### 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 3rd 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

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<td><strong>I.</strong> ATS Introductions</td>
<td>• Welcome to Tai Zahir who is replacing Breanna</td>
<td>• Tai will be sending all future communications</td>
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| **II.** 2019 IT Group meeting Asha & Tania | • **Mon 5/20 @11:45a -1:15p. Location:** Hyatt Regency Room - Cockrell, Atrium Level –Boxed Luncheon  
   • Patient Education series  
   • Fall 2019 workshop | • Asha gave an informative session on some dietary impacts on COPD and Asthma  
   • Tania presented her award-winning work Relaxation and Movement in PH |
| **III.** 2020 Scientific Symposium Ni-Cheng, Tania & Asha | • Tentative Content for consideration  
   o **Topic #1** - FDA to increase oversight on a dietary supplement - FDA Commissioner Scott Gottlieb? (ATS Morning minute 2/12/19)  
   o **Topic #2** – Acupuncture  
   o **Topic #3** – Acupressure | • Tania |
| **IV.** Integrative Therapy: Patient Education Series (PES) –Ni Cheng | • **IT in Critical Care:** Tania forwarded the document to Dr. Chlan for review  
   • **IT for Sleep:** This PES document is focused on the use of Melatonin to promote sleep in Pediatric and Adult population. | • Dan Crouch may be interested in working on this. Ni-Cheng is awaiting response.  
   • 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 |
| V. Pulmonary Manual on IT – Asha and NiCheng | **Mindfulness for Anxiety:** Tania and Ni-Cheng have drafted initial document—see att.  
- Tania and Ni-Cheng will continue to refine draft, edit, and revise the document.  
- The proposal for a textbook/manual was well-received by the group as well as publisher  
- Chapter Editors have been selected  
- Need to establish separate work group  
- Tai Chi demonstration at the ATS Wellness Collaborative Initiative at the Exhibit Hall.  
- There is interest in the Clinician’s Center for a proposal next year. |
| VI. Tai Chi Demonstration | Acupuncture, Mindfulness, supplements, acupressure, how to evaluate and analyze the literature for credible sources for IT, foods for COPD  
- 15min duration.  
- Ni Cheng, Sumit, Tania are happy to participate  
- Would like to see a separate comm. For this. Tania and Asha connected with ATS Nursing web-leaders who can help facilitate  
- Breanna and Tai will help coordinate w/ATS and provide us with a guide. Speaker and title  
- 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  
- The Impact of a Multicomponent Integrative Intervention on Symptoms and Health Related Quality of Life for Patients with Pulmonary Publication pending. This is Tania’s dissertation work.  
- @ATS_Integrative (Twitter). Encourage everyone to follow  
| VII. Webinar—topic solicitation and speaker(s) |  
| IX. Round Table |  
Respectfully Submitted,  
Tania Von Visger —Integrative Therapy Workgroup- Co-chair  
Asha Devereaux---- Integrative Therapy Workgroup- Co-chair |