

# Cannabis Nursing: Roles and Responsibilities

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# S C E N A R I O

# Agenda

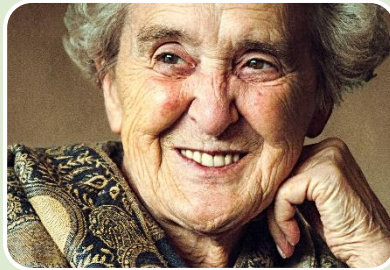
- ▶ There's a Place for Us
  - ▶ Roles
- ▶ Responsibilities
  - ▶ Personal
  - ▶ Patient
  - ▶ Professional
- ▶ Where do we start?
- ▶ What do we need to know?



# Nursing Roles

- ▶ Dispensary Consultants 1st Quarter target date
  - ▶ Assistance in setting up dispensaries
  - ▶ Determination of what data to collect
  - ▶ Be a part of the Women Grow uprising
  - ▶ Staff in dispensaries
  - ▶ Building curriculum
  - ▶ Educating and Dispelling Myths

# Nursing Responsibilities



**Personal**

**Patient**

**Professional**



# Personal Responsibility

- ▶ Understand the opportunity and make commitment
- ▶ Make sure you have the correct information
- ▶ Work to integrate your knowledge
- ▶ Stay versed on changing laws and parameters
- ▶ Network/Network/Network



# Patient Responsibility

- ▶ Understand that the opportunities that we have involve a commitment to our patients
  - ▶ Already self medicating
  - ▶ Willing and excited to try
  - ▶ Hesitant to try
- ▶ Make sure you have the correct information
  - ▶ Overwhelming amount of information
  - ▶ How do we sift through
  - ▶ Building a library
  - ▶ Identification of what is missing
  - ▶ Contributing to the data



# Patient Responsibility

- ▶ Understand from the onset:
  - ▶ Set aside time each day that you are working to learn "new stuff"
  - ▶ Join websites and organizations, list serves etc
  - ▶ Bookmark those sites that you trust and have learned from





# Nursing Process

- ▶ **Assessment**/Plan/Implement/Evaluate
  - ▶ What do they present with?
  - ▶ What conventional meds have tried?
  - ▶ What level of improvement/change did they experience?
  - ▶ Document
- ▶ Assessment/**Plan**/Implement/evaluate
  - ▶ What medicine and dosing are you going to use?
  - ▶ What patients are similar that you have dealt with?
  - ▶ What worked?
  - ▶ What is the level of understanding of the patient?
  - ▶ Document



# Nursing Process

- ▶ Assessment/plan/**Implement**/Evaluate
  - ▶ Determine dosage
  - ▶ Educate patient on delivery system and expectations
  - ▶ Confirm ability to follow up
  - ▶ Document
- ▶ Assessment/Plan/Implement/**Evaluate**
  - ▶ Can patient do return demonstration on delivery system?
  - ▶ Do they understand dosage?
  - ▶ How long does it take to work?
  - ▶ Do they understand that there is a tipping point?
  - ▶ When will you follow up with them?
  - ▶ When should they return?



# Professional Responsibility

- ▶ Identify appropriate organizations and become members
- ▶ Maintain your source network and know what learning you should do
- ▶ Spread the word and dispel the myths
- ▶ Collect data and use with future patients
- ▶ Become certified when credentials available and sustain



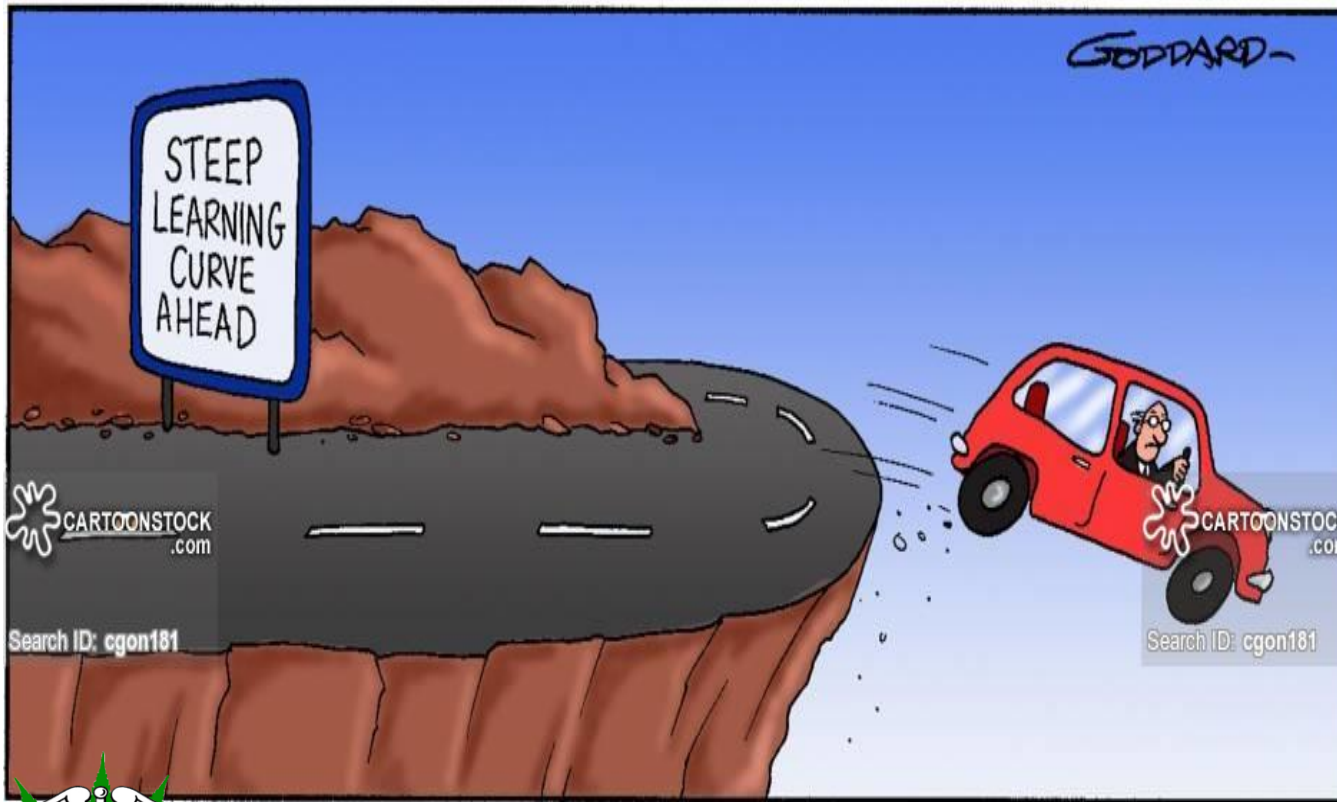
# Professional Responsibility

- ▶ Identify appropriate organizations and become members
- ▶ Write your Biography (Bio) and CV NOW
- ▶ Attach a bio with EVERY communication that you send out.
- ▶ Update it regularly and attend every lecture and class that you can
- ▶ Maintain your source network and know what learning you should do
- ▶ Spread the word and dispel the myths
- ▶ Collect data and use with future patients
- ▶ Become certified when credentials available and sustain



# What do we need to know?

Understand that there is an overwhelming amount of info



# What do we need to know

- ▶ Data published weekly
- ▶ Make a time commitment to study each week
- ▶ Basic understanding of the ECS
- ▶ New understanding of ECS deficiency syndrome
- ▶ How to best explain why this works for patients
- ▶ How to dose appropriately

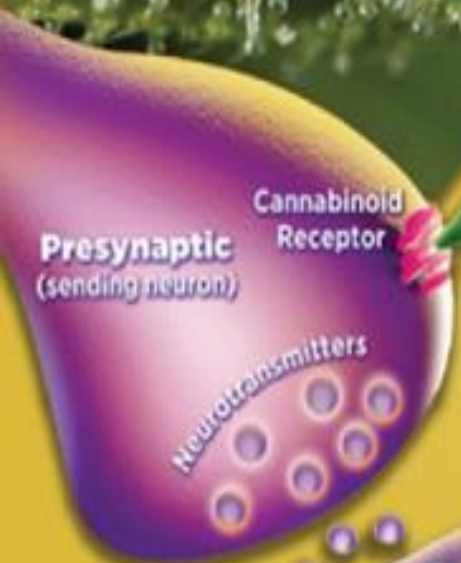
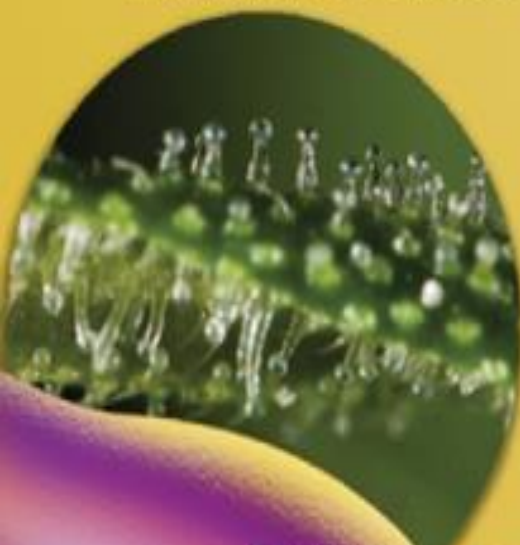


# The Human Endocannabinoid System

Receptors are found on cell surfaces

*CBN is known to "fit" like lock and key into a network of existing receptors. The Endocannabinoid System exists to receive cannabinoids produced inside the body called "Anandamine" and "2-Arachidonyl-glycerol." Stimulating the ECS with plant-based cannabinoids restores balance and helps maintain symptoms*

*CB1 receptors are concentrated in the brain and central nervous system but also sparsely populates other parts of the human body.*



*CBD does not directly "fit" CB1 or CB2 receptors but has powerful indirect effects still being studied.*



*CB2 receptors are mostly in the peripheral organs especially cells associated with the immune system.*

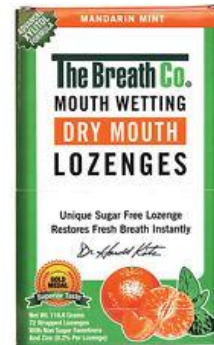
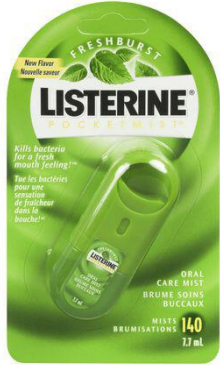


# Delivery Systems

- ▶ How much time do you have.
- ▶ Do you want short temporary relief or do you need a longer time
- ▶ How long do you want it to last. Stacking
- ▶ Do you have to be discreet
- ▶ On recommend based on the letter of the law
- ▶ Recommend a diary where patients record things such as
  - ▶ Time of onset
  - ▶ Relief/No relief
  - ▶ Any ill side effects
  - ▶ How long did it last



# Delivery Systems



# Dosage Guidelines

- ▶ Decide how you want to take cannabis. Cannabis oil is available in sprays, capsules, edibles and other products.
- ▶ Find your ratio. Cannabis products have varying amounts of CBD and THC. A high CBD or high THC product is not necessarily superior to a strain with a balanced ratio. Find the proper combination to optimize your therapeutic use of cannabis.
- ▶ Begin with a low dose especially if you have little or no experience with cannabis.
- ▶ Take a few small doses over the course of the day rather than one big dose.
- ▶ Use the same dose and ratio for several days. Observe the effects and if necessary adjust the ratio or amount.

# Dosage guideline

- ▶ **Don't overdo it.** “Less is more” is often the case with cannabis therapeutics.
- ▶ **Be aware of possible side effects.** Cannabis is a safe and forgiving medicine. Depending upon delivery method and individual tolerance, it can amplify anxiety and mood disorders. Other possible side effects are dry mouth, dizziness and faintness.
- ▶ **Consult your health counselor.** Proceed cautiously, especially if you have a history of alcohol or drug abuse, mental illness, or are pregnant or breastfeeding

# Pennsylvania Department of Health Medical Marijuana Regions

2 dispensary permits  
2 grower/processor permits  
**Region 6 - Northwest**



2 dispensary permits  
2 grower/processor permits  
**Region 4 - Northcentral**



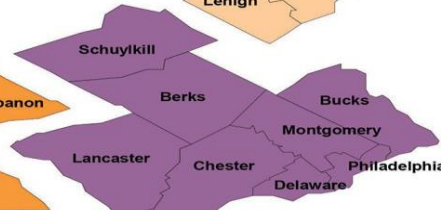
4 dispensary permits  
2 grower/processor permits  
**Region 2 - Northeast**



5 dispensary permits  
2 grower/processor permits  
**Region 5 - Southwest**



4 dispensary permits  
2 grower/processor permits  
**Region 3 - Southcentral**



10 dispensary permits  
2 grower/processor permits  
**Region 1 - Southeast**

