Review of 400 CBD Prescriptions 2018, Auckland

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Section 29 medicines are considered ‘new’ medicines because they do not have a consent for distribution and advertising of such medicines is prohibited under section 20 of the Medicines Act.

20 Restrictions on sale or supply of new medicines

(1) Except as provided in sections 25, 26(4), 28, 30, 31, and 32, this section applies to new medicines.

(2) No person shall—
(a) sell; or
(b) distribute by way of gift or loan or sample or in any other way; or
(c) advertise the availability of—
any medicine to which this section applies before the consent or provisional consent of the Minister to the distribution of the medicine has been notified in the Gazette, or otherwise than in accordance with such conditions as may be imposed by the Minister on giving his consent or provisional consent and notified in the Gazette.
These regulations, which came into force on 7 September 2017, amend the **Misuse of Drugs Regulations 1977**

- allow CBD products to be supplied, administered, or prescribed **without** the approval of the Minister of Health…

- ie All NZ doctors may prescribe CBD.
Products containing THC

- Products containing more than 2% THC require Specialist Application to Ministry of Health, approval usually 48 hours

- Regulations appear unnecessarily complicated.
‘I don’t want to get high’

‘I just want relief from pain, nausea, insomnia, anxiety etc’

CBD in non-euphoriant, no risk of dependence, widely therapeutic, few adverse effects

‘Every patient deserves a chance to try CBD’. 
Patient Distress

Firstly

Symptoms are distressing: imagine your feelings if you had to live with unrelenting pain, anxiety, insomnia, incurable cancer, spasms or seizures – but note that 50% get very good help with CBD oil.
Secondly
Medical treatments cause distress: strong drugs (chemo, opioids etc) can have nasty side-effects and often they don’t work.
Thirdly
Doctors add to the distress

– Patients say their doctors have never heard of CBD or say its illegal
– Or they don’t know how to prescribe CBD
– Or state it is addictive
– Pain specialists and neurologists often say there is not enough evidence – hey, many patients report significant benefit, way better than many medicines, and the literature contains abundant evidence.
– THC approvals, finding specialists, MoH approval process

Listen to our patients, and read the literature!
Fourthly
Legal distress: patients report buying cannabis of variable quality and unknown constituents from dodgy dealers or fear prosecution for possession.
Have you any patients who are ‘stuck’?
Conventional medicines just not working?

CBD Good news & Bad news

• All NZ registered medical practitioners may prescribe CBD for any condition

• Chronic pain & chronic anxiety are a good place to start

• CBD not in Practice Management Software – add manually

• THC difficult to prescribe.
CBD Audit

- Study design – follow up after using 25ml of CBD oil
- N=397
- Scale: NG – G – VG - E 250/397 = 63%
- QoL eq 109/397 = 28%
- QoL VAS 107/397 = 27%
CBD Audit

• Age 2 – 94
• \( \frac{1}{3} \) age 40-59
• \( \frac{1}{3} \) age 60-79
• Indications for CBD – next slide
  – Pain 181 46%
  – Cancer symptoms 92 23%
  – Emotional distress 64 16%
  – Neurological symptoms 60 15%
N = 397, % Categories

- PAIN: 46%
- CANCER: 23%
- EMOTIONAL: 16%
- NEUROLOGICAL: 15%
PAIN (chronic) 181 patients

• Fibromyalgia
• Osteoarthritis
• Polymyalgia rheumatica
• Low back pain
• Neuropathic pain
• Central sensitisation
• Endometriosis
• Trigeminal neuralgia
• Inflammatory or irritable bowel pain
• Migraine etc.
CANCER SYMPTOMS 92 patients

- Often advanced with metastases
- Breast
- Bowel
- Prostate
- Lung
- Cervical
- Brain including glioblastoma multiforme (GBM)
- Melanoma etc.
EMOTIONAL DISTRESS 64 patients

- Anxiety/depression
- Insomnia
- ADHD
- Premenstrual syndrome (rages)
- Often comorbidities eg chronic pain, Tourettes, ASD.
NEUROLOGICAL SYMPTOMS 60 patients

- Seizures
- Autism spectrum with challenging behaviour, anxiety
- Parkinsons disease (with pain)
- Chronic fatigue
- Peripheral neuropathy
- Muscle spasms
- Multiple sclerosis
- Essential tremor etc.
PAIN N= 181, % Benefit

- EXCELLENT: 13%
- VERY GOOD: 17%
- GOOD: 16%
- NO BENEFIT: 23%
- LOSS to Follow Up: 31%
PAIN N= 125, % Benefit

- EXCELLENT: 19%
- VERY GOOD: 25%
- GOOD: 22%
- NO BENEFIT: 34%
EMOTIONAL DISTRESS N= 43, % Benefit

- EXCELLENT: 15%
- VERY GOOD: 18%
- GOOD: 26%
- NO BENEFIT: 11%
- LOSS to Follow Up: 30%

N= 43, % Benefit

- EXCELLENT: 15%
- VERY GOOD: 18%
- GOOD: 26%
- NO BENEFIT: 11%
- LOSS to Follow Up: 30%
EMOTIONAL DISTRESS N= 43, % Benefit

- EXCELLENT: 18%
- VERY GOOD: 27%
- GOOD: 39%
- NO BENEFIT: 16%
NEUROLOGICAL N= 37, % Benefit

- EXCELLENT: 5%
- VERY GOOD: 17%
- GOOD: 18%
- NO BENEFIT: 22%
- LOSS to Follow Up: 38%
NEUROLOGICAL N= 37, % Benefit

- Excellent: 17%
- Very Good: 24%
- Good: 27%
- No Benefit: 32%
CANCER SYMPTOMS N= 45, % Benefit

- **EXCELLENT**: 9%
- **VERY GOOD**: 12%
- **GOOD**: 14%
- **NO BENEFIT**: 14%
- **LOSS to Follow Up**: 51%
CANCER SYMPTOMS N= 45, % Benefit

- EXCELLENT: 19%
- VERY GOOD: 24%
- GOOD: 28%
- NO BENEFIT: 29%
CBD Audit

- Adverse effects 25 of 253 (10%) reported: sedation (5), vivid dreams (5), irritability (5), disorientation (3), nausea, diarrhoea, mouth irritation.

- Dose noted for 42%, 40 – 300mg/d
  - clinician impression is 100mg daily is often effective

- Follow up rate over 5 months
  - New patients 207
  - Follow up patients 116, 56%
QoL VAS responses 107/397 = 27%
QoL eq responses 109/397 = 28%

- We would like to know how good or bad your health is TODAY.
- This scale is numbered from 0 to 100.
- 100 means the best health you can imagine.
- 0 means the worst health you can imagine.
- Mark an X on the scale to indicate how your health is TODAY.
- Now, please write the number you marked on the scale in the box below.

NAME_________________________ DATE:

Under each heading, please tick the ONE box that best describes your health TODAY.

MOBILITY
- I have no problems in walking about
- I have slight problems in walking about
- I have moderate problems in walking about
- I have severe problems in walking about
- I am unable to walk about

SELF-CARE
- I have no problems washing or dressing myself
- I have slight problems washing or dressing myself
- I have moderate problems washing or dressing myself
- I have severe problems washing or dressing myself
- I am unable to wash or dress myself

USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)
- I have no problems doing my usual activities
- I have slight problems doing my usual activities
- I have moderate problems doing my usual activities
- I have severe problems doing my usual activities
- I am unable to do my usual activities

PAIN / DISCOMFORT
- I have no pain or discomfort
- I have slight pain or discomfort
- I have moderate pain or discomfort
- I have severe pain or discomfort
- I have extreme pain or discomfort

ANXIETY / DEPRESSION
- I am not anxious or depressed
- I am slightly anxious or depressed
- I am moderately anxious or depressed
- I am severely anxious or depressed
- I am extremely anxious or depressed

Please repeat questions in one month.

Return to doctor@carinacare.co.nz or fax 08 888 3332
Or post to Dr Graham Gilbourn, Cannabis Care,
West Care Specialist Centre,
131 Lincoln Rd, Henderson 0610.
Keira 3yo
FUT8
CBD 150mg/day
Seizures reduced from 30 to 5 per day, more engaged, more active.
## Brief patient histories

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<td>Gender</td>
<td>Age</td>
<td>Treatment</td>
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Patient Feedback

• **Patient 1.** Excellent so far....I haven't had a fibromyalgia flare since I started it and haven't spent a day in bed!!!!!!!!!!! Which is the first time in many years.....

• **Patient 2.** The cannabis oil has been very successful. It took 3-4 weeks, as I slowly increased the doses, to finally stop my long-term serious pain issue. It is the first relief I’ve had. I had two weeks with disrupted sleep. That settled down. I have had no other side effects. The relief provided by the oil has seriously improved my quality of life.

• **Patient 3.** Hi Dr. I don't know what to report back. My symptoms have continued to get worse and I am very concerned by it. I can't say the cannabis did anything to improve my current condition. I will … make another appointment to see you.
Any Questions?

~NGA MIHI NUI~
Thank you.

Please note that I take questions and referrals
Video consultations available
www.cannabiscare.nz
doctor@cannabiscare.nz