Cannabis and Older Adults Clinician Toolkit

THE L.I.V.E. ACRONYM IS HELPFUL FOR DOSING CANNABIS¹

Titrate **incrementally** over a period of time to find a safe, effective minimal dose.

Start at a low dose. For both pharmaceutical and non-pharmaceutical cannabinoids, the approach to starting cannabis in older adults is to generally start low and go slow.

Ι Δ COΔΙ ΙΤΙΟΝ CANADIENNE

POUR LA SANTÉ MENTALE

DES PERSONNES ÄGÉES

Be vigilant while monitoring adverse effects

Cannabis Dosing

CANADIAN COALITION

FOR SENIORS MENTAL HEALTH



During the titration period, encourage older adults or their caregiver to keep a diary of positive and/or adverse effects including:

- Date and time of dose
- Amount of dose in ml and/or mg (THC and/or CBD)
- Time of onset of effects
- Effects on symptom/health condition
- Type and duration of adverse effects

Initial dosing for novice cannabis patients should be at bedtime due to potential drowsiness/sedation and dizziness.

ADDITIONAL CONSIDERATIONS

Engage older adults and their caregivers in monitoring.

Duration of the treatment trial will vary depending on the indication and cannabinoid content. It is recommended not to exceed a 3-month trial for patients starting cannabis.

Review dose every 4-6 weeks until desired effect is achieved. The daily amount in grams of dried cannabis product can then be set for 1 year (required for Medical Document).²

Set a maximum dose when discussing cannabis with older patients, especially for THC. Revise treatment if there is no clinical improvement after stable dosing.

CANNABIS DOSING

Edibles⁷

Cannabis Oil²

Nabilone^{3,4}

- · Nabilone is a synthetic cannabinoid similar to THC.
- Dosage: 0.25 mg, 0.5 mg, 1 mg capsules.
- Compounding pharmacies can prepare liquid formulations.
- Maximum dose used in studies involving older adults is 2 mg.

Dried Cannabis for Inhalation⁶

- Dose should not usually exceed 1.5-2.0 grams per day of a dried plant product.
- Inhalation is generally not recommended for older adults (e.g. smoking/vaping).
- · Patients are advised to start at a very low volume of cannabis oil at night e.g., 0.1 mL to 0.2 mL
- The dose in milligrams should be titrated up slowly (may take a few weeks), based on the patient's goals and their tolerance to potential side effects.

CBD Dominant Oil

- Start: 0.1 to 0.2 mL (around 2-5 mg/day of CBD depending on concentration) once daily for the first 3 days
- Titrate in 0.1 mL intervals every 2-3 days based on effect Consider increasing to twice daily dosing with 6-8 hrs between doses
- Total daily dose to no higher than 0.8 mL before the first follow-up visit
- 1. LIVE Acronym J. Chau, Developed for CCSMH Cannabis module, March 2021 2. Guidance in Authorizing Cannabis Products within Primary Care.; 2021. <u>https://www.cfpc.ca/CFPC/media/PDF/CFPC-Guidance-in-Cannabis-Within-Primary-Care.pdf</u>
- 3. Valeant Canada limitée/Limited. Product Monograph N Cesamet® Nabilone Capsules; 1mg, 0.5 mg, 0.25 mg. Montreal, Quebec; 2009.
- 4. Nabilone: Drug information. Access Lexicomp Online for additional drug information, tools, and databases. Hudson, OH: Lexicomp, 2021. https://www.uptodate.com/ contents/nabilone-drug-information?search=nabilone&source=panel_search_ result&selectedTitle=1~19&usage_type=panel&kp_tab=drug_general&display_rank=1

To learn more or register for asynchronous, accredited eLearning modules on Cannabis and Older Adults visit https://ccsmh.ca/cannabis-and-older-adults-project/

*The term cannabis refers to all modes of cannabis including prescription cannabinoids.

- For a non-experienced patient, starting with pure CBD or 1:1 (THC:CBD) oils may be better tolerated. THC dominant oils are generally avoided depending on treatment goals.
- It is easier to control dosage with cannabis oil compared to edibles.

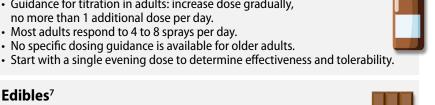
CBD:THC Hybrid oils

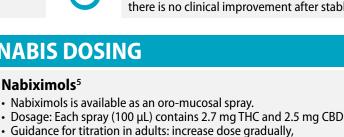
- Start at 0.1 mL once daily (no more than 1.25 mg of THC) for the first 3 days
- Titrate in 0.1 mL intervals every 3 days based on effect up to 0.4 mL
- Continue titrating in 0.1 mL amounts on a weekly basis.
- Most patients achieve therapeutic benefit by 0.4 to 0.5 mL.
- Maximum daily dose is 0.7 to 0.8 mL
- 5. GW Pharma Ltd. Product Monograph PrSATIVEX® delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD) Solution, 27 mg/mL / 25 mg/mL, Buccal spray. Histon, Cambriduge UK; 2005. Date of Revision: December 11, 2019.
- 6. Canada H. For health care professionals: Cannabis and cannabinoids. www.canada.ca. Published October 12, 2018. Accessed September 15, 2021. https://www.canada.ca/en/health-canada/ services/drugs-medication/cannabis/information-medical-practitioners/information-health-carerofessionals-cannabis-cannabinoids.html#a2.2.1.4
- 7. McClements DJ. Enhancing Efficacy, Performance, and Reliability of Cannabis Edibles: Insights from Lipid Bioavailability Studies. Annual Review of Food Science and Technology. 2020;11(1):45-70. .1146/annurev-food-032519-051834

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no more than 1 additional dose per day. • Most adults respond to 4 to 8 sprays per day.

amounts of active ingredients.

No specific dosing guidance is available for older adults.

· In Canada, edible cannabis products are legally limited to a maximum

Many commercial products (e.g., chocolate, drinks) have clearly stated

of 10 mg THC in order to reduce the likelihood of overdose.