

Practising Well Community of Practice

September 27, 2023: Helping patients manage cannabis dependencies

Panelists: Dr. Meldon Kahan, Dr. Suzanne Turner

Moderator: Dr. Stephanie Zhou

Curated answers from CoP guests and panelists to in-session questions posed by participants.

- **Are there any medications that help with cannabis cessation that help with reducing cannabis withdrawal?**

sativex, gabapentin, n acetylcysteine, nabilone. sativex is probably most effective. Nabilone - probably need more than 6 mg per day to be effective

- **Why do psychiatrists often refer individuals with mental health issues who use cannabis back to us without providing treatment? They explain that they can't offer assistance until cannabis consumption is reduced or discontinued. This leaves us in a dilemma, unsure of how to proceed, as it becomes a "chicken and egg" situation.**

Very frustrating. Ask the psychiatrist specifically to make a diagnosis of cannabis use disorder and suggest a treatment plan. Absolutely within their scope of practice

- **Cannabis vapes - (just like nicotine vapes) are easier for people to use. Are they getting higher doses? Is it more addictive?**

Both vaping and smoking reach the central nervous system within seconds. Probably the two deliver an equivalent dose. vaping is equally addictive. but is safer as the patient doesn't get the toxic products of combustion

- **What is the approximate cost of Sativex?**

\$150 for one vial which contains 51 doses.