

# 2014 IN-CAM Research Symposium

The premier Canadian research conference on  
complementary and integrative health care

November 6-8, 2014

Calgary, AB, Canada, Marriott Hotel



**Join us** at the premier Canadian research  
meeting on complementary and integrative  
medicine & health care

Sponsored by:



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## ABOUT THE SYMPOSIUM

Over the last 10 years, the Symposium has become established as the premier research meeting in Canada on complementary and integrative medicine and health care.

It brings together a diverse group of individuals from across disciplines, capturing a range of research expertise and research interests. It has been described as an idea lab as it creates an environment that enables a high level of interaction and quality discussion to address challenging questions and innovative ways to address these questions.

## PROGRAM THEME

The Next Wave of Complementary and Integrative Medicine & Health Care Research.

## SYMPOSIUM OBJECTIVES

- ◆ To showcase high quality research on complementary and integrative medicine & health care
- ◆ To discuss and debate the on-going development of this emerging field of research
- ◆ To bring together people and support their ability to network, create new research collaborations, and gain access to the researchers in this field.

## WHO SHOULD ATTEND

- ◆ The Symposium is the meeting place for CAM researchers and those who are interested in CAM research.
- ◆ Academic researchers
- ◆ Clinician researchers
- ◆ Practitioners and clinicians
- ◆ Educators of health care professionals
- ◆ Funders of health care research and CAM
- ◆ Clinical students and trainees
- ◆ Research students and trainees
- ◆ Health care policy analysts and decision makers

## PROGRAM HIGHLIGHTS:

### Pre-Symposium Events—Nov 6

- ◆ Homeopathy Research Forum
- ◆ IN-CAM Public Event

### Main Symposium—Nov 7 & 8

- ◆ **Keynote speakers**—International experts in the field
- ◆ **Dr. Rogers Prize Lunch and Lecture**
- ◆ **Research Talks**—an in-depth focus on research methodology
- ◆ **Research presentations**—oral and poster
- ◆ **Poster competition**—for research trainees
- ◆ **Case report competitions**—Naturopathy and Massage Therapy
- ◆ **Workshops**—practical and engaging
- ◆ **IN-CAM Networking Reception**

**Celebrating IN-CAM's 10th Anniversary  
2004-2014**



[www.incamresearch.ca](http://www.incamresearch.ca)



# Pre-Symposium Events—Nov 6

## Homeopathy Research Forum

TIME: 1pm-5pm

LOCATION: Marriott Hotel, Calgary, Alberta

A forum committed to advancing rigorous research on homeopathy



Keynote address by **David Brule**, homeopath, researcher affiliated with the University of Toronto, and founder of the Homeopathy Forum

## IN-CAM Public Event

TIME: 6:30pm-8pm, reception starts at 5:30pm

LOCATION: Marriott Hotel, Calgary, Alberta

A speaker series committed to supporting informed decision making about complementary and integrative therapies

## DIETS & CLEANSES: Separating Fact from Fiction



A talk by internationally renowned naturopathic doctor, **Dr. Joseph Pizzorno**

*Watch Dr. Pizzorno on Breakfast Television—  
Nov 6, 2014*

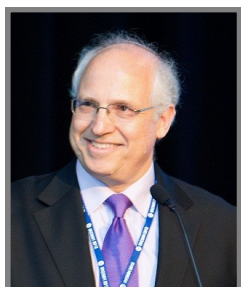




# Symposium Program—Nov 7 & 8

**Fri. Nov 7, 2014**

TIME	ACTIVITY
7:30am-8:45am	Symposium Registration Buffet Breakfast Poster set up and viewing
8:45am-9:00am	<b>Welcome</b> Heather Boon, BScPhm, PhD & Marja Verhoef, PhD, IN-CAM Co-Founders
9:00am—9:50am	Keynote speaker:



**Aviad Haramati, PhD**

***Mind-Body Medicine in Health Professions Education***

Georgetown University

A professor of Physiology and Medicine at Georgetown University School of Medicine, Dr. Haramati has taught physiology for over 30 years, has received institutional and national awards for his research and his teaching, and has been a visiting professor at over 50 medical schools. His current activities are focused on medical and health professions education. He received NIH funding that supported a broad educational initiative to incorporate integrative medicine into the curriculum at Georgetown, and he co-directs the graduate program in CAM at Georgetown. He is the founding Vice-Chair of the *Consortium of Academic Health Centers for Integrative Medicine* and chaired several conferences including the *2012 International Research Congress on Integrative Medicine and Health*. Dr. Haramati's interest is to improve medical education across the globe, especially with regard to the intersection of science, mind-body medicine and professionalism.

10:00am—11:20am	Research Sessions (3 concurrent)		
	<b><i>Mindfulness Meditation – Carlson Lab</i></b>	<b><i>Naturopathic Medicine – Practice Evaluation</i></b>	<b><i>PedCAM – Pediatrics &amp; Training of health care profes- sionals</i></b>
	C. Rouleau K. Zernicke M. Herman L. Carlson	L. Weeks (presented by K. Cooley) D. Leung D. Kennedy D. Seely (presented by C. Knee)	D. Adams (presented by S. Vohra) A. Porcino A. Kutt A. Jackman
11:20am-11:45am	Nutrition break Poster viewing		





# Symposium Program—Nov 7 & 8

## Fri. Nov 7 2014 con't

11:20pm - 11:45am	<b>Nutrition break Poster viewing</b>		
11:45am - 12:30pm	Research sessions (2 concurrent + Discussion Panel)		
	<b>Chiropractic – Practice Based Research Networks</b>	<b>CAM Conceptualization</b>	<b>PedCAM Educators (MD, ND, DC) Discussion Panel</b>
	J. Scholten D. Grodin	I. Gaboury J. Ng	
12:30pm -1:30pm	<b>Dr. Rogers Prize Lunch Poster viewing</b>		
1:30pm-2:20pm	<b>Dr. Rogers Prize Lecture</b>		

### Dr. Rogers Prize Lecture and Lunch

#### Dr. Sunita Vohra—CAM and Pediatrics

PedCAM, University of Alberta



Dr. Vohra is the founding Director of Canada's first academic pediatric integrative medicine program, CARE (Complementary and Alternative Research and Education), at the University of Alberta. She is currently evaluating the effectiveness and cost effectiveness of pediatric integrative medicine as an adjunct to usual care at the Stollery Children's Hospital in Edmonton. She has led many high quality studies of the effectiveness of CAM including ginseng for pediatric upper respiratory tract infection and Mind Body Stress Reduction for at risk youth. With her background in pediatrics, clinical epidemiology and clinical pharmacology, Dr. Vohra is a respected leader in both CAM and conventional medicine, often working to help these two communities connect. She founded Canada's national pediatric CAM network as well as helped found and now chairs the American Academy of Pediatrics' Section on Integrative Medicine.





# Symposium Program—Nov 7 & 8

## Fri. Nov 7 2014 con't

2:30pm-3:30pm	Research session		
	<b>Research Talk – LE Carlson Ph.D., R.Psych.</b>	<b>Innovative Research Methods</b>	<b>Massage Therapy – Professionalization</b>
	<b>Design issues for clinical research in integrative and complementary medicine: Lessons learned from 15 years of clinical trials.</b>	L. Taylor-Swanson F. Sirois M. Bujold	A. Baskwill M. Menard F. Schroff
3:30pm-4:00pm	<b>Nutrition Break Poster viewing</b>		
4:00pm-5:30pm	Workshops		
	<b>Workshop 1–</b> Presented by: PedCAM	<b>Pediatric learning needs of chiropractors and naturopaths – what are they and how can they be met?</b>	
	<b>Workshop 2–</b> Presented by: Michael Epstein PhD	<b>Evidence Communication Workshop</b> <b>Science, Spirit, and Superstition: Crucial Conversations Pertaining to Sci- entific Validity and Evidence for Complementary and Integrative Medicine</b> <i>*Maximum number of participants: 12</i>	
	<b>Workshop 3–</b> Presented by: Naturopathy SIG	<b>Defining Research Objectives for the IN-CAM Naturopathy Special Interest Group</b>	
	<b>Workshop 4 –</b> Presented by: Massage Therapy SIG	<b>2014 Follow-Up Massage Therapy Summit Meeting - A follow-up to the 2012 Massage Therapy National Research Priority Setting Summit</b>	
5:30-7:30pm	<b>IN-CAM Networking Reception</b>		
	<b>*Judging for:</b> Research Trainee Poster Competition Massage Therapy Case Report Competition		
	<b>*Celebrating IN-CAM's 10<sup>th</sup> Anniversary</b>		



# Symposium Program—Nov 7 & 8

## Sat. Nov 8 2014

TIME	ACTIVITY
8:30am–9:30am	Breakfast Buffet Poster viewing
9:30am-10:20am	Keynote speaker:

**Patricia Herman, ND, PhD—**

*The Economics of Complementary and Integrative Medicine: Where Do We Go From*  
Rand Corporation



Patricia Herman is a senior behavioral scientist at the RAND Corporation. Her research centers on health economics, innovative care models, individuals' health decisions, and overall quality of life. Herman is an NIH/NCCAM-trained methodologist, resource economist, and licensed naturopathic doctor. For more than 30 years, Herman has conducted policy and cost-effectiveness analyses concerning water rights, waste recycling, energy and water conservation, and health care. Her current projects include cost-effectiveness analyses of: yoga for low back pain; mindfulness-based stress reduction for low back pain; common nonsurgical interventions for chronic neck pain and for chronic low back pain; tailored navigation for colorectal cancer screening; drug treatment as an alternative to prison; integrative primary care; implementation support for evidence-based youth programs; and complementary and alternative medicine use for pain in the VA.

10:30am-11:50am	Research sessions (2 + research talk)		
	<b>Research Talk – JP Collet MD, PhD &amp; Team</b>	<b>Cancer</b>	<b>Chronic Conditions</b>
	<b>A comprehensive model of stress, inflammation and health to support, evaluate and guide personalized complementary and alternative interventions.</b>	M. Lukert-Flude L. Balneaves H. Ray L. Balneaves	S. Jakabec K. Cooley B. Ricki B. deValois
11:50am-12:10pm	Nutrition break Poster viewing		





# Symposium Program—Nov 7 & 8

## Sat. Nov 8 2014

12:10pm-1:10pm	Research sessions						
	<table border="0"> <tr> <td><b><i>Acupuncture &amp; Osteopathy – Professionalization</i></b></td> <td><b><i>Safety</i></b></td> <td><b><i>Massage Therapy</i></b></td> </tr> <tr> <td>C. Morin T. Zhang N. Ijaz</td> <td>C. Necyk D. Adam B. Khamba</td> <td>D. Gowan-Moody F. Sirois L. Guan</td> </tr> </table>	<b><i>Acupuncture &amp; Osteopathy – Professionalization</i></b>	<b><i>Safety</i></b>	<b><i>Massage Therapy</i></b>	C. Morin T. Zhang N. Ijaz	C. Necyk D. Adam B. Khamba	D. Gowan-Moody F. Sirois L. Guan
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C. Morin T. Zhang N. Ijaz	C. Necyk D. Adam B. Khamba	D. Gowan-Moody F. Sirois L. Guan					
1:10pm – 2:00pm	Networking Lunch – Grab and Go						
2:00 – 2:50pm	Keynote speaker:						

### Michael Epstein, PhD—



#### ***Knowledge Integration Networks: Connectors, Collectors, and Cosmopolitans in the Next Wave of CAM Research***

University of Saskatchewan

Michael Epstein holds a PhD from the Massachusetts Institute of Technology, with concentrations in decision science, organizational behaviour, and information systems. Michael Epstein is Director of InnoQuest Resources, providing consultative services in leadership development, strategic planning, executive information systems, and organizational change, to universities, hospitals, health regions, and community-based organizations. He is also Managing Director of the Centre for Integrative Medicine at the University of Saskatchewan, and Director of the Canadian CAM in Undergraduate Medical Education Project. Over the past two decades, Michael has worked closely with business-, community-, and thought-leaders, politicians, senior health officials, researchers, medical educators, health professionals, and concerned citizens, to build support for lifestyle-oriented, patient-centered, evidence-based, cost-effective improvement, in Canadian healthcare.

3:00pm – 4:00pm	<p><b><i>Symposium Closing</i></b></p> <p>*Announcement of winners:</p> <ul style="list-style-type: none"> <li>⇒ Poster competition</li> <li>⇒ Naturopathic case report competition</li> <li>⇒ MT case report poster competition</li> </ul> <p>*IN-CAM’s future direction – important announcements</p>
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## ABOUT IN-CAM

IN-CAM is an interdisciplinary research community in Canada generating knowledge through research on complementary and integrative medicine and health care to enhance the health of Canadians. Since its launch in 2004, IN-CAM has been instrumental in defining a research community focused on research on complementary therapies and their integration into health care systems. Today, IN-CAM is the place to go for researchers, educators and practitioners who are Interested in research which aims to address challenging questions in innovative ways in this emerging area of practice and research.

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