



CLOSED PANEL DISCUSSION ON INTEGRATIVE MEDICINE

“ What can we do concretely from today, individually and synergically, to prepare and implement an integrative approach in medical care ? ”

POST-MORTEM

On May 12, within the closed panel discussion held during the *International Symposium on the Science of Touch*, eight international prominent scholars, researchers and physicians presented their professional perspective and work achievements in regards to integrative medicine. Their presentation were completed in front of a host of health professionals and representatives of their scientific, institutional and associative communities from Canada, India, the US and Europe.

In essence, health care surging costs, scientific advancement, complexity in patient physician relationships, interdisciplinary or complementary approach to health management, multicultural and multi ethnic environment, cross borders health care systems, a better and more informed and interested population, all these factors militate in favour of a more integrative medicine approach to health care.

Alan H Adams, D.C., Ph.D., from the Florida State University (FSU) discussed trends and examples of integrated Care associated to the chiropractic utilization and how “collaboration can reduce health care costs and resolve health human resource problems”. He further presented how FSU developed its chiropractic initiative for the betterment of clinical scholars and the development of a Center of Excellence for Research in chiropractic, complementary and related health sciences. To this end, interdisciplinary educational opportunities in curriculum and interdisciplinary research which studies integrative care interventions are critical to the future of integrative medicine in general and the chiropractic approach in particular.

Leon Chaitow, N.D., D.O., related his personal experience in three integrated settings: University of Westminster, London; Marylebone Health Center, London; and Integrative Healthcare, London. As he went on to describe different models of integration, he emphasized the importance of deflating ego or power structure in order to benefit from a multi-professional interaction focusing on rehumanizing healthcare through care, healing and empowerment of patients. To succeed, it is essential for the collaborative team members to have the ability to think contextually and to understand each others’ semantics, jargons, beliefs and objectives.

David M Eisenberg, M.D., the director of the Osher Institute at Harvard Medical School and the Division for Research and Education in Complementary and Integrative Medical Therapies, went on to present how CAM methods have an impact on healthcare effectiveness and deficiency. Integrative medicine team members need to be selected with care. Patient care needs to be at the forefront and calls for collaboration at all levels. He further described some results as to how massage therapy had a direct impact on patient comfort and drug reliance reduction. His approach to research is deliberate, there is no place for

improvisation. To succeed and have a future, integrative medicine must demonstrate its cost effectiveness and benefits to patient care.

Philippe Estérez, M.D., L.M.C.C., went on to discuss how change in the approach to medicine will occur when sufficient public support will bring pressure on legislation. In as much as no one political party could satisfy democracy, it must be assumed that no unique approach to medicine could satisfy health management. But how to encourage interoperability or integrative medicine? In this case, communication is essential, communication and collaboration in light of the patient's needs. True healing cannot be achieved without the patient's participation or true collaboration among specialists. Hence a major step towards integrative medicine will require some form of professional and legal recognition between physicians and practitioners of different fields. Furthermore, sharing scientific data with regards to the physical, mental and social pillars of health will promote integrative medicine and the concept that "*no man is an island*"

André-Marie Gonthier, B.Sc., D.C., F.I.C.C., professor at the Department of Chiropractic at *Université du Québec à Trois-Rivières*, illustrated the prerequisites to integrative medicine, the barriers to its success and the essential components to a renewed approach to health care. First and foremost we must recognize the auto-healing capacity in that nutrition, social behaviour, genetics and the patient's environment are a number of factors that facilitate the healing process. Further, a holistic approach to medicine should be fostered together with the respect of the patient needs. Long-term health care strategies call for a better understanding and integration of the various health disciplines, exchange of information and cross training

Janet R Kahn, Ph.D., Research Assistant in the Department of Psychiatry at the College of Medicine of the University of Vermont, stressed the requirement to develop the vision of many modalities under one roof that covers Body, Mind and Spirit. Integrative medicine and health care programmes go beyond the medical field to include policies related to environment, energy, agriculture, minimum wages, public transport and others. In short, the legislators, associations and institutions need to develop a shift in their language to better understand what is an integrative health care system and how to work together towards a common vision in health care management.

Phuc Felix Nguyen-Tan, M.D.C.M., F.R.C.P.C., in charge for the clinical medicine for the radio-oncology department at the CHUM and senior investigator on a number of research protocols, presented a hands on experience in integrative medicine. A structured approach to health care together with a dedicated, open minded team ready to share information in confidence and a basic structure with well define responsibilities go a long way towards the success of an integrative approach to health care. The patient needs to be the focus and in the clinical turmoil there is a requirement for patient to relate to a specific member of the team. Through his experience he highlighted the importance for the Nurse to play a key role, she is the contact point and in many a case the confident of the patient. Subsequently she is in a better position to ensure the programme follow up.

Mytheenkunju Abdulkarim Shajahan, M.D. (Ay), Ph.D., Head of the Department of Dravyguna vijnanam, Kane, Kerala State, India. Dr. Shajahan explained how Ayurveda health system in India promotes an integrative approach to health care. In fact Ayurveda relates to the science of life. Hence since hundreds of years BC, India has experienced a holistic approach to medicine, whereby the patient is involved from a physical, mental, social and spiritual perspectives. He further illustrated how the Ayurveda "Manage Me" system made a difference in a number of medical situations. Integrative medicine can only succeed through "Manage Me" techniques which apply to a thorough practitioner – patient relationship.

PRESENTATIONS – Biographies of the pioneers of integrative medicine

ALAN H. ADAMS, Florida State University (USA)

Alan H. Adams, D.C., Ph.D. is an Academic Administrator in the Office of the Provost at Florida State University. Prior to his current appointment, he was Vice President of Professional Affairs and Professor of Clinical Sciences at Southern California University of Health Sciences. Dr. Adams has authored over 70 papers in the peer-reviewed literature and serves on the editorial boards of several clinical journals. His research interests include health services research, clinical trials, systematic reviews, and health professions education. For more information: www.aa.ufl.edu

LEON CHAITOW, University of Westminster (UK)

Leon Chaitow, N.D., D.O., is a state registered osteopath and naturopath; author of approximately 65 books; editor of peer reviewed Journal of Bodywork & Movement Therapies (JBMT), and is a senior lecturer and module leader on post and undergraduate courses at the University of Westminster, London. He lectures internationally (USA, Australia and Europe) on both bodywork and general health topics from an integrated naturopathic & osteopathic perspective (with fibromyalgia, chronic fatigue syndrome and breathing pattern disorders being of particular current interest). He practices privately in the United Kingdom as part of Integrative Healthcare team, and in Corfu, Greece, as well as in an NHS setting at Marylebone Health Centre, London, where in 1993, he became the first naturopath/osteopath to be appointed as consultant to a Government-funded conventional medical practice. He is currently developing textbooks, videos and CD-Roms for publishers Churchill Livingstone (Elsevier Science) of Edinburgh and New York. For more information: www.elsevierhealth.com/journals/jbmt

DAVID M. EISENBERG, Osher Institute - Harvard Medical School (USA)

David Eisenberg, M.D. is the Director of the Osher Institute at Harvard Medical School and the Division for Research and Education in Complementary and Integrative Medical Therapies. He is also the Bernard Osher Associate Professor of Medicine at Harvard Medical School. Recently, David Eisenberg has served as an advisor to the National Institutes of Health, the Food and Drug Administration and the Federation of State Medical Boards with regard to complementary and alternative medicine research, education and policy. He was recently appointed to an Institute of Medicine Committee to explore the scientific and policy implications on the use of complementary and alternative medicine by the American public. David Eisenberg has authored numerous scientific articles involving complementary and integrative medical therapies.

For more information: www.hms.harvard.edu/news/releases/0401osher.html

PHILIPPE ESTÉREZ, (CAN)

Philippe Estérez M.D., L.M.C.C., is currently practicing in Montreal as a general practitioner and as a homeopath. Previously, he was in charge for 7 years of a multidisciplinary clinic where physicians, homeopaths, acupuncturists, specialists in chinese medicine, psychologists and massage therapists all worked in the same environment. At the very beginning of his training he showed an interest for research and he co-authored an article on applied pharmacology. Following that, he received a grant from Q.F.G.P. (Québec Federation of General Practitioners) to design a clinical study on homeopathy. He is the author of a book on clinical homeopathy that will be published shortly. Since 15 years, he has been interested in alternative approaches in health such as Chinese medicine and Acupuncture, Ayurveda medicine, Occidental phytotherapy including Aromatherapy, Touch and Energetic Approaches as well as Psychotherapy.

ANDRE-MARIE GONTHIER, Université du Québec à Trois-Rivières (CAN)

André-Marie Gonthier, B.Sc., D.U.P., D.C., F.I.C.C., is a graduate of the School of Rehabilitation - Faculty of Medicine of the University of Montreal (B.Sc., Phys. Ther.) and of the Canadian Memorial Chiropractic College (D.C). Since 1993, he is a professor at the Department of chiropractic at the *Université du Québec à Trois-Rivières - UQTR*. Prior to those functions, he was the founding President of the *SIRDEC - Société d'Information et de Recherche pour le Développement et l'Éducation en Chiropratique*. He was first vice-president of the *Ordre des chiropraticiens du Québec* from 1987 to 1994 and founding President of what is now the *Fondation Chiropratique du Québec*. In partnership with the *Université du Québec* (head office), the *Ordre des chiropraticiens du Québec* and of the *Université du Québec à Trois-Rivière*, he was at the starting point of the creation and development of the Doctorate program (module) in chiropractic at the *UQTR* and was its Program Director from 1993 till 1998 and then from 2000 to 2001. He was involved in the production of teaching material in the fields of clinical sciences and professional practice. He is the author of many articles and professional communications. He is one of the founding members of the *LRC* -

Laboratoire de Recherche Chiropratique at the UQTR. Concurrently to his academic and research activities, he has always maintained his clinical skills in private practice since 1977. He is presently working at the *Clinique chiropratique de Montréal* and, since 1983, has been practicing as a doctor of chiropractic in collaboration (multidisciplinary network) with many health specialists such as acupuncturists, homeopaths, massage therapists, dietitians, psychologists, kinesiologists, occupational therapists, general practitioners and specialists (physiatrists, orthopedists, neurologists, neurosurgeons, rheumatologists, dermatologists). His main fields of interest are the sciences of health and well-being, neurosciences, the pedagogy of health sciences, ethics and efficient means of communications for health professionals.

JANET R. KAHN, University of Vermont (USA)

Janet R. Kahn, Ph.D. is Research Assistant Professor in the Department of Psychiatry at the College of Medicine of the University of Vermont. Both her private massage practice and her research focus on issues of chronic pain. In addition, Janet Kahn is a Senior Partner in Integrative Consulting, and in that capacity consults to hospitals, medical schools and massage schools on research and curriculum design. She also serves as Director of Research for the MTR Consortium. Janet Kahn was a member of the Advisory Council of the National Center on Complementary and Alternative Medicine at the National Institutes of Health (1999-2003). [For more information: www.med.uvm.edu](http://www.med.uvm.edu)

PHUC FELIX NGUYEN-TAN, CHUM – *Hôpital Notre-Dame* (CAN)

Félix Nguyen, M.D.C.M., F.R.C.P.C., holds a degree in medicine from the McGill University (1988-1993), he performed his resident program in radio-oncology at the *Université de Montréal* (1994-1999) and his fellowship at the California University, San Francisco (1999-2000). He is certified F.R.C.P.C. in radio-oncology from the *Collège des Médecins* (1999). Also, he is in charge of the clinical medicine for the radio-oncology department and supervises residents' program and trainee residents. At the *CHUM*, he is the senior investigator on the following research protocols: RTOG 9913, RTOG 9903, RTOG H0022, RTOG 0122 et RTOG H0129. He is a member of A.C.R., A.R.O.Q., F.R.C.P.C and R.T.O.G. Dr Nguyen-Tan lectures for different associations, international communities, scientific meetings and symposiums, and has authored several publications.

MYTHEENKUNJU ABDULKHARIM SHAJAHAN, Government Ayurveda College (IND)

M. A. Shajahan M.D. (Ay), Ph.D., is now Head of the Department of Dravyguna vijnanam, Kannur, Kerala State, India. He has been the first person in computerizing Ayurveda (developed and clinically evaluated softwares since 1983 onwards). He graduated from Government Ayurveda College, Trivandrum, Kerala, India.; he holds a doctorate from Gujarat Ayurveda University, India (Research work - "Clinical evaluation of Ayurvedic Pharmacological principles based on Computerized Ayurvedic Medicare"), and a post graduation from Government Ayurveda Medical College Bangalore, India (Research work - "Computerized Ayurvedic Medicare"). He presented many papers in national and international seminars; authored a text "Ayurvedic Pharmacopoeia" (in regional language); he acted as an examiner and research guide in various universities of Kerala State; and published in journals. He is a former member in Ayurveda Siddha Unani Drug Technical Advisory Board, Government of India, New Delhi; and former deputy of Drugs Controller (Ayurveda) of Kerala State. Area of interest is computerizing Ayurveda and bringing this science of life in the purview of information technology. [For more information: www.ayurvedicsoftware.com](http://www.ayurvedicsoftware.com)

MODERATOR

Paul Corriveau, C.D., M.B.A., D.E.S.S.

Administrator; lecturer; moderator; instructor and author, Mr. Corriveau has more than thirty years of experience in multi-ethnic and multi-cultural human resources management and training, in Canada and abroad. Since 1990, Mr. Corriveau has specialized in strategic resources analysis and management. He is dedicated to providing leaders and managers with the best decision tools and training to achieve their objectives. Furthermore, he has directed several research and analysis teams in organizational needs. Mr. Corriveau was teacher and university lecturer for graduate level students (UQAM) and junior level students (CMR Saint-Jean and Université de Sherbrooke). Mr. Corriveau is currently member of the board of : CAA Québec, Red Cross Canada (Quebec Division).

AUDIENCE – Guests of distinction in the role of questioning the pioneers

DANIEL BOUFFARD (CAN)

Executive Director, *Fédération québécoise des massothérapeutes*

RAYMOND BOURRET (CAN)

President, *Ordre professionnel des acupuncteurs du Québec*

CÉCILE LAMBERT (CAN)

Université de Sherbrooke – Medicine Faculty, Nursing Science (OIIQuébec)

CHRISTIAN LAMONTAGNE (CAN)

Editor, *Réseau Protéus*

MICHEL LORRAIN, M.D. (CAN)

General Practitioner, Member of the FMOQ and the FQM

BRUNO MOINDROT (CAN)

President, *Association des ostéopathes du Québec*

CYNTHIA D. MYERS Ph.D., N.C.B.T.M.B. (USA)

Massage Therapist and Research Psychologist, UCLA - Pediatric Pain Program

RICHARD L. NAHIN, PH.D., M.P.H. (USA)

Senior Advisor for Scientific Coordination and Outreach, Department of Human Services, National Health Institutes (USA) – National Center for Complementary and Alternative Medicine (NCCAM)

MICHEL PÉTERMANN (SUI)

Instructor HES, *Filière infirmières et infirmiers – Haute École cantonale vaudoise de la santé*