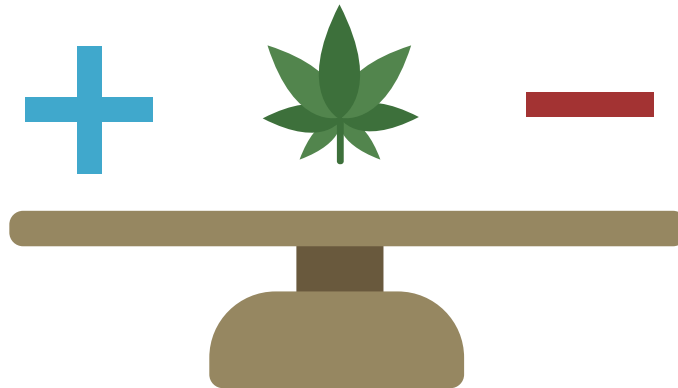


Lesson 1 Summary of Key Points



- Current evidence is sufficient to consider cannabinoids as 3rd-line therapy for neuropathic pain, nausea and vomiting due to chemotherapy, and spasticity secondary to multiple sclerosis (MS) or spinal cord injury.
- Cannabinoids are contraindicated in the following patients:
 - Personal or family history of psychosis
 - Current or past cannabis use disorder (CUD)
 - Active substance use disorder (SUD)
 - Cardiovascular or respiratory disease
 - Youth (<25 years)
- Pregnant, planning to become pregnant, or breastfeeding
- The CPSBC provides a practice standard for Cannabis for Medical Purposes (2020) that must be adhered to by all prescribers. It outlines requirements such as appropriate documentation, guidance for patient conversations, and eligibility assessment for medical cannabis.
- Benefits and harms of recreational/medical cannabis should be discussed with patients early. Adverse events may include respiratory and cardiovascular complications and other side effects. Although cannabis use predicts psychotic disorders, the relationship of cannabis use with schizophrenia remains controversial.

Lesson 2 Summary of Key Points

- Health providers should screen all patients for CUD. Assessment of a patient's consumption patterns facilitates opportunities for early intervention.
- Screen more frequently among those at highest risk of cannabis-related harms such adolescents, young adults, and individuals with cardiovascular, respiratory, and psychiatric comorbidities.
- Use a validated addiction risk tool (e.g. CUDIT-R, CAST, CPQ) and retain a copy in the patient's record.
- Treatment for CUD may include psychological and pharmacological therapies.



Lesson 3 Summary of Key Points



- Open and non-judgmental communication with patients without stigmatization is key to safe and collaborative therapeutic trials.
- Health Canada identifies two categories of cannabis products for medical use: nabilone (oral synthetic) and nabiximols (THC/CBD oromucosal spray).
- Medical cannabis extracts and dried cannabis can also be legally obtained by patients with a medical authorization from strictly regulated producers licensed by Health Canada to sell directly to patients (currently online only).
- Routes of administration for medical and recreational cannabis include oral ingestion, inhalation, and topical formulations.
- Health providers should be alert for potential drug interactions between cannabinoids and other medications, such as warfarin, clopidogrel, clobazam, and CNS depressants.
- Patients can acquire medical cannabis through licensed producers or by growing their own supply. They may also purchase cannabis through recreational sources such as provincial or territorial authorized retail outlets and online sales platforms. However, retailers cannot dispense medical advice, and these purchases are not tax-exempt.