## **Cannabis and Older Adults Clinician Toolkit**

### THE L.I.V.E. ACRONYM IS HELPFUL FOR DOSING CANNABIS<sup>1</sup>

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).<sup>2</sup>

**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**

Edibles<sup>7</sup>

Cannabis Oil<sup>2</sup>

#### Nabilone<sup>3,4</sup>

- · 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 Inhalation<sup>6</sup>**

- 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.

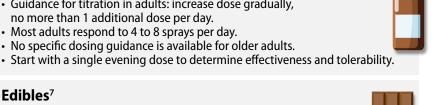
#### **CBD:THC Hybrid oils**

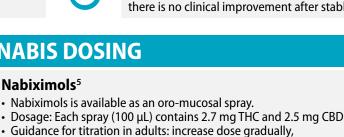
- Start at 0.1 mL once daily (no more than 1.25 mg of THC) for the first 3 days
- Titrate in 0.1 mL intervals every 3 days based on effect up to 0.4 mL
- Continue titrating in 0.1 mL amounts on a weekly basis.
- Most patients achieve therapeutic benefit by 0.4 to 0.5 mL.
- Maximum daily dose is 0.7 to 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.