

Practising Well Community of Practice

Authorizing Cannabis– October 22, 2025

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Watch Past Sessions & Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
CFP Guideline	http://www.cfp.ca/content/cfp/64/2/111.full.pdf
Lower risk guidelines	https://pubmed.ncbi.nlm.nih.gov/28644037/
Low risk handout	https://www.canada.ca/content/dam/themes/health/carousel/LRCUG%20Evidence%20Brief%20Final%20English%20v2.pdf
OCS handout on medicinal cannabis	https://ocs.ca/blogs/cannabis-made-clear/cannabis-for-medical-uses
Pregnancy handout	https://www.canada.ca/content/dam/hc-sc/documents/services/drugs-medication/cannabis/health-effects/cannabis-before-pregnancy-eng.pdf

Chemotherapy-induced nausea/vomiting -if symptoms refractory to standard treatments-medical cannabinoids (nabilone) as adjunctive therapy NNT = 3	https://www.cfp.ca/node/32918.full
Palliative or Neuropathic Pain -medical cannabinoids (nabilone or nabiximols (Sativex)) have the strongest evidence for adjunctive therapy. Palliative pain NNT = 15, Neuropathic pain NNT = 3	https://www.cfp.ca/node/32918.full
Spasticity from Multiple Sclerosis (MS) or Spinal Cord Injury (SCI) - Pain-medical cannabinoids (nabilone or nabiximols) have the strongest evidence for adjunctive therapy, NNT=7	https://pubmed.ncbi.nlm.nih.gov/20558502/
Pediatric Seizure disorders (Dravet Syndrome/Lennox-Gastaut Syndrome) -Epidiolex (Highly Purified Cannabidiol, CBD) for seizures in children > 2 yrs as adjunctive therapy	https://pmc.ncbi.nlm.nih.gov/articles/PMC7439947/
College of Family Physicians of Canada. (2021). Guidance in authorizing cannabis products within primary care. Mississauga, Ont	https://www.cfpc.ca/CFPC/media/PDF/CFPC-Guidance-in-Cannabis-Within-Primary-Care.pdf
Health Canada. (2018). Information for health care professionals: Cannabis (marihuana, marijuana) and the cannabinoids: Dried or fresh plant and oil administration by ingestion or other means: Psychoactive agent. Ottawa, Ont	https://www.canada.ca/content/dam/hc-sc/documents/services/drugs-medication/cannabis/information-medical-practitioners/information-health-care-professionals-cannabis-cannabinoids-eng.pdf
Health Canada. (2020). Summary report: Consultation on potential market for health products containing cannabis that would not require practitioner oversight. Ottawa, Ont	https://www.canada.ca/en/health-canada/services/publications/drugs-health-products/summary-report-consultation-potential-market-health-products-cannabis.html#a1.2
Health Canada (2021). Canadian Cannabis Survey 2021	https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/research-data/canadian-cannabis-survey-2021-summary.html
Lessons from 20 years of medical cannabis use in Canada	https://pmc.ncbi.nlm.nih.gov/articles/PMC10035846/