

Medical Marijuana: A Brief Introduction

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INTRODUCTION

- There are 33 legalized states and an estimate of 2.8 million qualified Americans partaking in the use of medical marijuana (Marijuana Policy Project, 2019).
- No specific education is given to nursing students at University of Cincinnati's College of Nursing (CoN) in regard to medical marijuana use in clinical practice, the legal aspect, or the nurse's role in Ohio.
- Project Purpose:** In sophomore nursing students at UC CoN, what is the effect of an educational session concerning medical marijuana on student's knowledge level as compared to knowledge level prior to education session?
 - Will implementation of education about medical marijuana at UC be beneficial to current nursing students?

LITERATURE SEARCH

Databases: CINAHL, PubMed, Elsevier, Medline

Search Parameters: Peer-reviewed, published within the last 7 years, English language, linked full text present

Keywords: Medical marijuana, Ohio, laws, regulations, education, nursing, qualifying conditions, nursing education, clinical practice, pharmacology, legalization

CURRENT EVIDENCE

- We included 24 research articles

- Pharmacology:**
 - THC and CBD bind to specific receptors in the endocannabinoid system to create a therapeutic effect.
 - The endocannabinoid system naturally has an impact on human physiological processes such as inflammation, pain, emotions, regulation of energy and endorphins (Albee & Penilton, 2019).
 - Pharmacological aspects of medical marijuana are currently limited due to federal restrictions on research.

Laws & Regulations:



Image obtained from <https://www.oberk.com/marijuanalawbystatein2020>

- Illegal under federal law
- Legalized in Ohio
- Ohio Medical Marijuana Control Program
- Schedule I controlled substance
- 23 qualifying conditions in state of Ohio
- FDA approved drugs: Epidiolex, Marinol, Syndros, Cesamet

Nurse's Role:

- The nurse should be educated on current state of legalization of medical marijuana in the state they practice, pharmacology of medical marijuana, current evidence, and facility guidelines.

EDUCATION PLAN & IMPLEMENTATION

Learning Objectives:

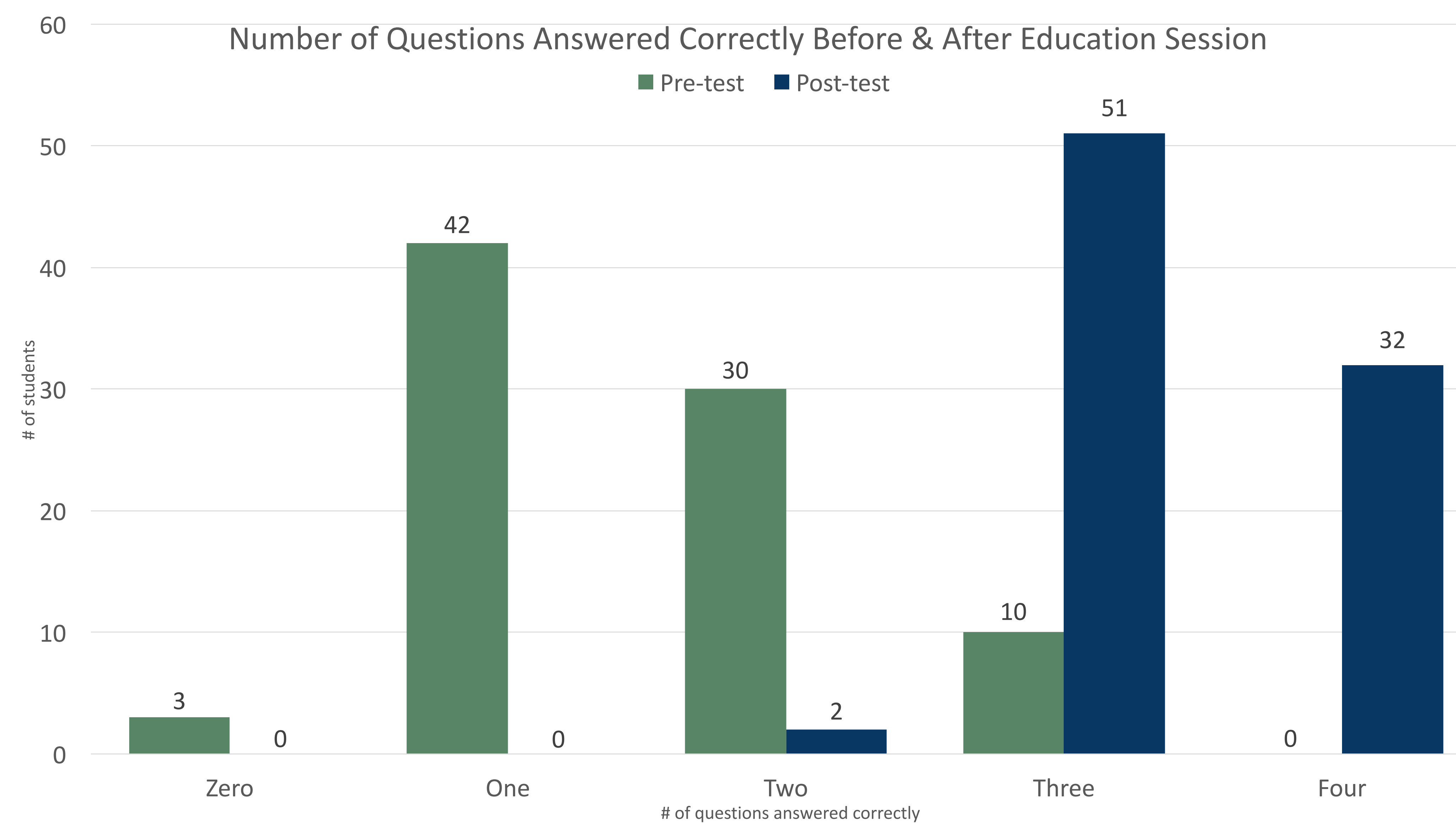
- Demonstrate understanding of pharmacology of medical marijuana
- Identify current laws and regulations in Ohio regarding medical marijuana
- Summarize the nursing role regarding medical marijuana

Place: Advanced Fundamentals nursing class at UC CoN on March 9th, 2020.

Target Audience: 85 sophomore nursing students

Overall Purpose: To deliver an education session about medical marijuana with the intent to increase student's knowledge about this topic and provide beneficial information for future clinical practice.

Method of Evaluation: In order to evaluate the students' knowledge level, we decided to use a pre- and post-test method to evaluate our audience's knowledge level before and after the education session.



Pre- and Post-test Questions

- What drug schedule is medical marijuana?
 - a. Schedule I**
 - b. Schedule II
 - c. Schedule III
 - d. Schedule IV
 - e. Schedule V
- There is a state regulated program regarding medical marijuana in Ohio.
 - a. True**
 - b. False
- Patients need a prescription from their healthcare provider to obtain medical marijuana.
 - a. True
 - b. False**
- Which of the following is **NOT** an approved route of administration for medical marijuana in Ohio?
 - a. Oral
 - b. Transdermal
 - c. Inhalation via vaporization
 - d. Inhalation via smoking**

RESULTS

- Pre-test results:** 11.7% of students scored higher than a 75%
- Post-test results:** 97.6% of students scored 75% or higher
- Results demonstrated an **85.9% increase** in knowledge regarding medical marijuana
- Research outcome:** Displayed that an effective education session results in a substantial knowledge increase

RECOMMENDATIONS

- Ohio Board of Nursing states "The nursing student shall have a working knowledge of the current state of legalization of medical and recreational cannabis use" (2018, p. 18).
- Supports the implementation of education about the pharmacology, laws and regulations, and nursing role related to medical marijuana within the University of Cincinnati CoN.
- Research by Boehnke et al. recommends, "creating a nationwide patient registry [that] would facilitate better understanding of trends in use and of its [medical marijuana] potential effectiveness" (2019, p. 295).
- This would allow healthcare professionals to provide uniform care and better understand trends and correlations related to medical marijuana.
- Additional research needs to be conducted about medical marijuana as a topic in general.



Image obtained from <https://calelawoffice.com/new-oklahoma-medical-marijuana-lab-testing-license-coming-in-august-part-2/>

REFERENCES

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