



MEDICAL CANNABIDIOL ADVISORY BOARD MEETING

SEPTEMBER 4, 2020

“The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research”

- National Academies Press
- Thorough review of literature up to 2017
 - For pain: more than 27 papers
- Papers reviewed are focused on THC forward pain control

Conclusion:

“There is substantial evidence that cannabis is an effective treatment for chronic pain in adults.”



Efficacy of Dronabinol as an Adjuvant Treatment for Chronic Pain Patients on Opioid Therapy

- Journal of Pain
- Phased, randomized, single dose, double-blind, placebo-controlled, crossover trial
- Synthetic THC
- **Phase 1:** “Patients who received dronabinol experienced decreased pain intensity and increased satisfaction compared with placebo.”
- **Phase 2:** “Titrated dronabinol contributed to significant relief of pain, reduced pain bothersomeness, and increased satisfaction compared with baseline.”

Conclusion:

Overall, the use of dronabinol (THC) was found to result in additional analgesia among patients taking opioids for chronic non-cancer pain.



“Does the cannabinoid dronabinol reduce central pain in multiple sclerosis Randomized double blind placebo-controlled crossover trial”

- British Medicine Journal (BMJ)
- Randomized, double-blind, placebo-controlled, crossover trial
- Synthetic THC
- Results
 - Median spontaneous pain intensity was significantly lower during dronabinol treatment than during placebo treatment

Conclusion:

Dronabinol (THC) has a modest but clinically relevant analgesic effect on central pain in patients with multiple sclerosis.

2019 Chronic Pain Petition



Severe or Chronic Pain petition
presented to Cannabidiol Board

Approved by MCB as change in
condition

Literature

The below is a subset of literature related to pain and cannabis. Pain is one of the areas that has the most extensive research, therefore this is only a small subset.

Schleider et al "Prospective analysis of safety and efficacy of medical cannabis in large unselected population of patients with cancer"

This observational study of over 2500 cancer patients in Israel explored dosage, symptom improvement and pharmaceutical use after initiation of medical cannabis use.

- Patients taking up to 1000mg THC/day = 90g/90 days
- Over 90% reported improvement in their condition symptoms (sleep, pain, nausea)
- **Significant improvements in pain with treatment**
 - 45% of those taking cannabis decreased or stopped taking opioids

Haroutonian et al. "The Effect of Medicinal Cannabis on Pain and Quality-Of-Life Outcomes in Chronic Pain"

Prospective, open-label study to determine the long-term effect of medical cannabis treatment on pain in participants with treatment-resistant chronic pain

- **Pain severity and symptom scores improved in patients receiving medical cannabis**

MN Dept of Health "Intractable Pain Patients in the Minnesota Medical Cannabis Program: Experience of Enrollees During the First Five Months"

Report drawing from enrollment, purchasing, system and side effect ratings at time of each purchase, and survey results to describe the experience of patients newly enrolled in the program for intractable pain during the first five months of this as a qualifying condition (n=2290)

- **High level of benefit for pain seen with 60% of patients, and 43% of health care providers**
 - 6 or 7 rating on a 7-point scale
- Benefit second most mentioned was improved sleep
 - Of those receiving at least 30% reduction in pain scores, 8% of patients were taking 214mg THC/day = 19.2g/90 days' supply

80% of Iowans reporting improved quality of life with medical cannabis

60% of Iowans reporting ability to reduce prescription medication with medical cannabis

62% Medications reduced that were opioids

*based on 6-month anonymous survey of over 400 patients

Sources & Additional Resources



National Academies of Sciences, Engineering, and Medicine. 2017. *The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research*. Washington, DC: The National Academies

Narang et al “Efficacy of Dronabinol as an Adjuvant Treatment for Chronic Pain Patients on Opioid Therapy” Journal of pain 2008

Sagy et al “Safety and Efficacy of Medical Cannabis in Fibromyalgia” Journal of Clinical Medicine 2019

Ware et al “Cannabis for the Management of Pain: Assessment of Safety Study (COMPASS); Journal of Pain 2015

MN Dept of Health “Intractable Pain Patients in the Minnesota Medical Cannabis Program: Experience of Enrollees During the First Five Months”

Haroutounian et al “The Effect of Medicinal Cannabis on Pain and Quality-of-Life Outcomes in Chronic Pain: A Prospective Open-label Study” Journal of Clinical Pain 2016

Schlieder et al “Prospective analysis of safety and efficacy of medical Cannabis in large unselected population of patients with cancer” European Journal of Internal Medicine 2018

Svensen et al “Does the cannabinoid dronabinol reduce central pain in multiple sclerosis? Randomised double blind placebo-controlled crossover trial” British Medicine Journal 2004