



## Cannabis for medical use: Exploring risks and possibilities

The aim of this research theme working group is to bring together scientists, clinicians, policy makers and other stakeholders for a meaningful exploration of this very important topic. We will discuss the biology of the endocannabinoid system and to what extent it suggests a role for endogenous and perhaps exogenous endocannabinoids in the modulation of conditions such as PTSD. We will consider the known adverse effects of marijuana in both clinical and nonclinical populations. We will briefly explore the clinical uses of marijuana in other areas-pain, glaucoma etc. We will share current and planned studies looking at cannabis in the treatment of PTSD and clinical experience to date.

### Leads:

**J D Richardson, MD, FRCPC**, Consultant psychiatrist, Physician Clinical Lead, Parkwood Operational Stress Injury Clinic, Associate Professor - Dept. of Psychiatry, Western University, Assistant Clinical Professor - Dept. of Psychiatry & Behavioral Neuroscience- McMaster University, Parkwood Institute- St. Joseph's Health Care London

**Col Rakesh Jetly OMM,CD,MD,FRCPC**, Associate professor of psychiatry at Dalhousie University; Queen's University; University of Ottawa.

<b>Pre-Forum Sun 24 Sep (1400-1700 hrs)</b>		
<b>1400</b>	First Plenary (all participants)	Introduce themes and provide context - <b>40 min</b>
<b>1440</b>	Presentations (see below)	These presentations aim at informing following discussions - <b>60 min</b>
<b>1540</b>	Breakout Discussion Groups	Discuss the questions below based on previous presentations - <b>60 min</b>
<b>1640</b>	Second Plenary (all participants)	Presentation of breakout discussion group results and general discussion highlights using PowerPoint [at this stage presentations should represent all views; no need to reach consensus] - <b>20 min</b>
<b>Post-Forum Wed 27 Sep (1330 – 1630)</b>		
<b>1330</b>	Third Plenary (all participants)	Set stage for Post-Forum activities - <b>20 min</b>
<b>1350</b>	Breakout Discussion Groups	Discuss what participants have learned during Forum 2017 and how they may have modified their views based on their Forum 2017 experience - <b>90 min</b>
<b>1520</b>	Fourth Plenary (all participants)	Modify Second Plenary PPT presentation to highlight reflection and changes resulting from Forum 2017 participation. Present recommendations for future research and/or collaboration; compiled results – <b>70 min</b>

## Context and Scope

**The Cannabis Challenge.** Researchers and clinicians will be trying to address the pseudo underground intervention that erodes the collaboration patient / clinicians / industry, as well as the risk of misuse of cannabis due to absence of data.

**Aim.** It is hoped that future research will better inform all stakeholders on best and worst uses of the cannabis in the treatment of PTSD and related mental health conditions.

## Key Questions

1. What are the potential benefits and adverse effects of cannabis use for the treatment of mental health conditions such as PTSD, MDD, anxiety etc.?
2. What is the current evidence for the use of cannabis for medical purposes?
3. Where do clinicians obtain information on marijuana for medical purposes?
4. What research needs to be done and who should be doing it (the gaps in research)?

## Presentations

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| 2:40-2:50 | Cannabis for medical use working group: Introduction – Jetly and Richardson  |
| 2:50-3:00 | Presentation 1: Alexander Neumeister, PhD, Royal Ottawa Hospital: Biological basis of cannabinoid systems related to PTSD      |
| 3:00-3:10 | Presentation 2: Alexandra Heber, MD, FRCPC: Findings on the survey on Cannabis use conducted within the OSI network            |
| 3:10-3:20 | Presentation 3: Jason Busse, PhD, Mc Master U and Peterborough center of addiction, Hamilton: chronic pain                     |
| 3:20-3:30 | Presentation 4: James Mackillop, PhD, Mc Master U and Peterborough center of addiction, Hamilton: potential harms on addiction |
| 3:30-3:40 | Presentation 5: LCol Carmen Meakan, MD, FRCPC, Navallon and PTSD   |