



A world of peace, health & enlightenment

National Qigong (Chi Kung) Association • USA
NQA Research and Education Committee

Meeting Notes/Minutes

Meeting: **May 27, 7:00 pm Eastern Time, 4:00 pm Pacific Time**
(meetings are generally the fourth Sunday of each month)

Conference Number: **605 475-4333 code 919728**

Webconference Site: **Joinme.com** (used only if necessary, meeting number given on phone)

Committee Members

Members Present

CHAIR - CJ Rhoads (cjrhoads@taijiquanenthusiasts.org)
VICE CHAIR Gary Giamboi (garysbusiness@gmail.com)
Matthew F. Komelski (komelski@vt.edu)
Alan Graham (info@alangrahamdc.com)
Lauro Medina Jr. (laurojr4@yahoo.com)

Regrets received:

Eric Imbody (eimbody@earthlink.net)
Kathleen Levac (kathy@relaxedandalert.com)

Did not respond:

Michael Winn (winn@healingdao.com)
Bernard Shannon (Bernard@medicalqigong.org)

Invited Guests

Regrets received:

Michael Hopkings McComiskey (mmccom1946@aol.com)
Vicki Dello Joio (vicki@wayofjoy.com)
Annie Roberts (qigonghealing@comcast.net)

Not expected:

Tom Rogers (fiveninechi@gmail.com)
Mark R. Reinhart NMT, MMQ (tuneup@ptd.net);
Ali Wolf (info@nqa.org)
Sandy Seeber (sandy@sandyseeber.com)
Shirley Hildreth (qigongforwellness@cox.net)
Mark Melchiorre (mark@melchiorre.com)
Roger Jahnke (DrJahnke@HealthAction.net)

Business Meeting:

Welcomed new member: Lauro Medina

Review Quarterly Report

Research Panel Progress

Name Change

International Research Agenda & Terminology Clarification & Collaborative Relationships

Press Releases & Resources (Website changes)

Education: Direction and Projects

Discussion:

Review Quarterly Report

Report is attached to email with agenda.

No further discussion during meeting:

Research Panel Progress

Alan Graham - Moderator

Dr. Matthew Komelski

Dr. Linda Larkey

Dr. Qin Xiping (waiting)

As noted last month, at Alan's request, I moved down the list to find a fourth panelists. Here are the results:

Dr. Chenchen Wang M.D. M.Sc. No

Dr. Lijun Ma MD Ph.D. No

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Dr. Yang, Jwing Ming No
Dr. Tom Krapu, Ph.D. No

Dr. Penny Klein Ph.D. Waiting
Dr. Judy Allen, PhD,
Dr. Chih-Yang Tsai Ph. D.
Dr. Esther M. Sternberg
Dr Jingduan Yang MD (need contact information for him)

Further discussion during meeting:

CJ discussed the list, was hoping Penny would be able to but her health may not allow her to come. CJ noted she did not really expect Judy, Chih-Yang, or Esther to come, and she did not have contact information for Jingduan Yang. If anyone knows who he is or how to contact him, please let her know. She will also add the following two to the list:

Dr. Duane Crider (Kutztown University)

Dr. Tim Niiler (Penn State University)

If anyone knows anyone else who should be added to the list, please send the contact information. She will be calling each one in turn this week until someone says yes.

Name Change

Formal name change to Research & Education has been approved by the Board.

No further discussion during meeting.

International Research Agenda & Terminology Clarification & Collaborative Relationships

PRESTEP - Decide the process we will use to establish the standard terms and definitions.

Step #1: Identify all terms for which we wish to clarify definitions. For example: Qigong.

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. (This is the definition decided by the Board for Qigong several years ago)

Step #2: Identify all the people and organizations from whom we wish to solicit opinions about the terminology and definitions, and/or accept comments on terminology and definition drafts. This should be the complete list of people of whom we hope to utilize the terms in a standard way.

Step #3: Prepare survey and solicit opinions/comments from people in list.

Step #4: Publish results and standards and clarifications.

Collaborative Relationships

Many examples of organizations (just a few dozen out of hundreds of potential organizations n- please send any others you can find to CJ.)

Taijiquan Enthusiasts Organization
International Institute of Medical Qigong
Center for Taiji Studies
Institute of Integral Qigong and Tai Chi
Qigong Institute
World Tai Chi & Qigong Day
Kung Fu Tai Chi
Journal of Asian Martial Arts
Journal of Chinese Martial Arts
American Medical Association
Center for Empirical Medicine

Foundation for the Advancement for Innovative Medicine
Health Action Network Society
National Center for Complementary and Alternative Medicine
American Holistic Medical Association
American Medical Student Association
American College for Advancement in Medicine
American Society of Alternative Therapists
American Nutraceutical Association
Association for Integrative Medicine
Association of Healing Health Care Projects

CJ had a conversation with Mark Reinhart. He is fully supportive of concept of research agenda.

Further discussion during meeting:

Matthew: NCAM and NIH does have a published A-Z index. NIH is National Institute of Health, a government agency that has many divisions; one of their divisions is NCAM: National Complementary and Alternative

Medicine. Might be somebody we should get in touch with who oversees that index. Maybe what practitioners are saying and what NCAM & NIH has posted are not the same thing. (CJ agrees that this is an issue)

Matthew: Esther Sternberg (from research panel target list) is a previous director of NCAM and has Science of Healing documentary. NCAM has website for the public good, Matthew uses it in a lot of his research. We would definitely want to first review what they have already done.

Alan - (Added to Matthews comment). When Alan was writing a paper, he would always go to NCAM to make sure that his terminology was standard. He would also review the literature. Alan tried to emulate language of studies. Dr. Yang Yang did much of the preliminary work on that. Alan thought we'd have to determine what terms were most important. Example: Alternative therapies was common initially, but someone Alan worked with was able to change it to Complementary therapies. Two major spheres - treatment modalities are pretty well established,. But the diagnostic analytic paradigm is often neglected, but that helps the therapist decide what treatment is appropriate. Basic Chinese medical terms are included often, but we've neglected how to analyze for a condition and prescribe a protocol.

Matthew: This project is about getting the terms down. There's a lot that needs to be done. Let's get the diagnostic terms and concepts defined first. Example: a person got hair analysis done, was told he had gall stones. Doctor also figured out the person had gall stones. Method for diagnosis is not as much of an issue. Matthew is willing to work on definitions.

Matthew also recommends that we use Wikipedia. That would allow us to end up with a clarified definition with imbedded links to the "discussion" and links to other definitions as applicable. The ability to find things nested that can then be linked is powerful.

Alan is willing to help with the definitions as well.

Gary: another possibility is Citizeneium.org , smaller and works like Wikipedia (started by one of the founders of Wikipedia) Might give more control, and not be quite so "public" initially.

Matthew: Anything that is Wiki - related. would be good.

CJ: There are Advantages and Disadvantages of each (public on Wikipedia or private on a Wiki software, or Citizeneium, which seems to be somewhere in between).

Matthew noted another advantage - more folks to share the work - perhaps people we don't yet know who are interested in the topic will join the on-line discussion.

Alan agrees with Matthew - we would rather start broad and then go to narrow end. Alan noted that there are 3 types of studies, qualitative, where terms are self defined, then quantitative, also terms are self defined, then clinical trial. Terminology issues were disease specific, such as measurement and cognition, things associated with protocols. There was a lot of debate of correct measures, how are we going to define cognitive decline, etc. Alan mentioned that the concept of terminology is important but may not impact things as much as we are thinking. Protocol - is really the issue.

CJ agreed, and noted that both terminology and protocol was the issue.

Matthew commented that the terminology must be defined first, otherwise the protocols themselves may not mean what we think they mean because the terms being used are interpreted differently.

CJ noted we will complete this discussion at the next meeting.

Press Releases & Web Resources (Website Changes)

CJ had a conversation with Mark Reinhart. There currently is no process (other than to email changes to him and Ali), but he is working on creating a process and a flow chart describing it.

No further discussion during meeting:

Education: Direction and Projects

Gary Giamboi share information on education initiatives.

Further discussion during meeting:

Gary noted that we were on the road to the first step of education: getting standardized definitions and setting up standards because it's hard to do education if everyone is educating and researching something in their own mind.

Gary would like to see on-line seminars about various topics (for example, doing things like silk-reeling energy). We would find someone who might be willing to give an hour or so in their area of expertise, available to our members at no cost. Tied into outreach.

CJ noted that it's a great idea, but also noted that we had to be careful that we weren't putting ourselves in competition with our own members. Need to give a fair chance to all who were willing to share their expertise, and not "play favorites" which might discourage some people from getting involved in the organization.

Gary commented that we would put out a "call" to all members to give them the opportunity to volunteer to provide an hour teleconference, without direct promotion. We could then schedule any of those who are willing/able to do them so that the offer would be fair.

To Do's for Next Month:

Members and CC'd Guests should send CJ any researchers (someone with advanced degree who might be interested) in being on the Research Panel as the fourth member. She will need contact information - address, email, and phone - not just the name.

Members and CC'd Guests should also send CJ any organizations they think might be interested in being invited to "comment" on the definition drafts for standard definitions and terminology .

Members and CC'd Guests should also send CJ any comments they have for the process; we have several choices (private WIKI software, semi-public WIKI software such as Citizeneium.or, or very public WIKI software such as WIKIpedia. We will discuss the process in more detail at next month's meeting, and come to a final determination.

Matthew and Alan will get together and come up with a first draft list of terms to target for standard definitions, and perhaps identify the initial definition draft. Please send CJ whatever you've come up with.

Gary (and perhaps Eric?) will get together and come up with an initial list of educational topics for which we'd like to solicit volunteers to provide on-line seminars for members as a benefit of membership, a method of outreach, and a way for members to promote their own expertise. The idea is not to compete with our own members in providing training, but to provide a specialized conduit for educating our own members on uncommon topics.

Next meeting: June 24 at 7:00 Eastern time, 4:00 Pacific time.