

## Activity Preview

# Getting into the Weeds on “Medical” Marijuana: An Addictionologist’s Perspective

## Activity Type

On-Demand Enduring Material

## Overview

This presentation will provide an overview of so-called "medical" marijuana in Ohio. Participants will review the basic pharmacology of the two major compounds found in marijuana and understand the effects of marijuana on health. There will be a discussion of federal and Ohio law regarding cannabinoids. The presentation will also cover potentially challenging elements of recommending cannabinoids for medical use.

## Learning Objectives

- 1) Review the pharmacology of the two major compounds found in marijuana.
- 2) Describe the main effects of marijuana on health.
- 3) Discuss Federal and Ohio law related to recommending cannabinoids for medical use.

## Resources

The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research

<https://www.nap.edu/catalog/24625/the-health-effects-of-cannabis-and-cannabinoids-the-current-state>

Carliner H, Brown QL, Sarvet AL, Hasin DS. Cannabis use, attitudes, and legal status in the U.S.: A review. *Prev Med*. 2017;104:13-23. doi:10.1016/j.ypmed.2017.07.008

<https://pubmed.ncbi.nlm.nih.gov/28705601/>

Radhakrishnan R, Ranganathan M, D'Souza DC. Medical Marijuana: What Physicians Need to Know. *J Clin Psychiatry*. 2019;80(5):18ac12537. Published 2019 May 7. doi:10.4088/JCP.18ac12537

<https://pubmed.ncbi.nlm.nih.gov/31087827/>

## Faculty

**Christina Delos Reyes, MD**, is medical consultant at the Center for Evidence-Based Practices at Case Western Reserve University and its two Ohio Coordinating Center of Excellence (CCOE) initiatives—the Substance Abuse and Mental Illness (SAMI) CCOE and Supported Employment (SE) CCOE. In this capacity, she provides technical assistance (program consultation, clinical consultation, and training) to service systems and organizations that are implementing evidence-based practices, emerging best practices, and other strategies that improve quality of life and other outcomes for people diagnosed with severe mental illness and substance use disorders. Dr. Delos Reyes earned her medical degree from the Northeastern Ohio Universities College of

Medicine (NEOUCOM) in 1996, and she completed her psychiatry residency and Addiction Psychiatry Fellowship at University Hospitals Cleveland Medical Center.

### Disclosure

Dr. Delos Reyes has reported that she does not have any financial relationships with any commercial interests. Additionally, she will not discuss unapproved or investigational use of any product.

### Target Audience

This activity is designed for psychiatrists and residents/fellows. Other groups may find this educational activity of interest including: medical students, other non-psychiatrist physicians including primary care, as well as psychologists, nurses, social workers, counselors and other mental health care professionals.

### Estimated Time to Complete

Estimated Duration: 1 hour

Begin Date: October 5, 2020

End Date: October 5, 2021

### Continuing Medical Education Credit

This activity has been planned and implemented in accordance with the accreditation and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Psychiatric Association (APA) and the Ohio Psychiatric Physicians Association (OPPA). The APA is accredited by the ACCME to provide continuing education for physicians.

The American Psychiatric Association designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### How to Earn Credit

Participants who wish to earn *AMA PRA Category 1 Credit*™ or a certificate of participation may do so by completing all sections of the course including the evaluation. After evaluating the program, course participants will be provided with an opportunity to claim hours of participation and print an official CME certificate (physicians) or certificate of participation (non-physicians) showing the completion date and hours earned.

### Planner Disclosures

- Karen Jacobs, DO, Cleveland Clinic Foundation  
*Reports no financial relationships with commercial interests.*
- Victoria Kelly, MD, University of Toledo  
*Reports no financial relationships with commercial interests.*
- William Resch, DO, The Ohio State University Medical Center, Columbus  
*Reports no financial relationships with commercial interests.*

- Suzanne Sampang, MD, University of Cincinnati  
*Reports no financial relationships with commercial interests.*
- Janet Shaw, MBA, Ohio Psychiatric Physicians Association, Columbus  
*Reports no financial relationships with commercial interests.*
- Kristi Williams, MD, University of Toledo  
*Reports no financial relationships with commercial interests.*
- Elizabeth Yoder, MD, Private Practice, Columbus  
*Reports no financial relationships with commercial interests.*

## Technical Requirements

This internet-based CME activity is best experienced using any of the following:

- The latest and 2nd latest public versions of Google Chrome, Mozilla Firefox, or Safari
- Internet Explorer 11+

This Web site requires that JavaScript and session cookies be enabled. Certain activities may require additional software to view multimedia, presentation, or printable versions of the content. These activities will be marked as such and will provide links to the required software. That software may be: Adobe Flash, Adobe Acrobat Reader, Microsoft PowerPoint, and Windows Media Player.

Optimal System Configuration:

- Browser: Google Chrome (latest and 2nd latest version), Safari (latest and 2nd latest version), Internet Explorer 11.0+, Firefox (latest and 2nd latest version), or Microsoft Edge (latest and 2nd latest version)
- Operating System: Windows versions 8.1+, Mac OS X 10.5 (Leopard) +, Android (latest and 2nd latest version), or iOS/iPad OS (latest and 2nd latest version)
- Internet Connection: 1 Mbps or higher

Minimum Requirements:

- *Windows PC:* Windows 8.1 or higher; 1 GB (for 32-bit)/2 GB (for 64-bit) or higher RAM; Microsoft DirectX 9 graphics device with WDDM driver; audio playback with speakers for programs with video content
- *Macintosh:* Mac OS X 10.5 or higher with latest updates installed; Intel, PowerPC G5, or PowerPC G4 (867MHz or faster) processor; 512 MB or higher RAM; audio playback with speakers for programs with video content

For assistance: Contact [oppa@oppa.org](mailto:oppa@oppa.org) for questions about this activity | Contact [learningcenter@psych.org](mailto:learningcenter@psych.org) for technical assistance.