Medical Marijuana in Ohio – Considerations for Our Aging and Disabled Populations

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Disclosures

- Relevant Financial Relationships: State of Ohio Medical Marijuana Advisory Board Member.
- This continuing education activity contains discussion of published and/or investigational uses that are not indicated by the FDA. Please refer to the official prescribing information for each product for discussion of approved indication, contraindications, and warnings.





Objectives

- Describe the Medical Marijuana Control Program in the State of Ohio
- Identify adverse effects and precautions for marijuana use
- Relate proposed considerations of medical marijuana in the elderly and disabled to your patient population







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Public Opinion

- 85% of Americans believe adults should be allowed to use cannabis for medical purposes – Fox News 2013
- 75% of Americans believe federal legalization of cannabis is inevitable – Pew Research, April 2014
- 69% of Americans believe alcohol is more harmful to a person's health than marijuana – Pew Research, April 2014
- 58% of Americans believe recreational cannabis should be legal – Gallup, October 2013



Where is Medical Marijuana Legal?



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National Cannabis Industry Association. https://thecannabisindustry.org/state-marijuana-policies-map/

Background

- Federal Controlled Substance Act:
 - "Marihuana" means all parts of a plant of the genus cannabis, whether growing or not; the seed of a plant of that type; the resin extracted from a part of a plant of that type; and every compound, manufacture, salt, derivative, mixture, or preparation of a plant of that type or of its seeds or resin.



Regulatory Status in Ohio

- September 8, 2016
 - House Bill 523 effective date
- September 2017 rules adopted:
 - Processor
 - Testing laboratory
 - Dispensary
 - Patient/caregiver
 - Physician certificate to recommend
- September 2018
 - Program fully functional

Timeline Web page. Ohio Medical Marijuana Control Program Web site.

Who is Responsible?

Department of Commerce

- Cultivators
- Processors
- Testing laboratories

State Board of Pharmacy

- Dispensaries
- Patients/Caregivers
- New forms and methods of medical marijuana

Medical Board

- Certified physicians
- New qualifying conditions



http://medicalmarijuana.ohio.gov/





http://medicalmarijuana.ohio.gov/

Dispensaries

- Up to 60 licenses issued by State Board of Pharmacy
- Must have proof of registration and recommendation prior to dispensing
- Must submit data to Ohio Automated Rx Reporting System (OARRS)
- No healthcare professional required to dispense
 - Policy must exist for education of patients
 - Employee must have documented training
 - Must maintain16 CE hours/2 year licensing period



Proposed rules: Dispensary Rules. Ohio Medical Marijuana Control Program Web site.

House Bill 523-Approved Forms





http://medicalmarijuana.ohio.gov/

House Bill 523 Prohibitions on Form and Method of Administration

Forms and methods considered attractive to children

Forms that require smoking or combustion



http://medicalmarijuana.ohio.gov/

THC Content

- Responsible for most of the psychoactive effects of cannabis
- Best available clinical data is for ≤ 23% THC
 - Data focuses on efficacy based on THC content
 - Does not take into account the "Ensemble Effect" (also known as the Entourage Effect)
 - Limited studies demonstrate this effect at this time



90-Day Supply of Plant Material

| Tier | THC Content | Maximum 90-Day Supply | THC Medical Efficacy | Adverse Events |
|--------|----------------|--|----------------------------|-------------------|
| Tier 1 | 0 – 23% | 8 oz. 10 oz. (terminal exception) | + | + |
| Tier 2 | 23.1 – 35% | 5.3 oz. 6.6 oz. (terminal exception) | | + |



http://medicalmarijuana.ohio.gov/

90-Day Supply of MM based on THC Content

| Form | 90-Day Supply |
|-------------------------|-----------------------------------|
| Tier I plant material | 8 ounces of plant material; |
| (up to 23% THC) | 10 ounces for terminal exception |
| Tier II plant material | 5.3 ounces of plant material; |
| (over 23% THC) | 6.6 ounces for terminal exception |
| Oils for vaporizing | 53.1 grams of THC; 65.7 grams for |
| | terminal exception |
| Patches for transdermal | 26.6 grams of THC; 33.3 grams for |
| administration | terminal exception |
| Edibles, oils, and | 9.9 grams of THC; 11.7 grams for |
| tinctures for oral | terminal exception |
| administration | |

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http://medicalmarijuana.ohio.gov/

Importance of Constituents

- THC trends over time
 - 1980s ~4%
 - 2012 average concentration from police confiscation ~15%
 - $-\,2015$ ~20% with potencies up to 30%
- Percentage of constituents play a role in therapeutic applications, adverse effects, etc.



Patients and Caregivers

- Patients and caregivers must register with the Board of Pharmacy
 - Electronic
 - Can be submitted by a patient's recommending physician or physician's delegate
 - Annual registration fee is \$50 for patients and \$25 for caregivers
- Patients under 18 must have a parent or legal representative as a caregiver
- A person must be 21 to serve as a caregiver and patient can have up to 2 caregivers; each caregiver can have up to 2 patients



Certificate to Recommend (CTR) Eligibility

- Active, unrestricted license
- OARRS registration
- DEA registration
- No prior action on license from DEA or any licensing entity for inappropriate prescribing
- 2 hours of approved CME
- No defined conflict of interest
 - Ownership/investment in or compensation agreement with a medical marijuana entity/applicant

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Proposed rules: Physician rules document. Ohio Medical Marijuana Control Program Web Site.

CTR Standard of Care

- Bona fide physician-patient relationship
- Create and maintain medical record
 - Similar to standards for pain management
 - Standard medical treatment attempted or considered
- Ensure patient is registered or submit application

Components of Recommendation

- Statement from physician certifying:
 - Bona-fide physician-patient relationship
 - Diagnosis of at least one qualifying medical condition
 - Description of qualifying condition and indicate if terminal
 - OARRS report run
 - Risks and benefits outlined



Proposed rules: Physician rules document. Ohio Medical Marijuana Control Program Web site.

Qualifying Medical Conditions

| AIDS | Amyotrophic Lateral Sclerosis | Alzheimer's Disease |
|---------------------------------------|-------------------------------------|---------------------------------|
| Cancer | Chronic Traumatic Encephalopathy | Crohn's Disease |
| Epilepsy / Seizure Disorder | Fibromyalgia | Glaucoma |
| Hepatitis C | Inflammatory Bowel Disease | Multiple Sclerosis |
| Pain (chronic & severe / intractable) | Parkinson's Disease | HIV |
| Post-Traumatic Stress Disorder | Sickle Cell Anemia | Spinal Cord Disease / Injury |
| Tourettes's Syndrome | Traumatic Brain Injury | Ulcerative Colitis |



Employment Law- 3796.28

House Bill 523 does not require or prohibit the following:

- An employer to permit or accommodate an employee's use, possession, or distribution of medical marijuana;
- An employer from refusing to hire, discharging, disciplining, or otherwise taking an adverse employment action because of that person's use, possession, or distribution of medical marijuana;
- An employer from establishing and enforcing a drug testing policy, drug-free workplace policy, or zerotolerance drug policy;
- Interfere with any federal restrictions on employment;

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http://medicalmarijuana.ohio.gov/

Employment Law- 3796.28

- Permit a person to commence a cause of action against an employer for refusing to hire, discharging, disciplining, discriminating, retaliating, or otherwise taking an adverse employment action against a person with respect to hire, tenure, terms, conditions, or privileges of employment related to medical marijuana;
- Affect the authority of the administrator of workers' compensation to grant rebates or discounts on premium rates to employers that participate in a drug-free workplace program



²⁴ http://medicalmarijuana.ohio.gov/







Types of Cannabinoids

- Endocannabinoids
- Phytocannabinoids

 -Δ-9 tetrahydrocannabinol (THC)
 -Cannabidiol (CBD)
 -Cannabinol (CBN)
- Synthetic



JAMA. 2015 Jun 23-30;313(24):2474-83

Primary Clinical Implications of THC and CBD • THC

- -Psychoactive
 - emotional and cognitive changes, analgesia, hypothermia and appetite stimulation
- CBD
 - -Non-psychotropic
 - Modulation of behavioral effects

Recent patents on CNS drug discovery. 2012;7(1):25-40



Modes of Administration

- Marijuana/cannabis
 - Smoking
 - Vaporization
 - Oral ingestion

Synthetic cannabinoids

- Oral ingestion
- Oromucosal spray



Quantity Definitions and Effective Doses of Cannabis

- 1 "joint" = 500 mg
- Effective doses
 - -Smoked
 - 1 3 grams per day
 - Vaporized
 - 8 12 inhalations of 800 mg over a 2 hour period
 - -Oral
 - 5 20% bioavailability of smoked cannabis
 - Magnitude is 10% of smoked

1) "Authorizing Dried Cannabis for Chronic Pain or Anxiety". The College of Family Prysicial Website.



Nat Rev Cancer. 2012 May 4;12(6):436-44. Used with permission.



| Neo | ocortex | Basal Ganglia |
|---|---|---|
| | | Nucleus Accumbens |
| | | Hypothalamus |
| | | Amygdala |
| | Brain Stem Cerebellum Spinal Con | Amygdala Hippocampus |
| Brain Structure | Brain Stem Cerebellum Spinal Con Regulates | Amygdala d Hippocampus THC Effect on User |
| Brain Structure Amygdala | Cerebellum Brain Stem Cerebellum Spinal Con Regulates emotions, fear, anxiety | Amygdala Hippocampus THC Effect on User panic/paranoia |
| Brain Structure Amygdala Basal Ganglia | Cerebellum Brain Stem Cerebellum Spinal Con Regulates emotions, fear, anxiety planning/starting a movement | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time |
| Brain Structure Amygdala Basal Ganglia Brain Stem | Brain Stem Brain Stem Cerebellum Spinal Constraints Regulates emotions, fear, anxiety planning/starting a movement information between brain and spinal column | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time antinausea effects |
| Brain Structure Amygdala Basal Ganglia Brain Stem Cerebellum | Brain Stem Cerebellum Brain Stem Spinal Con Regulates emotions, fear, anxiety planning/starting a movement information between brain and spinal column motor coordination, balance | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time antinausea effects impaired coordination |
| Brain Structure Amygdala Basal Ganglia Brain Stem Cerebellum Hippocampus | Brain Stem Brain Stem Cerebellum Spinal Construction Regulates emotions, fear, anxiety planning/starting a movement information between brain and spinal column motor coordination, balance learning new information | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time antinausea effects impaired coordination impaired memory |
| Brain Structure Amygdala Basal Ganglia Brain Stem Cerebellum Hippocampus Hypothalamus | Brain Stem Cerebellum Brain Stem Spinal Construction Regulates emotions, fear, anxiety planning/starting a movement information between brain and spinal column motor coordination, balance learning new information eating, sexual behavior | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time antinausea effects impaired coordination impaired memory increased appetite |
| Brain Structure Amygdala Basal Ganglia Brain Stem Cerebellum Hippocampus Hypothalamus Neocortex | Brain Stem Cerebellum Brain Stem Spinal Construction Regulates emotions, fear, anxiety planning/starting a movement information between brain and spinal column motor coordination, balance learning new information eating, sexual behavior complex thinking, feeling, and movement | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time antinausea effects impaired coordination impaired memory increased appetite altered thinking, judgment, and sensation |
| Brain Structure Amygdala Basal Ganglia Brain Stem Cerebellum Hippocampus Hypothalamus Neocortex Nucleus Accumbens | Brain Stem Cerebellum Brain Stem Spinal Cor Regulates emotions, fear, anxiety planning/starting a movement information between brain and spinal column motor coordination, balance learning new information eating, sexual behavior complex thinking, feeling, and movement motivation and reward | Amygdala Hippocampus THC Effect on User panic/paranola slowed reaction time antinausea effects impaired coordination impaired memory increased appetite altered thinking, judgment, and sensation euphoria (feeling good) |



JAMA 2015 Meta-analysis Summary of Parallel-Group Studies

| Indication | # of Studies (# patients) | Cannabinoid (# studies) | Comparator | Outcome Favors |
|-----------------------------|--|---|-------------|---|
| Neuropathic and cancer pain | 31 (4535) | Smoked THC (1), Nabiximols (29), Nabilone (1) | Placebo | Majority cannabinoid |
| Spasticity | 21 (5371) | Nabiximols (13), THC/CBD (2), Dronabinol (2), Nabilone (3) | Placebo | Majority cannabinoid |
| Depression | 3 (408) | Nabiximols | Placebo | Placebo |
| Anxiety disorder | 1 (24) | Cannabidiol | Placebo | Cannabidiol |
| Sleep disorder | 1 primary (22); 11 in other indications (2167) | Nabilone (1), Nabiximols (10), THC/CBD (1) | Placebo | Cannabinoids |
| Psychosis | 2 (70) | Cannabidiol | Amisulpride | 1 st study: CBD; 2 nd study: Amisulpride |
| Tourette syndrome | 4 (69) | THC capsules | Placebo | THC |
| CINV | 3 (102) | Dronabinol (2), Nabiximols (1) | Placebo | Cannabinoids |
| HIV/AIDS | 1 (88) | Dronabinol | Placebo | Dronabinol |



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JAMA. 2015 Jun 23-30;313(24):2456-73



Cannabinoids Used with Opioids



Boehnke et al, 2016

- Results (n = 185)
 - -64% self-reported opioid use reduction
 - -Mean # medication classes reduced (2.38 vs 1.81)



Perron et al, 2015

- 40% combined cannabis with alcohol
- No difference in lifetime or past-3-month use of other drugs
- PPM users favored cannabis for pain efficacy
- PPM users noted a strong desire to reduce PPM usage



J Stud Alcohol Drugs. 2015 May;76(3):406-13

Bachhuber et al, 2014

- States with medical cannabis laws had 24.8% lower mean annual opioid overdose mortality rate
- Lower rates of overdose mortality strengthened over time



JAMA Intern Med. 2014;174(10):1668-1673.



Adverse Effects and Precautions



Use in the Aging Population

- ~110.9 million Americans >50 use marijuana
- 600 million ≥ 60 years of age
 Double by 2025



Consult Pharm. 2017 Jun 1;32(6):341-351

Drug/Drug Interactions

- Metabolism
 - -THC and CBN
 - CYP 3A4 & 2C9
 - -CBD
 - CYP 3A4 & 2C19
- Synergy with CNS depressants
- Opioids: Cross tolerance and mutual potentiation

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Res Social Adm Pharm. 2015 Sep 16. pii: S1551-7411(15)00170-

Medical Marijuana Adverse Effects

System Affected Adverse Effects

| Central Nervous System | Dizziness, numbness, nightmares, visual disturbances, headache, feeling intoxicated, drowsiness, anxiety, cognitive impairment, emotional changes, mental slowness, impaired reaction time, dysphoria |
|---------------------------|---|
| - | |

Cardiovascular Tachycardia, orthostatic hypotension, hypertension, palpitations, paroxysmal atrial fibrillation, peripheral vasodilation

Other Dry mouth, nausea, syncope, hyperemesis, exacerbation of immunosuppression, fertility

Res Social Adm Pharm. 2015 Sep 16. pii: S1551-7411(15)00170-9.



Acute Effects of Marijuana

- Alterations in short-term memory
- Coordination
- Judgment
- Elderly may suffer from concurrent conditions
 - Dementia
 - Vision/hearing changes
 - Mobility issues



Consult Pharm. 2017 Jun 1;32(6):341-351

Driving Impairment

- Independent risk factor for motor vehicle accidents (MVA)
- Associated with increased fatality in MVA
- Avoid driving
 - Inhalation 4 hours
 - -Oral ingestion 6 hours
 - Euphoria experienced 8 hours

1) J Pain Palliat Care Pharmacother. 2009;23(1):4-25. 2) "Authorizing Dried Canna for the College of Family Physicians of Canada Website.

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Controversial Adverse Effects

- Cognitive impairment
 - Importance of age 25
- Mental Illness

 Role of pre-existing/family history
- Gateway Hypothesis

 Direct cause vs association

1) J Pain Palliat Care Pharmacother. 2009;23(1):4-25. 2) Substance Abuse and Republike Both 2046;744 # 59114 3) Innov Clin Neurosci. 2016 Apr 1;13(3-4):13-22

Cannabis Use Disorder

- 10 30 % of users will develop
 - Most common age and timeframe
- DSM-5 Diagnostic Criteria (at least two within previous 12 months):
 - Tolerance
 - Withdrawal
 - Increasing amounts of use over time
 - Inability to control consumption
 - Craving
 - Recurrent use causing negative impacts on social, professional, and educational life

Subst Abuse Rehabil. 2016 May 3;7:41-53



Acute Toxicity and Overdose

- Acute psychosis
- CNS depression
- Cardiovascular and neurologic toxicity
- Pharmacokinetic differences between inhaled and edible formulations
 - Oral more likely to cause toxicity with redosing or accidental ingestion
 - Educate elderly who have children/grandchildren



Consult Pharm. 2017 Jun 1;32(6):341-351

Cannabis Withdrawal Syndrome

- Symptoms
 - Nightmares and strange dreams
 - Trouble sleeping
 - Anxiety
 - Irritability
 - Physical tension
 - Low mood and depression
 - Reduced appetite
- Symptom appearance and duration



Subst Abuse Rehabil. 2016 May 3;7:41-53

Considerations for Patients with Disabilities

- Social Security Disability is a federal program
- Americans with Disabilities Act
- Administration
 - Routes
 - Caregivers



Longabaugh, Marvin. "Medical Marijuana vs. ADA in the Workplace."

Take Home Points

- Medical Marijuana available 09/2018 in Ohio
 - Must have a recommendation from a physician
 - -Role of caregivers
- Considerations for elderly
- Considerations for disabled



Helpful Resources

- State Regulatory Status/Updates: <u>http://medicalmarijuana.ohio.gov/</u>
- Overview and counseling points: Parmar JR, Forrest BD, Freeman RA. <u>Medical marijuana patient counseling</u> points for health care professionals based on trends in the medical uses, efficacy, and adverse effects of cannabis-based pharmaceutical drugs. Res Social Adm Pharm. 2015 Sep 16. pii: S1551-7411(15)00170-9. doi: 10.1016/j.sapharm.2015.09.002. [Epub ahead of print] PubMed PMID: 26443472.
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Cannabinoids and Medical Marijuana: What You Need to Know for Legalization in Ohio

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