

Recommendations for the Evaluation and Management of Patients



- **Take** a medical history and perform a physical examination
- **Assess** symptoms to be treated, identify any active diagnoses, and ensure patients are under optimal management
- **Assess** psychological contributors and risk of addiction or substance abuse
- **Document** any history or current use of illicit or non-prescribed drugs, including cannabis and synthetic cannabinoids
- **Determine** the effect of previous use of cannabinoids for medical purposes
- **Consider** a urinary drug screening to assess current use of prescribed and non-prescribed medications
- **Set** goals for treatment with cannabis - e.g., pain reduction, increased functional abilities, improved sleep quality, increased quality of life, reduced use of other medications
- **Develop** a treatment plan incorporating these goals
- **Discuss** likely and possible side effects that might be experienced with cannabis/cannabinoid use
- **Discuss** the risks of addiction
- **Develop** a follow-up schedule to monitor the patient
- **Determine** whether the goals of treatment are being achieved and the appropriateness of the response
- **Monitor** for potential misuse or abuse (being aware of clinical features of cannabis dependence)
- **Develop** a treatment strategy, particularly for patients at risk
- **Maintain** an ongoing relationship with the patient