



*virtual*  
**2020 INCAM RESEARCH SYMPOSIUM**  
Integrative Medicine at the Crossroads:  
Learning From the Past, Co-Creating the Future

November 12, 13, 16 & 17, 2020

# SYMPOSIUM PROGRAM



This virtual research meeting is co-hosted by the Centre for Integrative Medicine and the Department of Community Health & Epidemiology of the University of Saskatchewan, Saskatoon, SK, Canada in collaboration with the INCAM Research Network.



## ABOUT

Over the last 16 years, the Symposium has become established as the premier research meeting in Canada on traditional, complementary, alternative, and integrative medicine (TCAIM). 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 explore these questions.

## OBJECTIVES

- To showcase high quality research on complementary and integrative medicine & health care
- To discuss and debate the ongoing 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
- To advance thinking and discourse in the range of traditional, complementary and integrative medicine practices, professions, and people

## ABSTRACTS

The 2020 INCAM Research Symposium abstracts are published pre-conference in the Journal of Complementary and Integrative Medicine. View it here:

<https://event.fourwaves.com/virtualincam2020/abstracts>

## SYMPOSIUM PLANNING & SCIENTIFIC REVIEW COMMITTEE



Kieran Cooley



Lynda Balneaves



Anne Leis



Michael Epstein



Donelda Gowan



Brenda Leung



Isabelle Gaboury



Teresa Tsui





# HIGHLIGHTS

## KEYNOTE SPEAKERS

international experts in the field

## INTERACTIVE WORKSHOPS

learning from the past and co-creating the future of complementary & integrative medicine research

## RESEARCH PRESENTATIONS

oral & poster

## EXPERIENTIAL LEARNING

opportunities with clinical & self-care application

## DR. ROGERS PRIZE LECTURE

## ANNUAL GENERAL MEETING

## INCAM NETWORKING

virtual networking opportunities during the symposium

# SPONSORS

## PLATINUM



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# SYMPOSIUM PROGRAM

## DAY 1

Thursday, November 12th, 2020

CST 1:00 pm	<b>Welcome</b> Kieran Cooley, ND   Donelda Gowan, RMT, PhD Anne Leis, PhD   Michael Epstein, PhD
1:10 pm	<b>Arriving Meditation</b> Jeanne Corrigan
1:15 pm	<b>Public Lecture Keynote Speaker</b> Dr. Gabor Maté, MD - <i>When the Body Says No: Mind/Body Unity and the Stress-Disease Connection</i>
2:30 pm	<b>Experiential Learning Break</b> Moving Meditation (Jeanne Corrigan)
3:00 - 3:45 pm	<b>Interactive Workshop</b> Dr. Gabor Maté, MD



## DR. GABOR MATÉ PhD

**KEYNOTE TOPIC:** *When the Body Says No: Mind/Body Unity and the Stress-Disease Connection*

Gabor Maté (pronunciation: GAH-bor MAH-tay) is a retired physician who, after 20 years of family practice and palliative care experience, worked for over a decade in Vancouver's Downtown East Side with patients challenged by drug addiction and mental illness.

The bestselling author of four books published in twenty-five languages, including the award-winning *In the Realm of Hungry Ghosts: Close Encounters With Addiction*, Gabor is an internationally renowned speaker highly sought after for his expertise on addiction, trauma, childhood development, and the relationship of stress and illness. For his groundbreaking medical work and writing he has been awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver. To learn more, join his e-news list at [www.drgabormate.com](http://www.drgabormate.com).

# SYMPOSIUM PROGRAM

## DAY 2

Friday, November 13th, 2020

CST 11:00 am **Welcome**  
11:15 am **Keynote Speaker**  
Dr. Steven Prime - **The Neuroscience of Mindfulness**  
12:15 pm **Experiential Learning Break: Breathing Room**  
Guided breath-based mindfulness (Dr. Anita Chakravarti)

... itinerary continues on next page ...



## DR. STEVEN PRIME PhD

**KEYNOTE TOPIC:** The Neuroscience of Mindfulness: Does Meditation Change the Brain?

Dr. Prime is a cognitive neuroscientist from the Department of Psychology at the University of Saskatchewan. He applies psychophysics to the study of contemplative practices like mindfulness meditation in his research on brain mechanisms that underlie perceptual and attention process.

Dr. Prime is originally from Montreal, Canada. He earned his Bachelor's (with Honours) at Simon Fraser University and then went on to earn his Masters and Doctorate degrees working with Dr. Doug Crawford at the Centre for Vision Research at York University. After completing his PhD, he held a Postdoctoral Research Fellow position in Dr. Jonathan Marotta's laboratory at the University of Manitoba. As a Postdoctorate Fellow, he was awarded Postdoctoral Fellowships from the Canadian Institutes of Health Research and the Manitoba Health Research Council. After his postdoctorate, he was an Assistant Professor at Victoria University of Wellington before joining the Department of Psychology at the University of Saskatchewan. [www.stevenlprime.ca](http://www.stevenlprime.ca)



12:45 - 2:05 pm **Oral Research Presentations** (Concurrent Sessions)

**Session 1 - Traditional, Complementary, Alternative & Integrative Medicine in COVID** (Moderators: Kieran Cooley & Anne Leis)

- 12:45 - 1:05 pm Monique Aucoin - The Effect of Echinacea spp. on the Prevention or Treatment of COVID-19 and Other Respiratory Tract Infections in Humans: A Rapid Review
- 1:05 - 1:25 pm Kemi Balogun - Ambiguity, Uncertainty, and Moral Distress Expressed by Massage Therapists Participating in Project COPE: A Preliminary Qualitative Analysis of Submitted Vlogs
- 1:25 - 1:45 pm Jennifer Hunter - Zinc for the Prevention and Treatment of SARS-CoV-2 and Other Acute Viral Respiratory Infections - A Living Rapid Review and Meta-analysis
- 1:25 - 1:45 pm Susan Arentz - Choose Your Shortcuts Wisely: COVID-19 Rapid Reviews of Traditional, Complementary, and Integrative Medicine

**Session 2 - Mental Health** (Moderators: Isabelle Gaboury & Donelda Gowan)

- 12:45 - 1:05 pm Monique Aucoin - Dietary Counseling in Schizophrenia Spectrum Disorders: Creation and Evaluation of an Evidence-Informed Psychoeducational Tool
- 1:05 - 1:25 pm Natalie L. Dyer - Multiple Iterations of a Yoga-Based Training Program for Education and Healthcare Professionals' Psychological Health
- 1:25 - 1:45 pm C. Dell - Examining Changes in Posttraumatic Stress Disorder Symptoms and Substance Use Among A Sample of Canadian Veterans Working With Service Dogs: An Explanatory Longitudinal Study
- 1:25 - 1:45 pm Cheryl Currie - Understanding the Role of Indigenous Cultural Knowledge Systems in Mental Wellness: A Narrative Inquiry

**Session 3 - Evaluating Innovations** (Moderator: Lynda Balneaves)

- 12:45 - 1:05 pm Isabelle Gilbert - Exploring the Effect of the Standardized Soft Tissue Mobilisation on Viscoelastic Properties, Pressure Threshold, and Tactile Threshold of the Caesarean Section Scars
- 1:05 - 1:25 pm Leslie Prenoslo - Adapting a Mindfulness Program for Youth at an Alternative School: A Process Evaluation

# SYMPOSIUM PROGRAM

## DAY 3

**Monday, November 16th, 2020**

- CST 1:00 pm **Welcome**
- 1:15 am **Keynote Speaker**  
Dr. Heather Tick - **Integrative Pain Care: Health, Pain, and Complexity**
- 2:15 pm **Experiential Learning Break: Yoga On!**  
Guided yoga-therapy movement (Linda Boryski)

... itinerary continues on next page ...



# DR. HEATHER TICK MD, MA

**KEYNOTE TOPIC:** Integrative Pain Care: Health, Pain, and Complexity

Dr. Tick currently serves at the forefront of research and teaching as a Clinical Associate Professor at the University of Washington in the departments of Family Medicine and Anesthesia & Pain Medicine and is also the first holder of the prestigious Gunn-Locke Endowed Professorship of Integrative Pain Medicine at the University of Washington.

She brings a unique skill set and perspective. Her area of specialty is non-pharmacologic treatments and adjuncts for symptomatic pain management. The crisis of opioid addiction, overdose and deaths has, of course, prompted enormous attention, proposals and action by government, health care providers, academic groups and community organizations. Increasingly research has shown that several approaches including acupuncture, yoga, mobilization, manipulation, physical therapy, and cognitive behavioral therapy to be evidence-based options. Dr. Tick has extensive experience practicing, writing and teaching about this subject.

[www.heathertickmd.com](http://www.heathertickmd.com)

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## 2:45 - 4:00 pm **Concurrent Workshops**

### **Expressive Arts Workshop** - Tips & Strategies When Using Expressive Arts in Online Support Groups During COVID-19

Facilitators: Alyson Worrall, PhD (Educ), R.Psych | Dawn McBride, PhD, R.Psych

### **Leadership Workshop Part A** - Leadership, Influence, and the Voice of Integration: Communication Competencies for Addressing Challenges to the Scientific Validity of TCAM

Facilitators: Michael Epstein, PhD | Lynda Balneaves, RN, PhD | Donelda Gowan, RMT, PhD | Anne Leis, PhD | Dugald Seely, ND



# SYMPOSIUM PROGRAM

## DAY 4

**Tuesday, November 17th, 2020**

CST 11:00 - 12:30 pm

### **Concurrent Sessions**

**Leadership Workshop Part B** - Leadership, Influence, and the Voice of Integration: Communication Competencies for Addressing Challenges to the Scientific Validity of TCAIM

Facilitators: Michael Epstein, PhD | Lynda Balneaves, RN, PhD | Donelda Gowan, RMT, PhD | Anne Leis, PhD | Dugald Seely, ND

**Session 4** - Practice Issues & Patient Reported Outcome Measures (PROs) (Moderator: Brenda Leung)

- |                  |                                                                                                                                                  |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00 - 11:20 am | Natalie Dyer - A Qualitative Evaluation of the Subjective Experience of Receiving a Reiki Session                                                |
| 11:20 - 11:40 am | David Brulé - Telemedicine Use Amongst Homeopaths and Naturopaths in Ontario Canada                                                              |
| 11:40 - 12:10 pm | Matthew Leach - Evidence-Based Practice in Complementary Medicine (EPICENTRE) Project - Canadian Survey Results from the Naturopathic Profession |
| 12:10 - 12:30 pm | Janet Nguyen - Public Consultation on Interprofessional Communication and Letter Writing Resource                                                |

... itinerary continues on the next page ...

**Session 5 - Oncology** (Moderator: Kieran Cooley)

- 11:00 - 11:20 am Dugald Seely - Pioneering Pre- and Post-Operative Integrative Care to Improve Thoracic Cancer Quality of Care - The Thoracic Peri-Operative Integrative Surgical Care Evaluation (POISE) Trial - Stage I
- 11:20 - 11:40 am Mark Legacy - A Prospective Outcomes Pilot Evaluation of Inspire Now - A Program for People with Lung Cancer
- 11:40 - 12:10 pm Ellen Conte - Creating Patient and Healthcare Provider Resources: Intravenous Vitamin C in Cancer Care
- 12:10 - 12:30 pm Mohamed E. Elsayed - Branched-Chain Amino Acids Use During the Peri-Operative Period in Cancer Patients: A Systematic Review and Meta-Analysis
- 12:30 pm **Experiential Learning Break: A Jedi's Strength Flows from the Force: Mindfully Strong**  
Guided strength-based exercise (Dr. Scotty Butcher)
- 1:00 pm **Annual General Meeting**  
AGM | INCAM Reflections - Dr. Heather Boon PhD (Vice-Provost, University of Toronto)
- 1:30 pm **Dr. Rogers Prize Lecture & Virtual Networking Social**  
Dr. Bonnie Kaplan - **Nutrients Provide the Foundation for Mental Health**
- 2:30 pm **Close**



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# DR. BONNIE J KAPLAN PhD

**DR. ROGERS PRIZE LECTURE TOPIC:** Nutrients  
Provide the Foundation for Mental Health

Dr. Kaplan is currently semi-retired and is a Professor Emerita in the Faculty of Medicine at the University of Calgary. She first joined the faculty in the Department of Paediatrics; later she held a secondary appointment in the Department of Community Health Sciences. During her 40-year scientific career, she has published widely on the biological basis of developmental disorders and mental health - particularly focusing on the contribution of nutrition to brain development and brain function.

Originally from the U.S. (Ohio), she did all her training there (Butler University, University of Chicago, Brandeis University), including her postdoctoral training (West Haven, Connecticut, Veterans Administration Hospital's Neuropsychology Laboratory) and then a research faculty appointment in the Department of Neurology at Yale University. She then moved to Alberta Children's Hospital and the University of Calgary, and has now been a Canadian for more than half her life.

In 2017 she was named one of the top 150 'Difference Makers' in Canada for the area of Mental Health. She has also recently been honoured by being nominated for a top 7 over 70 award (for the Calgary area), and in September 2019, she was awarded the \$250,000 Dr. Rogers Prize for Career Contributions to Complementary and Alternative Medicine (for all of Canada). [www.bonniejkaplan.com](http://www.bonniejkaplan.com)



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# EXPERIENTIAL LEARNING LEADERS



**Jeanne Corrigan**  
[www.jeannecorrigan.com](http://www.jeannecorrigan.com)



**Dr. Scotty Butcher** BSc(PT), PhD  
[www.thestrengthjedi.com](http://www.thestrengthjedi.com)



**Dr. Anita Chakravarti** MD  
[www.mpower.live](http://www.mpower.live)



**Linda Boryski** PT, MYT  
[www.saskatoonphysioyoga.ca](http://www.saskatoonphysioyoga.ca)

# WORKSHOP FACILITATORS

**Alyson Worral, PhD** (Education) has an extensive background in education and, as a Registered Psychologist, currently runs a trauma-focused, private practice in Lethbridge, Canada. She has been a member of the Faculty of Education at the University of Lethbridge where she taught both undergraduate and graduate courses, most recently in the Master's programs for counselling. She is an EMDR Certified Therapist with additional training in Somatic Experiencing and group therapy. She is a member of the American Group Psychotherapy Association.

**Professor Dawn McBride, PhD** (Counselling Psychology, University of Lethbridge, Canada) is also a Registered Clinical Psychologist. Her main areas of research and clinical practice centre around promoting value-based ethics and best practices for record keeping, as well as educating people about emotional regulation to reduce suffering and promote healthy functioning. She has clinical expertise in many areas including group process therapies, Transactional Analysis, EMDR, Somatic Experiencing, CBT, play and creative expressive therapies, and ego-state interventions for the treatment of trauma.

**Dr. Epstein, PhD** has integrated the lessons from his own personal healing experience, with his professional training in decision science and organizational behaviour, to create a unique role as an agent of change within the integrative health community. He is Managing Director of the Centre for Integrative Medicine, and Adjunct Professor Community Health & Epidemiology at the University of Saskatchewan. He has been centrally involved in numerous integrative medicine initiatives locally, nationally, and internationally over the past two decades. For the past 10 years, he has been running change leadership workshops for practitioners, researchers, and educators in the integrative health sector.

**Dr. Balneaves, RN, PhD** is an Associate Professor in the College of Nursing, Rady Faculty of Health Sciences at the University of Manitoba. Previously, she has held academic positions at the University of Toronto and the University of British Columbia. Her research program has focused on the use of complementary therapies in the context of cancer and the development and evaluation of knowledge translation and decision support interventions for individuals living with cancer and oncology health professionals. She is the immediate Past-President of the Society for Oncology.

**Dr. Gowan, RMT, MSc, PhD** holds a Bachelor of Arts (Honours) degree in Psychology, a Master of Science degree in Community Health & Epidemiology, and a Doctorate in population Health Science from the University of Saskatchewan. She also has a diploma from the Canadian College of Massage & Hydrotherapy in Sutton, Ontario. Dr. Gowan is Adjunct Professor Community Health & Epidemiology, and Associate Director Centre for Integrative Medicine, University of Saskatchewan. Donelda is the Research Chair Board of Directors of the Massage Therapist Association of Saskatchewan (MTAS) and the Chair-Elect Canadian Interdisciplinary Complementary and Alternative Medicine Research Network (INCAM).

**Dr. Leis, PhD** is Professor and Head of the Department of Community Health & Epidemiology, College of Medicine, University of Saskatchewan. She has training in health psychology, epidemiology, and community health. Her research focuses on a wide range of topics such as cross cultural and linguistic minority health, integrative oncology, quality of life and health services utilization. Along with other numerous initiatives, she co-led a research network on CAM and cancer for 10 years. She is passionate about working with communities and conducting research that matters to them.

**Dr. Seely, ND** is Executive Director of the Ottawa Integrative Cancer Centre and research and clinical epidemiology at the Canadian College of Naturopathic Medicine. Adjunct Professor, University of Ottawa School of Public Health and affiliate investigator for the Ottawa Hospital Research Institute, he is also the president of the Oncology Association of Naturopathic Oncology. Dr. Seely has served the cancer community as a clinician and researcher leading a number of clinical trials and synthesis research projects in the area of integrative oncology. His passion is to improve the science and application of integrative care for people living with cancer.



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# WORKSHOP DETAILS

## EXPRESSIVE ARTS WORKSHOP

**TITLE** Tips and Strategies When Using Expressive Arts in Online Support Groups During COVID-19

**FACILITATORS** Alyson Worrall, PhD (Educ), RPsych | Dawn McBride, PhD, RPsych

**INTENDED AUDIENCE** Therapists of all levels of experience who are interested in, or who are running, online process groups. The workshop is limited to 20 participants.

### WORKSHOP DESCRIPTION

To help adults process the effects of Covid-19, we offered a series of short-term, online therapy groups. This workshop highlights the successes and challenges of running groups online, including details about the activities the members reported as most useful in meeting the group's objectives. Participants in this workshop will have the opportunity to experience some of the activities that were most successful and learn about how to manage these activities online. We will address how we managed diversity in the group in terms of how we adapted expressive art activities to be a "best fit" with the members' values and reference points. Participants will also learn about the process of cofacilitation in an online group. Examples of ways to garner feedback from group members and manage conflict online will be presented. As these groups were also part of an approved research study, we will address the challenges we faced as therapists and researchers with the same group of people. There will be ample time for participants to ask questions and share their own experiences of being in, or running, online therapy groups so as to collectively recognize "best practices" for online groups.

## WORKSHOP OBJECTIVES

At the end of the workshop, participants will be able to:

- ✓ Identify the accommodations that are necessary when running online, as opposed to in-person therapy groups;
- ✓ Describe several beneficial expressive arts activities and how these activities can be adapted to the online format and cater to group member diversity;
- ✓ List recommendations on how to successfully co-facilitate online therapy groups that address the effects of COVID-19 on group members.

**ANTICIPATED OUTCOMES** Workshop participants will be able to return to their workplaces with a set of skills that will allow them to begin offering group therapy online or enhance the experience of members of online group they may already be running. In addition, participants will be able to provide others with education on recognizing online groups as being more than just in-person groups conducted virtually.

## LEADERSHIP WORKSHOP

**\*\*\* This workshop will occur in two sessions during the symposium. Participants are invited to participate in one or both sessions as the content will build iteratively. \*\*\***




**TITLE** Leadership, influence, and the voice of integration: Communication competencies for addressing challenges to the scientific validity of TCAIM

**FACILITATORS** Michael Epstein, PhD | Lynda Balneaves, RN, PhD | Anne Leis, PhD | Donelda Gowan, RMT, PhD | Dugald Seely, ND

**INTENDED AUDIENCE** Scientists, clinicians, educators, managers, patient advocates, and policymakers engaged in the field of TCAIM, with a desire to exercise influence through effective communication with diverse stakeholders, on topics such as standards of evidence, research methodology, statistical inference, and the definition of evidence-based medicine.

## WORKSHOP OBJECTIVES

At the end of the workshop, participants will be able to:

-  Identify the most common challenges that leaders in the field of TCAIM typically face, in addressing critiques pertaining to evidence and scientific validity;
-  Establish a preliminary set of consensus-based competencies for communicating accurately and effectively with policy makers, critics, skeptics and other key stakeholders, on issues relating to research, evidence, and the scientific validity of TCAIM;
-  Explore the practical issues involved in developing a Canadian Consortium dedicated to building and cultivating capacity for effective communication and change leadership in TCAIM.

## WORKSHOP DESCRIPTION

Despite the rapid growth of the peer-reviewed evidence base over the past three decades, TCAIM continues to be the target of elevated scrutiny, pointed critiques, and overt attacks concerning issues pertaining to evidence and scientific validity. These dissenting views are typically expressed in classrooms, boardrooms, published editorials, informal conversations, and social media, and can have significant impact on the decisions of senior health officials and policymakers.

The ability to participate effectively in the ongoing debates concerning standards of evidence, appropriate research methodology, statistical inference and even the definition of evidence-based medicine, thus represents a critical skill in the toolkit of anyone aspiring to be an effective change agent in the integrative health field.

## ANTICIPATED OUTCOMES



A preliminary collection of change leadership scenarios that can be used to illustrate the evidence-related challenges that face change leaders working in this field.



Progress towards a set of consensus-based competencies pertaining to communication effectiveness on contentious issues pertaining to research, evidence, and scientific validity of TCAIM.

## ANTICIPATED OUTCOMES



Clarification of next steps and decision points involved in moving forward on the possibility of a Canadian Consortium as outlined above.



Collective commitment to establishing a Canadian working group on this project.

## LEARNING ACTIVITIES

**1 - OPENING** Welcome, participant introductions, background, context, rationale, and learning objectives (10 minutes)

**2 - CHANGE LEADERSHIP SCENARIOS** Participants will be asked to identify a real-life scenario in which they were called upon to address concerns / critiques pertaining to scientific validity of TCAIM (25 minutes)

**3 - COMPETENCIES** We will review and revise an existing set of draft competencies, pertaining to communication and change leadership involving research, evidence, and the scientific validity of TCAIM (25 minutes)

**4 - TOWARD A CANADIAN CONSORTIUM** Identify the issues involved in developing a Canadian Consortium as mentioned above, including discussion of key stakeholders, proposed mission and objectives, organizational structure, description of services provided, business / funding models (25 minutes)

**5 - CLOSING** Final thoughts, comments, suggestions (5 minutes)



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# POSTER PRESENTATIONS

## View Posters & Abstracts Online

<https://event.fourwaves.com/virtualincam2020>

**JENNIFER BRUNET** Evaluating a yoga therapy program for adults diagnosed with cancer: A single-subject repeated measures study

**LYNSEY DOBISH** Effect of Osteopathic Treatment on Perceived Pain, Isometric Strength and Joint Mobility Following Eccentric Loading

**KEVIN GILOTRA** A Cross-Sectional Survey and Quality Assessment of Websites Providing Information at the Intersection of Complementary and Alternative Medicine and Low Back Pain

**HARMY THAKAR** What Web-Based Online Resources Provide Patient Information about Adverse Interactions or Side Effects Associated with Complementary and Alternative Medicine? A Systematic Search and Narrative Review

**UZAIR MOHIUDDIN** What complementary and alternative medicine therapy recommendations exist across clinical practice guidelines for low back pain? A systematic review

**MIN WEN** Effect of Probiotics Supplementation on CD4+ T Cell Counts and Inflammation in HIV-Infected Adults: A Systematic Review and Meta-analysis

**SASHA MONTEIRO** Are we Supporting the Well-Being of Medical Students?: A Systematic Review

**KARINE DEVANTÉRY** Effects of a myofascial technique on the structure and biomechanical properties of the thoracolumbar fascia in chronic low back pain adults assessed by sonoelastography and myotonometry: a study protocol.

**AMN MARWAHA** The Quality of information about Ephedra sinica Available on Websites of Online Vendors selling to Canadian Consumers

**JEREMY NG** A Snapshot Taken at the Intersection of Coronavirus Disease 2019 (COVID-19) and Traditional, Integrative, and Complementary and Alternative Medicine: A Bibliometric Analysis of Research Trends

**SUSAN ARENTZ** Honeybee products for the prevention, treatment and/or recovery of COVID-19 and other coronavirus-related respiratory tract infections: A living rapid review.

**SUZANNE GRANT** An Academic Integrative Healthcare Centre: Protocol for LoNgitudinal Evaluation

**CHLOE WILSON** Moral Distress of Healthcare Workers During an Active Pandemic: Preliminary results from Project COPE

**ANN BLAIR KENNEDY** Project COPE: Chronicling healthcare prOviders Pandemic Experiences: A Descriptive Study of Essential and Non-Essential Health Care Workers During an Active Pandemic

**CHRISTILYNN GUERIN** An Assessment of Common Comorbid Conditions and Health Concerns in Fibromyalgia Patients: A Retrospective Medical Record Review.

**MOHAMED ELSAYED** A systematic review of probiotics use during oncological surgery

# SYMPOSIUM ATTENDEES

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INCAM 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, INCAM has been instrumental in defining a research community focused on research on complementary therapies and their integration into health care systems. Today, INCAM 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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