



# Bulletin

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### Special points of interest:

- Our 2nd Bulletin!
- In the News
- New PedCAM Website
- Upcoming Events
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## Spotlight on: Dr Rhonda Lee



Dr Rhonda Lee started her career in medicine after graduating in 1991 from Rawalpindi Medical College (Pakistan). While working in medicine she realised the limitations of modern medicine and decided to explore additional forms of healthcare. Her motivation comes from a personal belief of "caring from the heart" and a commit-

ment to do what is right for the patient. In 1994 she moved to the UK where she was given the opportunity to pursue this and enrolled to train in acupuncture, which was followed by aromatherapy and reiki.

Rhonda joined Freshwinds Charity (Birmingham, UK) in 1999. Freshwinds offers care and support to adults and children with life limiting and life threatening conditions, as well as those experiencing social exclusion ([www.freshwinds.org.uk](http://www.freshwinds.org.uk)). She spearheaded the expansion of Freshwinds' existing CAM project; one of

the first Integrated Medicine (IM) projects in the UK. Soon after she was appointed as the Director of Integrated Medicine and later in 2003 became the Vice President of the Charity. Over the years the project has become a beacon for good practice and excellence, incorporating a team of almost 60 medical and CAM therapists and becoming part of the city's end of life and palliative services for both adults and children. In addition to services at the Charity's base in Selly Oak other settings include patient's homes, hos-

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## Welcome to the 2nd PedCAM Bulletin!



Welcome to the PedCAM bulletin. The Bulletin is intended to showcase more in-depth news, profiles and items of interest to the PedCAM network members. The bulletin

will be published on a quarterly basis, but we need your help to do this! Email us at [info@pedcam.ca](mailto:info@pedcam.ca) with your suggestions or if you would like to contribute news or a profile.

## Dr Rhonda Lee Continued...

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pices, child development centers and special needs play groups. Currently she is working to introduce a CAM clinic for chronic conditions in a local GP practice.

Apart from clinical services, Rhonda has a passion for promoting IM education and research. In early 2010 she will be undertaking a major study on Healing therapy in collaboration with the University of

Birmingham. For many years she has been teaching IM to medical and nursing students and professionals. She was also the contributing editor of the Integrated Medicine Journal (2003-04). As the Director of Freshwinds Institute of Integrated Medicine (FIIM) she is leading the development of The Mitra Online IM programme, which will offer undergraduate and post graduate IM education. She is one of the founding members and

strategic lead for the Children's Complementary Therapy Network (CCTN), UK, and is a member of numerous boards and committees, including PedCAM's International Advisory Board. Presently, she is a reader in Masters in Public Health, at the University of Manchester.

**Know of someone that should be featured? Please email us at [info@pedcam.ca](mailto:info@pedcam.ca)**

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## In the PedCAM News...

1) PedCAM has just been accepted as an Associate Member of the International Collaboration on Complementary Therapy Resources (ICCR). ICCR is an international collaboration of national and/or government-funded online complementary and alternative medicine (CAM) information providers. For more information about ICCR go to: <http://www.iccrinfo.org/>

2) Institute of Medicine: Integrative Medicine and the Health of the Public: A Summary of the February 2009 Summit

This Institute of Medicine report provides a summary of discussions held during a 2 ½ day summit in Washington DC on integrative medicine. The meeting included over 600 participants and was chaired by Dr. Ralph Snyderman. To view an online version of the report or to purchase a copy go to:

<http://www.iom.edu/en/Reports/2009/Integrative-Medicine-Health-Public.aspx>

## Website News

Look for the new PedCAM website in January 2010. The new website will have a fresh new look, will be easier to navigate and will have a searchable database of pediatric CAM citations.

*PedCAM's brand new website arriving January 2010!*

## Upcoming Event: PedCAM Day in Norway!

### Call for abstracts:

Proposals for workshops related to Pediatric CAM are invited for the PedCAM Pre-Conference day in Tromsø, Norway on May 18, 2010. Workshops are to be 90 minutes in length and should present a new approach, knowledge or skill related to Pediatric CAM research, in an interactive format.

Abstract deadline is January 11, 2010 and decisions will be communicated on February 15, 2010. For further details and the abstract submission form go to [www.pedcam.ca](http://www.pedcam.ca)

There is also an opportunity for dedicated pediatric time during the 5<sup>th</sup> International Congress on Complementary Medicine in Tromsø Norway, May

19, 2010, if there is enough pediatric content. Abstract submission is October 1, 2009 for those that wish to have a full text option in the Journal of Alternative and Complementary Medicine, and December 7, 2009 for other abstracts. For information about the conference see: <http://www.iccmr2010.com/>

*Please visit  
<http://www.iccmr2010.com>  
for more information... we  
would love to see you there!*

## Did you know?

### PedCAM membership

PedCAM currently has a membership of 384 members. Members come from a wide variety of backgrounds including practitioners, educators, researchers, librarians and administrators. The majority of PedCAM members are Canadian, but there are also mem-

bers from United Kingdom, United States, Netherlands, China, Australia, India, Germany, Italy, Chile, Hong Kong, Pakistan and the Philippines.

### PedCAM Expert Searches

The PedCAM website has links to 24 expert searches of topics re-

lated to child health. Simply click on the condition, and a pop up window with the search results in PubMed will appear. To find the searches go to the resources section of the PedCAM website at: <http://www.pedcam.ca/index.php?id=35,0,0,1,0,0&lng=en>

*Did you know  
PedCAM has  
members from all  
over the world?*

## Feature Article: On-line flexible learning program in Integrated Medicine

By Dr Rhonda Lee

Integrated Medicine (IM) is an emerging field of healthcare and its advancement is dependent on the development of relevant research, education and clinical practice. This is an issue not just in IM generally, but even more so in paediatric

IM. In September 2009 Freshwinds Institute of Integrated medicine (FIIM) UK launched **The Mitra Programme** offering on-line flexible short CPD courses. FIIM's aim is 'To promote the use of Integrated Medicine, and bridge the gap between conventional and complementary medicine through edu-

cation and learning'. The courses are intended for medical, nursing, allied and CAM professionals interested in learning about IM. In 2010 this will extend into a post graduate certificate and diploma. The programme is being developed by experi-

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### Contact us!

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## On-line flexible learning continued...

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enced practitioners and educators in IM, but also guided by the programmes' International Advisory Board consisting of highly respected professionals in their field. The On-line nature of the programme is designed to overcome barriers of accessibility, therefore where someone lives or what hours they are able to study will not be a problem. The Mitra programme will reflect an international mix of expert tutors in IM. A priority aim of the programme is to help train IM practitioners who can become valued contributors to CAM research

and IM practice.

A unique feature of the programme is the Paediatric Strand of the programme, which is being developed with the support and partnership of PedCAM and IPIM (USA). This will be the first on-line Paediatric IM post graduate programme of its kind. The programme adopts a modular format and can therefore be taken as individual CPD modules. The curriculum includes modules on IM education, evidence based practice, research methods, CAM therapies and medical conditions. Students will be able to combine different modules

## Recent Systematic Reviews

Ernst E. **Chiropractic spinal manipulation for infant colic: A systematic review of randomised clinical trials.** International Journal of Clinical Practice. 63(9) (pp 1351-1353), 2009.

Gera T. Sachdev H.P.S. Nestel P. **Effect of combining multiple micronutrients with iron supplementation on Hb response in children: Systematic review of randomized controlled trials.** Public Health Nutrition. 12 (6)(pp 756-773), 2009.

towards their post graduate course. FIIM has developed a FREE introductory course in IM for those who are new to the subject available on <http://fim.freshwinds.org.uk>. Other undergraduate CPD courses are also available on the website. Note: FIIM is a Freshwinds Charity project

**By Dr Rhonda Lee**

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