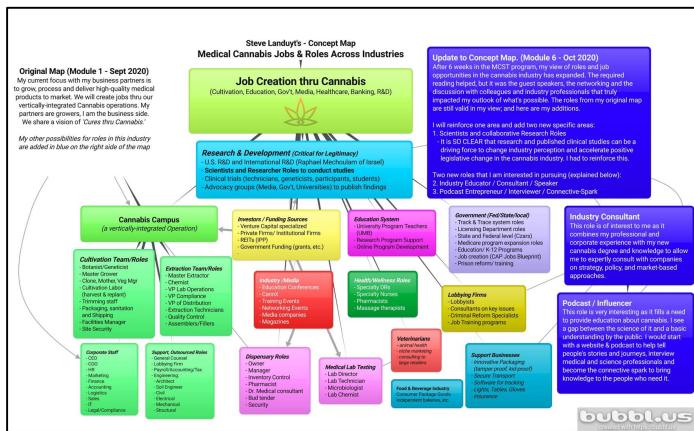




Master's Program Portfolio by Steve Landuyt (cover page)

University of Maryland School of Pharmacy Master of Medical Cannabis Science and Therapeutics (MCST) – Class of 2022



MS in Medical Cannabis Science and Therapeutics

Cannabis contains many compounds such as THC, CBD and Terpenes that have potential to provide relief from many human ailments, some of which you may experience as well.

Source: 19 Beautiful Cannabis Infographics Make Facts All But Boring - HerbMedix, HerbMedix. <https://www.herbmedix.com/cannabis-infographics/>

Medical cannabis card

List your medications for possible drug interactions

Quick guide to understanding state specific cannabis laws

- Visit: NORMA.ORG
- Click state laws
- Choose your specific state
- Browse up to date state cannabis laws

Quick guide on where to obtain your medical cannabis card

- Visit: NORMA.ORG
- Click + Medical marijuana link
- Review qualifying conditions to see if you qualify
- Click on the state specific department under contact information to be directed to your state's medical cannabis program

Cannabis Pocket Guide

How to get your medical cannabis card

Questions to ask your healthcare provider

Questions to ask at a dispensary

Cannabiz MD
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SENIORS (65+)

According to AARP and JAMA Internal Medicine, cannabis use by adults 65 and older increased by 75% over a three-year period*

Sources: www.aarp.org, www.jama.com

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University of Maryland School of Pharmacy Medical Cannabis Science and Therapeutics Master's Program

Medical Cannabis Education Program for Seniors

Alexis Muller, Jake Szakal, Karen McNulty, Shoshanna Robinson, Steve Landuyt

Objective

The Medical Cannabis Education Program for Seniors was developed for CannabizMD to address the knowledge gap on medical cannabis and deliver a comprehensive program to support the growing demand for education tailored for the senior population (adults 65 and older).

Audience

Our program is intended for the senior population (aged 65+) with limited or no experience with medical cannabis.

Survey Results

An online survey was developed and conducted for our target audience, with 81 participants completing the survey. The survey administered included demographic information and questions on cannabis usage, cannabinoids, terpenes, obtaining a medical cannabis card, and what kind of educational support was needed. The results provided direction and our approach to the educational materials.

Profile of Survey Respondents

- 75% were between ages 65-75
- 20% were between ages 76-85
- 5% were between 86-90 years old
- 52% Female / 48% Male
- 72% White / 15% Black / 5% Hispanic
- 67% have used cannabis in the past
- 41% in the past month
- 20% it's been over 5-years

Rationale

The JAMA Internal Medicine found cannabis use in adults 65 and older increased by 75% over three years.¹ Among seniors experiencing chronic diseases, polypharmacy is a common observation, and they are vulnerable to the potential side effects and drug interactions of cannabis. The rationale for this program is to provide safer access and improve communication with healthcare providers, family members, and dispensaries.

1. Han BH, Palamar JJ. Trends in Cannabis Use Among Older Adults in the United States, 2015-2018. *JAMA Intern Med*. 2021;181(4):506-511. doi:10.1093/iamid/iaaa201917517

Instructional Materials

The instructional materials are intended to assist with the foundational knowledge of medical cannabis during a live audience presentation. The materials include an 80+ PowerPoint slide deck divided into nine lesson plans and a Pocket Guide. The materials provide information on the history, cannabinoids, therapeutic benefits, side effects, drug interactions, terpenes, applying for a medical cannabis card, and questions to ask medical providers and at the dispensary. We designed a pocket guide to provide key information, including a summary on accessing state-specific cannabis laws, obtaining medical cannabis cards, and important questions to ask healthcare providers and dispensaries.

Examples of PowerPoint slides

Terpenes – What Effect Can You Get?

- Lifting
- Anti-inflammatory
- Relaxation
- Immune boost
- Pain relief
- Stress Relief
- And many other benefits

Interactions: Anti-anxiety Meds

Cannabinoids may increase side effects of benzodiazepines: Drowsiness, sedation, dizziness, confusion. Difficulty concentrating, impaired coordination.

Lorazepam, Alprazolam, Diazepam

Evaluation Plan

The Kirkpatrick method was utilized to build:

- A survey with a 'smile' rating scale of 1-5
- An interactive quiz after each lesson plan consisting of 2-4 questions
- An end-of-course assessment
- A questionnaire completed 3-months post-presentation
- A 6-month follow-up questionnaire to determine the value and use of the Cannabis Pocket Guide

Lessons Learned

- Understanding the unique ways that the senior population learns required an extra layer of research.
- The criticality of time management and communication with team members to execute project details accurately.
- To ensure the content, design, and format of the presentation adequately addresses the visual needs of the senior learner.
- The importance of making the slide content simple, easy to grasp and in layman's terms.

April 2022