAM RESEARCH SYMPOSIUM

**Saturday Nov. 3rd, 2012**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 11:00-11:30| **Poster viewing & Nutrition break**  
  *Sponsor: Jamieson*  
  *Location: Main level atrium* |
| 11:30-12:30| **Oral Research Presentations—Session 2**                                |
|            | **Session 2.a — Professionalization of Massage Therapy**  
  *Sponsors: CMTO & MTAA*  
  *Session Chair: Trish Dryden*  
  *Location: Room B-150*      |
| 11:30-11:50| **Sources of practice knowledge among Saskatchewan massage therapists.**  
  *Donelda Gowan-Moody*      |
| 11:50-12:10| **Professional status imbalances within an interprofessional context: A view of massage therapy.**  
  *Cathy Fournier*           |
| 12:10-12:30| **The nature of therapeutic massage bodywork practice creates a significant research-practice gap.**  
  *Antony Porcino*           |
|            | **Session 2.b—CAM Knowledge Translation**                                |
|            | *Session Chair: Fuschia Sirois*  
  *Location: Room 255 (Large pod)* |
|            | **Attitudes towards Complementary and Alternative Medicine (CAM) among McMaster University medical students: A cross-sectional survey.**  
  *John Riva*                |
|            | **Supporting Chinese-speaking cancer patients to make safe and informed decisions around complementary medicine.**  
  *Marguerite Wong*  
  *Presented by: Lynda Balneaves* |
|            | **Looking beyond the barriers: Practical and symbolic factors associated with disclosure of Complementary and Alternative Medicine (CAM) use.**  
  *Fuschia Sirois*           |
# IN-CAM RESEARCH SYMPOSIUM

**Saturday Nov. 3rd, 2012**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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| 12:30—1:30pm | **Buffet Lunch**  
*Sponsors: Canadian College of Naturopathic Medicine (CCNM) & Ottawa Integrative Cancer Center (OICC)*  
*Location: Main level atrium* |
| 1:30—2:20pm | **Keynote Speaker—Barbara Findlay-Reece**  
*Cultivating Leaders: The Next Priority for Integrative Health Care?*  
*Location: Room B-150* |
| 2:30—3:30pm | **Oral Research Presentations—Session 3**  
**Session 3.a — Integrative Models and Approaches**  
*Session Chair: Dugald Seely*  
*Location: Room B-150*  
**Session 3.b—Effectiveness of CAM Interventions—Cancer**  
*Session Chair: Lynda Balneaves*  
*Location: Room 255 (Large pod)* |
| 2:30—2:50pm | **Patients' perspectives on integrative medicine care.**  
*Merrijoy Kelner*  
**Adjunctive cancer care at the Canadian College of Naturopathic Medicine: A prospective, longitudinal, observational cohort study.**  
*Gillian Flower* |
| 2:50—3:10pm | **Provision of massage therapy services in Canadian urban hospitals—Phase 1 of a mixed method study**  
*Ania Kania*  
**Today I understand it better”: Evaluating breast cancer patients’ success in learning lymphatic self-massage at the Princess Margaret Cancer Centre Lymphedema Clinic**  
*Aleksandra Chafranskaia*  
*Presented by: Pam Hammond* |
| 3:10—3:30pm | **Towards integrative cancer care: A participatory, formative evaluation of practitioner integration at the Ottawa Integrative Cancer Centre**  
*Laura Weeks*  
**Soy and breast cancer: A systematic review**  
*Heidi Fritz* |
# IN-CAM RESEARCH SYMPOSIUM

**Saturday Nov. 3rd, 2012**

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<th>Time</th>
<th>Event</th>
<th>Sponsors</th>
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<tbody>
<tr>
<td>3:30—4:00pm</td>
<td>Poster viewing &amp; Nutrition break</td>
<td>Paralucent &amp; Smith’s Pharmacy</td>
<td>Main level atrium</td>
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<tr>
<td>4:00-5:30pm</td>
<td><strong>Workshops</strong>—</td>
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<td></td>
<td>Workshop 1 – Research Corner – Designing CAM Research Studies—</td>
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<td>Led by: Sunita Vohra</td>
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<td>Location: Room 255 (Large pod)</td>
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<td>Workshop 2 – Mindfulness Meditation Foundations –</td>
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<td>Led by: John Vervaeke</td>
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<td>Location: Room 850</td>
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<td>Workshop 3 – From Vision to Reality: Preparing Interprofessional Teams to Deliver Integrative Health Care</td>
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<td>Led by: Barbara Findlay-Reece, Dugald Seely, Laura Weeks &amp; Teresa Tsui</td>
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<td></td>
<td>Location: Room 450 (Small pod)</td>
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<td>Workshop 4 – Massage therapy – Development of a National-Level Special Interest Group IN-CAM SIG to Support Research-Informed MT Practice—</td>
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<td>Led by: Ania Kania &amp; Trish Dryden</td>
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<td></td>
<td>Location: Room 1210</td>
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<td>Sponsor: CMTO &amp; MTAA</td>
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<td></td>
<td>Workshop 5 — Introduction to Economic Evaluation in Health Care—</td>
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<td></td>
<td>Led by: Gabrielle van der Velde</td>
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<tr>
<td></td>
<td>Location: Room 310</td>
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<tr>
<td></td>
<td><strong>IN-CAM Networking Reception &amp; Poster viewing</strong></td>
<td>Dr. Rogers Prize</td>
<td>Main level atrium</td>
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*Full descriptions of the workshops are on pages 17–20.*
## IN-CAM RESEARCH SYMPOSIUM

**Sunday Nov. 4th, 2012**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00-9:00</td>
<td>Continental breakfast &amp; Symposium registration</td>
<td>Main level atrium</td>
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<tr>
<td>Sponsor: Natural Standard</td>
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<tr>
<td>9:00-9:50</td>
<td>Keynote Speaker—Dr. Herbert Emery</td>
<td>Room B-150</td>
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<tr>
<td>Should complementary and integrative health care services be included in Canada’s “Medicare Basket” of publicly funded services?</td>
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<tr>
<td>Session Chair: Deborah Kennedy</td>
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<tr>
<td>Location: Room B-150</td>
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<tr>
<td>10:00-11:00</td>
<td>Oral Research Presentations—Session 4</td>
<td>Room B-150</td>
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<tr>
<td>Session 4.a — Pediatrics and CAM</td>
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<tr>
<td>Session Chair: Deborah Kennedy</td>
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<td>Location: Room B-150</td>
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<tr>
<td>Session 4.b—CAM Policy and Regulation</td>
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<tr>
<td>Session Chair: Heather Boon</td>
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<tr>
<td>Location: Room 255 (Large pod)</td>
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<tr>
<td>10:00-10:20</td>
<td>Building a database of validated pediatric outcomes: An investigation of compliance with established reporting standards.</td>
<td>Room 255 (Large pod)</td>
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<tr>
<td>Denise Adams</td>
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<td>Presented by: Sunita Vohra</td>
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<tr>
<td>10:20-10:40</td>
<td>Acupuncture for amblyopia in children</td>
<td>Room 255 (Large pod)</td>
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<tr>
<td>Mailan Liu</td>
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<td>10:40-11:00</td>
<td>Prevalence and characteristic of herbal and homeopathic medicine use in pregnancy: results from an international study</td>
<td>Room 255 (Large pod)</td>
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<tr>
<td>Deborah Kennedy</td>
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<tr>
<td>11:00-11:30</td>
<td>Poster viewing &amp; Nutrition break</td>
<td>Room 255 (Large pod)</td>
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<td>Sponsor: IMI Charitable Foundation</td>
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<tr>
<td>11:00-11:30</td>
<td>Poster viewing &amp; Nutrition break</td>
<td>Room 255 (Large pod)</td>
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<td>Sponsor: IMI Charitable Foundation</td>
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## IN-CAM RESEARCH SYMPOSIUM

**Sunday Nov. 4th, 2012**

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<thead>
<tr>
<th>11:30-12:30</th>
<th>Oral Research Presentations—Session 5</th>
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<tbody>
<tr>
<td><strong>Session 5.a — CAM Safety</strong></td>
<td><strong>Session 5.b — CAM and Cancer</strong></td>
</tr>
<tr>
<td>Session Chair: Sunita Vohra</td>
<td>Session Chair: Laura Weeks</td>
</tr>
<tr>
<td>Location: Room 255 (Large pod)</td>
<td>Location: Room B-150</td>
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</tbody>
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<table>
<thead>
<tr>
<th>11:30-11:50</th>
<th>Study of natural health product Adverse Reactions (SONAR): Active surveillance in community pharmacies.</th>
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<tbody>
<tr>
<td>Candace Necyk</td>
<td>Dugald Seely</td>
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<thead>
<tr>
<th>11:50-12:10</th>
<th>Assessing interactions between herbal medicines and drugs: Updated review</th>
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<tbody>
<tr>
<td>Lauren Girard</td>
<td>Emily McKenzie</td>
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<thead>
<tr>
<th>12:10-12:30</th>
<th>Natural health product interaction reporting with concurrent benzodiazepine use: A systematic review</th>
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<tbody>
<tr>
<td>Baljit Khamba</td>
<td>Lynda Balneaves</td>
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<thead>
<tr>
<th>12:30 — 1:00 pm</th>
<th>Keynote Speaker—Dr. Heather Boon</th>
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<tbody>
<tr>
<td><strong>Safety and CAM: Assumptions, Rhetoric and Reality</strong></td>
<td><strong>Location: Room B-150</strong></td>
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<thead>
<tr>
<th>1:00 — 2:00 pm</th>
<th>Dr. Rogers Prize Lecture Lunch (buffet)</th>
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<tr>
<td><strong>Sponsor: Dr. Rogers Prize</strong></td>
<td><strong>Location: Main level atrium</strong></td>
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<tr>
<th>2:00 — 2:30 pm</th>
<th>Dr. Rogers Prize Lecture—Dr. Marja Verhoef</th>
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<tbody>
<tr>
<td><strong>Evidence-based CAM: Can we get it and do we need it?</strong></td>
<td><strong>Location Room B-150</strong></td>
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<tr>
<th>2:30 — 3:00 pm</th>
<th>Closing of the Symposium</th>
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<tbody>
<tr>
<td><strong>Location: Room B-150</strong></td>
<td><strong>Sponsor: Dr. Rogers Prize</strong></td>
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</table>
**Poster presentations—Nov 2nd—HomeoNet Forum**

1. Is homeopathy efficacy related to the placebo effect?  
   Elena Boldyreva

2. A critical examination at the use of homeopathy as a treatment option for polycystic Ovarian Syndrome  
   Rachel Levine

3. Pharmacological characteristics of homeopathic remedies and its application in renal failure: From bench to bedside  
   Md. Ariful Haque Mollik

**Poster presentations—Nov 3rd and 4th—Symposium**

1. Flax and breast cancer: A systematic review  
   Gillian Flower

2. Evaluating a CAM and cancer education program in a provincial cancer centre  
   Lynda Balneaves

3. Dietary flaxseed and flaxseed oil as a complementary approach to trastuzumab treatment of HER2 overexpressing (HER2+) breast cancer  
   Julie K. Mason

4. Vitamin D and breast cancer: A systematic review  
   Heidi Fritz

5. Vitamin D: Pharmacokinetics and safety when used in conjunction with pharmaceutical drugs in the treatment of cancer: A systematic review  
   Deborah Kennedy

6. Effectiveness of vitamin d in the treatment of mood disorders: A review  
   Baljit Khamba

7. Acupuncture: Efficacy as a treatment option for sexual dysfunction secondary to antidepressants  
   Baljit Khamba
Poster presentations—Nov 3rd and 4th—Symposium

8. Scientific evaluation of North American native plants treatment for different types of diabetes mellitus: Randomized controlled trial
Md. Ariful Haque Mollik

9. Behind the effectiveness of the third actor in Flower Essence Therapy: A history of the elaboration of the preparation of the Flower Essence
Tamima Mourad

10. User-perceived effectiveness safety outcomes of paediatric Complementary & Alternative Medicines
Okechukwu Ndu

11. Injection treatment following calcaneal tenotomy in rats: Does Truameel and/or PRP make a difference?
Katherine Sauks

12. Safety and efficacy of exercise on symptoms, quality of life, drug interactions, fall frequency and prognosis of Parkinson’s disease: a systematic review of the literature.
Maria Shapoval

13. Rhodiola rosea for nurses on shift work: A randomized controlled trial
Sunita Vohra

14. Perceptions of the use of complementary therapies and siddha medicine among rural patients with HIV/AIDS: A case study from India
Maria Costanza Torri

15. Perceptions and uses of plants and reproductive health among traditional midwives in Ecuador: Moving towards intercultural pharmacological practices
Maria Costanza Torri

16. ddison’s Disease and Complementary and Alternative Medicine
Rebecca Reinhart

17. Attitudes and perceptions of Calgary maternity care providers towards complementary and alternative medicine: A qualitative study
Sophya Yumakulov

18. Media construction of complementary and alternative medicine use in childbirth in Canadian newspapers from 2000-2012
Sophya Yumakulov
Poster presentations—Nov 3rd and 4th—Symposium

19. Can quality in professional education and training be characterised by three core categories? Findings from a qualitative, single case study of the education quality at a small private college in Switzerland
   Ulrike Kessler

20. CaseRe3_A digital repository for case reports in integrative therapies
   Martha Menard

21. CONSORT Extension for N-of-1 Trials (CENT) Guidelines
   Larissa Shamseer

22. Patients’ perspectives of the informed consent process to receive spinal manipulation therapy: A research proposal
   Melissa Winterbottom

23. Chronic and terminal illness management with Complementary and Alternative Medicine: Older adults’ reliance on family caregivers
   Raza Mirza

24. Mapping the characteristics of practitioners in acupuncture practice in western countries: a review based on acupuncturists survey
   Mailan Liu

25. Ontario Traditional Chinese Medicine/Acupuncture practitioners: A survey
   Rayesha Bhatt

26. Integrative Health Care/Medicine: A bibliometric analysis of an emerging concept
   Ania Kania

27. Perceived roles of massage therapists on patient care teams in Canadian urban hospitals – Phase 2 of a mixed methods study
   Ania Kania
SYMPOSIUM—Keynote Speaker

Saturday Nov. 3rd, 2012, Room B-150

Dr. Claudia Witt, MD, MBA

Institute for Social Medicine, Epidemiology and Health Economics, Charité Universitätsmedizin Berlin, Berlin, Germany

KEYNOTE TALK:
Comparative effectiveness research and the efficacy-effectiveness continuum in clinical research - learning from acupuncture research

To date, most clinical studies on complementary and integrative medicine have focused on the specific effects of single treatment components, although many traditional medical systems, such as Chinese medicine are “whole medical systems” following unique diagnostics and individualized complex therapeutic approaches. The current movement to more to Comparative Effectiveness Research (CER) in conventional medicine fosters the generation and synthesis of evidence that compares the benefits and harms of different treatments in a more realistic setting that is close to usual care. CER has considerable potential to help decision-makers to choose among currently available therapeutic options. Medical systems such as Chinese medicine are a particularly challenging field for CER, because they are often used for chronic diseases and numerous treatment regimens are available, and furthermore in usual care settings they are often combined with other conventional interventions. Whereas in most areas of complementary and integrative medicine data on comparative effectiveness is scarce, available acupuncture research already contributes to CER evidence. CER is an emerging field and its development and impact has to be reflected in future research on complementary and integrative medicine. Furthermore, there is an urgent need for methodological guidance for future CER on complementary and integrative medicine, especially for complex interventions and options for this will be presented.

BIOGRAPHY - Dr. Claudia Witt

Dr. Witt is Professor for Medicine and Vice Director of the Institute for Social Medicine, Epidemiology and Health Economics at the University Medical Center Charité in Berlin, Germany. Since May 2008, she is Carstens Foundation Distinguished Professor for Complementary Medicine Research. In addition to her position at the Charité, she is Visiting Professor at Center of Integrative Medicine at the University of Maryland School of Medicine. Over the last 10 years she was involved in a number of studies, including large acupuncture studies, comparative effectiveness research and health economic evaluations. She is the President of the International Society for Complementary Medicine Research (ISCMR), has more than 100 publications in peer reviewed journals and developed the first international summer school on complementary medicine research methods which is offered annually.
SYMPOSIUM—Keynote Speaker

Saturday Nov. 3rd, 2012, Room B-150

Barbara Findlay Reece RN, BSN
Senior Healthcare Consultant
Canada

KEYNOTE TALK:

Cultivating Leaders: The Next Priority for Integrative Health Care?

Over the past 15 years, integrative health care has been quietly maturing in the shadow of a national health care crisis. Canada and other developed nations struggle to transform their health care systems in response to the shortfalls of provider-centric care models and disease-based medicine, but their progress is difficult to measure. On the other hand, concepts arising from the heart of CAM and integrative health including whole-person care, wellness orientation, healing relationship, mind-body practices, balanced lifestyle, and patient-expressed outcomes are emerging as effective, sustainable approaches in many environments. Could this uptake signal an evolutionary opportunity for integrative health care? With the right kind of support, is there increasing opportunity for savvy CAM professionals to move from discipline-specific leadership roles to broader health care system leadership? What if we have reached the tipping point and the principles of integrative health care practice have finally become relevant to the mainstream transformation process? If so, should leadership development become a focus for the next generation of integrative health care professionals? What competencies will be needed to operate in the broadest possible interprofessional environment? How might the missing competencies be acquired? What research efforts will be needed to support this emerging leadership role? Are we ready?

BIOGRAPHY - Barbara Findlay Reece

Barb Findlay Reece, a registered nurse and senior healthcare consultant, has worn several hats in the course of her career – clinician, educator, administrator and researcher/writer. A seasoned ‘change agent’, she has always been drawn to lead initiatives designed to improve the patient experience. Barb’s background includes 20+ years as a staff nurse in a variety of settings, including inner-city emergency rooms, and as an educator for patients and health professionals in a community hospital setting. She has been an adjunct professor in the School of Nursing at the University of BC. She was executive director at OmniHealth (2008-2011) and vice president at the Samuei Institute (2005-2007). She has held a senior leadership position with the BC NurseLine and served as executive director at the Tzu Chi Institute for Complementary and Alternative Medicine in Vancouver, British Columbia. Barb is a frequent presenter on the issues surrounding integrative health care in Canada, and has co-authored a number of reports and peer-reviewed articles on this topic.
SYMPOSIUM—Keynote Speaker

Sunday Nov. 4th, 2012, Room B-150

Dr. Herbert Emery, PhD

University of Calgary, Dept. of Community Health Sciences and Dept. of Economics
Calgary, AB, Canada

KEYNOTE TALK:

Should complementary and integrative health care services be included in Canada’s “Medicare Basket” of publicly funded services?

Since the introduction of the 1984 Canada Health Act (CHA), Canada’s provinces have had single payer, universal first dollar public payment for “medically necessary services” provided by a physician and/or in a hospital but medical necessity has not been defined by federal or provincial legislation beyond who provides a service and/or where the service is provided. The lack of more concrete criteria for defining “medical necessity” is posing a challenge to the public payers in Canada as there are increasing financial strains of paying for Medicare services under a somewhat open-ended definition of medical necessity, and there are growing calls from patients and voters to expand Medicare coverage beyond doctors and hospitals. To consider the inclusion of complementary and integrative health care services in Canadian Medicare we would need to reconsider the definition of “medical necessity” so that it is based on proven effectiveness, if not cost effectiveness, of services rather than who provides the service or where it is provided. Alternatively, if the CHA definition for “medical necessity” is retained, then we could broaden our criteria for defining provincial governments’ commitments for public coverage of health care services to include considerations like patient demands/preferences, cost, opportunity cost and economic efficiency to create “economic medical necessity” as a criteria for universal first dollar single payer public coverage of services. Both of these policy directions would move our Canadian Medicare from being an acute care medical treatment system towards being an ideal health care system.

BIOGRAPHY - Dr. Herbert Emery

Dr. Emery received a BA (Honours) in economics from Queen’s University in 1988 and a PhD in economics from the University of British Columbia in 1993. He has taught at the University of Calgary since 1993. Dr. Emery is the Svare Professor in Health Economics which is a joint appointment between the Department of Economics, and the Department of Community Health Sciences in the Faculty of Medicine.

For more information on Dr. Emery’s research, go to: http://econ.ucalgary.ca/profiles/herbert-emery
Dr. Heather Boon, BScPhm, PhD
University of Toronto,
Leslie Dan Faculty of Pharmacy
Toronto, ON, Canada

KEYNOTE TALK:

Safety and CAM: Assumptions, Rhetoric and Reality.

The concept of a “safety culture” has become commonplace in institutionalized biomedicine, but is only recently being explored within the context of complementary and alternative medicine (CAM) practices and therapies. I will identify assumptions about the “safety” of CAM; challenge the rhetoric and highlight what we currently know with respect to risks and relative safety of CAM. Illustrative examples will include: advances in pharmacovigilance relevant to natural health products; challenges and opportunities arising from a study of the safety cultures of practitioners of spinal manipulative therapies and finally, the role of regulation (of both practices and products) in ensuring the safety of Canadians.

BIOGRAPHY - Dr. Heather Boon

Dr. Boon is a Professor and the Associate Dean – Graduate Education at the Leslie Dan Faculty of Pharmacy, University of Toronto. She originally trained as a pharmacist and then completed a PhD in the field of Medical Sociology. She is the current President-elect for the International Society of Complementary Medicine Research (ISCMR) and served as the Chair of Health Canada’s Expert Advisory Committee for Natural Health Products from 2006 to 2009. Her primary research interests are the safety and efficacy of natural health products as well as complementary/alternative medicine regulation and policy issues. She is the author of a textbook on natural health products and over 100 academic publications.
Dr. Rogers Prize Lecture

Sunday Nov. 4th, 2012, Room B-150

Dr. Marja Verhoef, PhD

University of Calgary, Dept of Community Health Sciences
Calgary, AB, Canada

NAFKAM, the National Research Center of Complementary and Alternative Medicine at the Faculty of Medicine, University of Tromsø, Tromsø, Norway.

KEYNOTE TALK:

Evidence-based CAM: Can we get it and do we need it?

Whether Complementary and Alternative Medicine (CAM) approaches are based on scientific evidence is an important question. Is CAM evidence based? Should it be? Is it possible to obtain high level evidence for CAM approaches and systems? Such questions continue to be raised and discussed. Partly this is due to its complexity as CAM approaches often consist of multiple components, are individualized to specific groups of patients, and are contextually sensitive. The definition of evidence has expanded from “the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients” (Sackett et al, 1996) to “the integration of the best research evidence AND clinical expertise and patient values/preferences” (Sackett et al, 2000). This has broadened our understanding of the nature of Evidence-based CAM. This presentation will address the question of what is evidence in health care practice and research, present arguments in favor and opposed to evidence-based CAM, and will identify methodological issues that need to be addressed in order to produce relevant and valid research evidence.

BIOGRAPHY - Dr. Marja Verhoef

Dr. Verhoef is a Professor at the Department of Community Health Sciences at the University of Calgary and an Adjunct Professor at NAFKAM, the National Research Center of Complementary and Alternative Medicine at the Faculty of Medicine, University of Tromsø, Norway.

Dr. Verhoef’s research focuses on a wide range of factors related to complementary and alternative medicine, including determinants of use, decision making, communication, information needs, meaning and importance of evidence and integration of CAM in conventional medicine. She is very interested in methodological issues such as identifying and developing appropriate designs to evaluate whole systems of treatment and care, as well as appropriate outcome measures to evaluate such systems. She was the founding President of the International Society of Complementary Medicine Research.
SYMPOSIUM—Workshops

Saturday Nov. 3rd, 2012

Workshop 1 - Problem corner: CAM research for the beginner

Location: Room 255 (Large pod)

Led by: Sunita Vohra, MD, MSc, FRCPC

DESCRIPTION:

This workshop focuses on the unique challenges encountered by CAM researchers. For example, those studying natural health products face issues around heterogeneity and poorly elucidated mechanisms of action, while those studying CAM practices face obstacles such as respecting individualized therapies and devising appropriate controls/shams. Striking a balance between methodological rigor and accounting for real-life patient care often necessitates the use of innovative research approaches, such as N-of-1 trials and mixed methods research, to name a few examples.

Objectives and Approach:
This session aims to de-mystify clinical CAM research and help overcome common barriers faced. Audience members can expect to interact and participate in a problem-oriented session to share their successes and obstacles faced when conducting CAM research. The workshop content is 100% based on audience questions and participation.

Target audience:
Individuals interested in clinical research who have questions or have encountered problems. Please come ready to share so that we may learn from your experience.
SYMPOSIUM—Workshops

Saturday Nov. 3rd, 2012

Workshop 2 - Mindfulness Meditation Foundations

Location: Room 850

Led by: John Vervaeke, PhD

DESCRIPTION:

This workshop will discuss the reasons for the current surge of academic interest and scientific investigation of mindfulness meditation. It will then review some of the central findings of concerning the effects of mindfulness meditation. Then, for the majority of the workshop participants will be instructed in core elements of mindfulness meditation such as finding one’s center and root, correct posture, how to focus attention, and how to deal with distractions. There will be a final section for questions and answers.

Dr. John Vervaeke has been teaching at the University of Toronto since 1994. He currently teaches in the cognitive science program, the psychology department, and the Buddhism, psychology and mental health program. He has won and been nominated for several teaching awards including the 2001 Students’ Administrative Council and Association of Part-time Undergraduate Students Teaching Award for the Humanities, and the 2012 Ranjini Ghosh Excellence in Teaching Award. His most recent publications include Relevance Realization the Emerging Framework in Cognitive Science (2012) with Tim Lillicrap and Blake Richards, and a forthcoming chapter entitled Relevance, Meaning, and the Cognitive Science of Wisdom with Leo Ferraro. His research interests are relevance realization, insight problem solving, general intelligence, consciousness, mindfulness, rationality, and wisdom.
SYMPOSIUM—Workshops

Saturday Nov. 3rd, 2012

Workshop 3 - From Vision to Reality: Preparing Interprofessional Teams to Deliver Integrative Health Care

Location: Room 450 (Small pod)

Led by: Barbara Findlay Reece, RN, BSc; Dugald Seely ND, MSc, FABNO; Laura Weeks, PhD & Teresa Tsui ND, MSc

DESCRIPTION:

Delivering health care within an integrative model is an aspiration for many complementary and conventional practitioners. As innovative, integrative health care models emerge across North America, there is increasing recognition that individual team members can influence the overall degree of integration achieved by the team, and ultimately the effectiveness of the model. Recent efforts in interprofessional education, inclusive of both complementary and conventional medicine, are helping to identify key competencies that practitioners and health care leaders need to be successful in these new environments.

This 1.5 hour workshop will focus on the ‘integration’ of practitioners as members of an interprofessional team. The workshop will be co-led by individuals who have had first-hand experience developing, delivering, and researching integrative health care. They will review the background and evolution of integrative health care in North America, touch on some of the important research that has shaped it, and provide a few examples of current and past integrative health care programs. Through facilitated discussion and the use of real-world case studies, participants will strategize about common challenges that hinder achieving an ‘ideal’ of interprofessional, integrative practice. They will have opportunity to reflect on how their own beliefs, behaviors and skills might impact their ability to practice within an interprofessional team. Ample time will be allowed for question and answer with workshop leaders. In addition to meeting the stated learning objectives, participants will take away a set of tools and resources they can use to assess practitioner readiness and foster the development of competencies necessary to deliver integrative, interprofessional care. By the end of this workshop, participants will be able to:

- Reflect on their own vision of integrative health care and compare it with definitions found in the literature.
- Describe one or two common challenges that can occur within an interprofessional health care team that is striving to practice from an integrative perspective.
- Generate two or three strategies for addressing these common challenges.
- List four or five competencies that practitioners can acquire which would help them be successful as part of an integrative health care team.
**SYMPOSIUM—Workshops**

**Saturday Nov. 3rd, 2012**

**Workshop 4 - Massage Therapy – Development of a national-level special interest group (IN-CAM SIG) to support research-informed massage practice**

**Location:** Room 1210

**Led by:** Ania Kania BSc, RMT, PhD (c) & Trish Dryden, MEd, RMT

**DESCRIPTION:**

Massage Therapy (MT) is increasingly being recognized as a health care profession, across Canada and internationally, that plays an important role in the health management of Canadians. To ensure the provision of quality care, a critical component of any health care profession is that it is evidence-based (or research informed). To support the on-going movement in the development of research-informed practice of massage therapy, an IN-CAM Special Interest Group (SIG) dedicated to MT is proposed (http://www.incamresearch.ca/index.php?id=98,0,0,1,0,0&menu=3).

The purpose of this workshop is to bring together various MT stakeholders to develop this action oriented MT_SIG that will carry out activities aimed to support research–informed MT practices across Canada. The reality of finite resources – human and financial – means that we need to identify and pursue actions that generate the most useful and needed activities/outcomes to support research-informed MT practices. An underlying principle of this MT SIG will be to facilitate the most effective application of resources to accelerate the development of MT as a research-informed health care profession across Canada.

This 1.5 hour workshop will be co-lead by two individuals with an extensive knowledge base and experience within the MT profession in Canada. Utilizing an Appreciative Inquiry Approach, the organizers will lead the workshop participants through discussions and activities in order to address the following objectives:

- Introduce participants to IN-CAM Special Interest Groups (SIGs), including the type of support that may be provided from IN-CAM to support the SIG’s activities.
- Identify the best of what is being done currently in the MT profession that supports and builds research-informed MT practices.
- Building on strengths and informed by the outcomes of the MT Summit (Nov 2\textsuperscript{nd}, 2012), envision what might be, and define specific needs and goals to effectively enable research-informed MT practices.
- Outline the purpose and goals of the MT_SIG to guide the activities of the group.
- Generate a list of individuals who will become the inaugural members of the MT_SIG and identify their roles/activities.

Research-informed MT practices require the input of practitioners, educators, researchers, and administrators from the various MT organizations. As such, individuals and members from across the MT profession are invited and encouraged to attend and participate in the development of this exciting and innovative national MT group.
SYMPOSIUM—Workshops

Saturday Nov. 3rd, 2012

Workshop 5 - Introduction to Economic Evaluation in Health Care

Location: Room 310

Led by: Gabrielle van der Velde, DC, PhD

DESCRIPTION:

There is growing interest in and need for health technology assessment and economic evaluation in the field of health care, given the twin realities of constrained health care budgets and rising health care costs. Consequently, health care policy makers are increasingly relying on economic evaluations to make decisions about health care in Canada. The purpose of this workshop is to introduce participants to cost-effectiveness analysis within the context of health care. Participants will be introduced to key concepts within the cost-effectiveness research framework, including elements of study design, methods, and analytical approaches. Participants will learn the meaning of statistics commonly used to assess the cost-effectiveness of health technologies, such as the incremental cost-effectiveness ratio (ICER) and net health benefit, as well as their interpretation. Other key concepts such as the cost-effectiveness plane, confidence ellipses, and willingness-to-pay threshold will also be introduced. The workshop will conclude with a group exercise that will consist of reading, reviewing, and critically appraising a cost-effectiveness analysis of a complementary-alternative intervention published in a peer-reviewed journal.

Gabrielle van der Velde, D.C., Ph.D., is a clinical epidemiologist at the Toronto Health Economics and Technology Assessment (THETA) Collaborative, an Assistant Professor in the Leslie Dan Faculty of Pharmacy (University of Toronto), and an Adjunct Scientist at the Institute for Work & Health. A licensed chiropractor trained at the Canadian Memorial Chiropractic College, she practiced for 8 years before completing a Ph.D. in Clinical Epidemiology and Health Care Research with a focus on applied health economics and health technology assessment, at the University of Toronto. She is currently a member of the Core Scientific Team and Guideline Expert Panel developing the first evidence-based ‘Clinical Practice Guideline for the Management of Minor Injuries after Traffic Collisions’ for the government of Ontario. She is the principal investigator of an economic evaluation alongside the University Health Network Whiplash Intervention Trial which will determine the cost-effectiveness of two rehabilitation programs compared to the current legislated standard of care for whiplash in Ontario.
IN-CAM Travel Award Recipients

We are very pleased to recognize the recipients of the IN-CAM Travel Awards for the 2012 Symposium. These awards aim to support the research training and development of CAM researchers and practitioner research literacy and capacity.

Gillian Flower  Canadian College of Naturopathic Medicine & The Ottawa Integrative Cancer Centre
Cathy Fournier  Dalhousie University
Heidi Fritz  Canadian College of Naturopathic Medicine
Lauren Girard  University of Alberta & CARE Program
Donelda Gowan-Moody  University of Saskatchewan
Nadine Ijaz  Pacific Rim College & University of Wales
Deborah Kennedy  University of Toronto & The Hospital for Sick Children
Piroska Kennedy  Shouldice Hospital
Baljit Khamba  University of Alberta, CARE Program, & START Clinic for Mood and Anxiety Disorders
Mailan Liu  University of British Columbia & Chengdu University of Traditional Chinese Medicine
Candace Necyk  University of Alberta & CARE Program
Antony Porcino  University of British Columbia
John Riva  McMaster University
Julie Mason  University of Toronto
Rebecca Reinhart  Pacific Rim College
Daniel Hollenberg  Royal College of Physicians and Surgeons of Canada
Maria Costanza Torri  University of New Brunswick
Ulrike Kessler  Private homeopathic practice
Okechukwu Ndu  Robert Gordon University-Aberdeen
Rachel Levine  Canadian College of Homeopathic Medicine
Map—Leslie Dan Faculty of Pharmacy

Basement Level

Main/ground level

2nd floor
Map—Local Toronto area

A—Courtyard Marriott, 475 Yonge Street

B—Leslie Dan Faculty of Pharmacy, 144 College Street
In the area—restaurants and coffee

Restaurants

Casual
Swiss Chalet, 700 University Avenue, Shopping Concourse, (416) 260-8574

Chinese
E-Pan Chinese Cuisine
369 Spadina Ave, 416-260-9988

Wah Sing Seafood Restaurant,
47 Baldwin Street, Toronto, (416) 599-8822 () www.wahsing.ca

French
Bodega, 30 Baldwin Street, 416-977-1287
http://www.bodegarestaurant.com/home.php

Japanese
Fujiyama Japanese Restaurant ,
49 Baldwin Street, Toronto, (416) 596-1913

Tokyo Sushi House, 33 St. Joseph Street, Toronto, (416) 513-0002

Italian
Mercatto,
101 College Street, Toronto, (416) 595-5625, www.mercatto.ca

Vegetarian
Vegetarian Haven ,
17 Baldwin Street, Toronto, (416) 621-3636, www.vegetarianhaven.com

Fresh, 326 Bloor Street West (at Spadina) or 147 Spadina Ave (at Queen)
http://www.freshrestaurants.ca/index.php

Coffee Shops

Tim Horton’s,
700 University Avenue, Shopping Concourse, (416) 596-9700

Second Cup,
179 College Street, Toronto, (416) 595-0244

Starbucks, South east corner of College and St. George

Starbucks, Northwest corner of College and Yonge
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