

## Assignment 8.1: Self-Reflection

My opinion has not changed since the beginning of this course, it has simply been enhanced. What has taken place is that I am more knowledgeable about informing patients and the public about cannabis. I am more in tune with the importance of providing the most information possible allowing patients to make an informed decision about using cannabis as medicine. The patient assessment assignments opened the door for me to learn how to assess a patient and record important information.

In my current position, I work with medical practices and can see patient encounter notes. Not being in the medical profession I had to learn what providers were required to document during the patient visit. This course allowed me to gain a better understanding of what I see in the encounter notes and how to assess a patient to provide a therapy plan.

What I have learned from this course is how to research information and locate credible sources to help patients decide whether cannabis is a viable option for them. My goal with the information that I have learned, is to work with a provider who recommends cannabis to consult with patients. In my state, doctors perform the evaluations for the cannabis cards but are not educating the patients about using it. Patients are unsure as to what they need, how to use it or the best route for them (inhalation, ingestion, etc.) I want to bridge that gap and consult with patients to assess what they are using now for their issue, how cannabis may interact with their current medications and how to titrate to hinder over usage in a short period of time. I want to make sure that they understand that they may need to take Cannabis products apart from other medications due to how the liver metabolizes it. When I received my evaluation and medical cannabis card, this information was not provided to me. I had to research on my own to find out what I needed. This course, along with the previous course, has helped me to better understand patient care and has allowed me to help others as well. I was able to assist a friend who has a sibling using cannabis with the knowledge that I gained from the required and additional resources.

As I stated in the opinion paper week one, there is a wealth of knowledge but how much of it is reliable? Utilizing the information taught in this course in reference to the types of research I have the tools to evaluate resources, determine the best types of studies to use to assist patients and to recognize bias in the research that was conducted. I am looking forward to the information that I can share with the providers I currently work with and ones I will be consulting with after graduating from this program. I have already started making some connections and working with patients on a small scale but am looking to expand.