

THE CANNABINOID CHECKLIST*



PATIENT ASSESSMENT



- PHYSIOLOGICAL STATUS:**
- Level of pain; pain scores*
 - Level of nausea/vomiting
 - Amount of weight loss per week or month
 - Degree of spasticity*



- FUNCTIONAL STATUS:**
- Ability to manage key activities of daily living
 - Sleep quality/pattern
 - Work & leisure activities



- MENTAL STATUS:**
- Mood/anxiety
 - Psychosocial issues
 - Potential for medication abuse*



- MEDICATION STATUS:**
- Current medication use: what is the patient currently taking?
 - » Type of drug(s)
 - » Actual doses used
 - » Effectiveness
 - » Side-effects

CANNABINOID INITIATION



- PAST HISTORY:**
- Is/has the patient used/using non-prescription cannabis or synthetic cannabinoids?
 - » If YES, determine impact on pain/symptom management
 - » If YES, what have they used cannabinoids for?



- PRECAUTIONS:**
- Review cannabinoid contraindications (see reverse)
 - Discuss potential adverse effects, risk of dependence, & stigma of cannabinoid use



- DOSING:**
- “Start low, go slow”
 - Consider asymmetrical dosing during titration to manage symptoms
 - Discuss possible downsides of using Rx and smoked cannabis simultaneously



- SYNERGY:**
- Discuss cannabinoid/opioid synergies if patient is taking opioids
 - » Cannabinoids can potentiate analgesic effects of opioids
 - May be “opioid sparing” - may result in a reduction in opioid use

TREATMENT OBJECTIVES



SET TREATMENT GOALS
TO ADDRESS THE
FOLLOWING:

- Pain reduction
- Functional improvement
- Sleep quality
- Quality of life
- Tolerability (side effects)
- Dosing goals (cannabinoids and opioids)
- Reduction in nausea/vomiting
- Weight gain per week or month
- Reduction in spasticity

FOLLOW-UP



DOCUMENT & MONITOR:

- Gain commitment from your patient to follow your instructions
- Informed consent regarding any off-label use
- Monitor treatment plan with the patient
- Document progress
 - » Outcomes
 - » Goal attainment
 - » Treatment barriers
 - » Mental health issues
 - » Adverse effects
- Schedule regular visits to assess compliance
 - » Consider urine testing (note: nabilone is undetectable)

CANNABINOID INDICATIONS, WARNINGS & CONTRAINDICATIONS



APPROVED INDICATIONS IN
CANADA:

- Cancer pain
- Neuropathic pain in MS
- Chemotherapy-associated nausea and vomiting
- Anorexia in HIV/AIDS
- Spasticity in MS



WARNINGS:

- Pregnant or nursing women
- Potential for dependence and abuse
- Driving or operating machinery



CONTRAINDICATIONS:

- Hypersensitivity to any cannabinoid
- Past history of psychotic disorder (including schizophrenia)
- Active and unstable cardiovascular disease

* Please refer to www.cciic.net for a full set of references and suggested scales/tools.



CANADIAN CONSORTIUM FOR THE
INVESTIGATION OF CANNABINOIDS



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