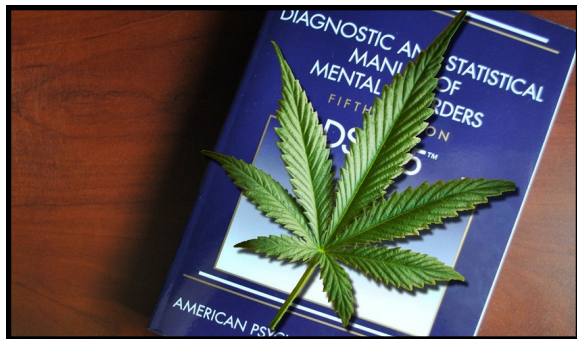


*CanNABi s

*Use

*Disorde R



***Cannabis Use Disorder** is a condition characterized by harmful consequences of repeated cannabis use, a pattern of compulsive cannabis use, & physiological dependence on cannabis (i.e., tolerance and/or symptoms of withdrawal).



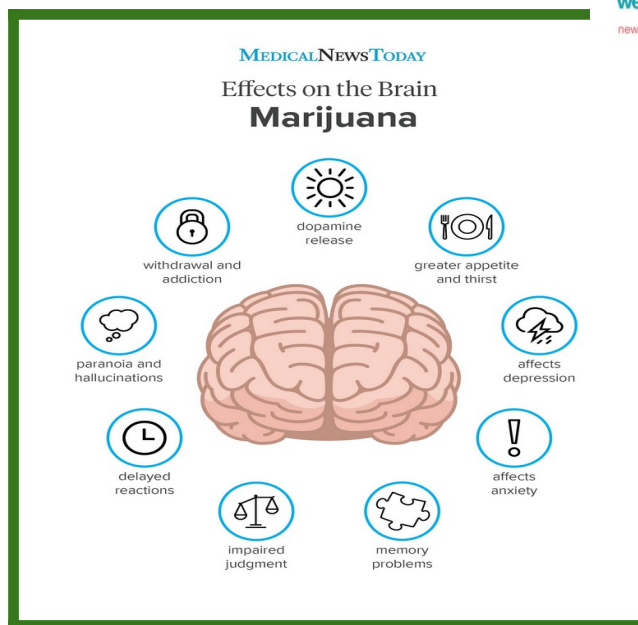
* Covenant School of Nursing *

- Chase M. * Heather M.

*

PATHOPHYSIOLOGY...

At a *symptomatic level*, heavy use modifies conscious experience through alteration of the brain's network for self-awareness. By reducing anxiety and impairing memory, it also affects motivation and personal experience. Psychoactive effects of (THC) are present throughout the central nervous



system (CNS), At a molecular level, THC acts on intracellular targets including opioid and benzodiazepine receptors.

* BACKGROUND...

Cannabis is the most commonly used illegal psychoactive substance worldwide. Its psychoactive properties are primarily due to THC; THC concentration is commonly used as a measure of cannabis potency and the level

of potency has increased dramatically since

SYMPTOMS OF CANNABIS USE DISORDER

A person exhibiting two or more of these symptoms in a 12-month period may be experiencing CUD.

- Consuming larger amounts than intended
- Development of high tolerance
- Persistent desire to cut back on use
- Too much time spent obtaining cannabis
- Strong cravings or desire to use
- Failure to meet daily obligations
- Damage to interpersonal connections
- Giving up social, recreational activities
- Putting physical safety at risk
- Psychological issues exacerbated by cannabis
- Using other substances to avoid withdrawal

weedmaps
news.weedmaps.com

Source: Marijuana Addictive Disorders: DSM-5 Substance-Related Disorders

Table DSM 5 criteria for cannabis use disorder severity

- Used for longer periods in larger amounts
- Unable to cut down use
- Excessive time spent acquiring, using and recovering from cannabis use
- Strong urge to use cannabis
- Problems fulfilling work, school, and family obligations due to cannabis use
- Continued use despite persistent interpersonal problems caused by cannabis use
- Decrease in important social and recreational activities because of cannabis use
- Repeated use in physically dangerous situations
- Ongoing use despite worsening physical and psychological problems that are likely to have been caused by cannabis
- Have to use increased amount for the same desired effect
- Withdrawal reaction upon cessation

Mild: 2-3 symptoms; moderate: 4-5 symptoms; severe: ≥6 symptoms.

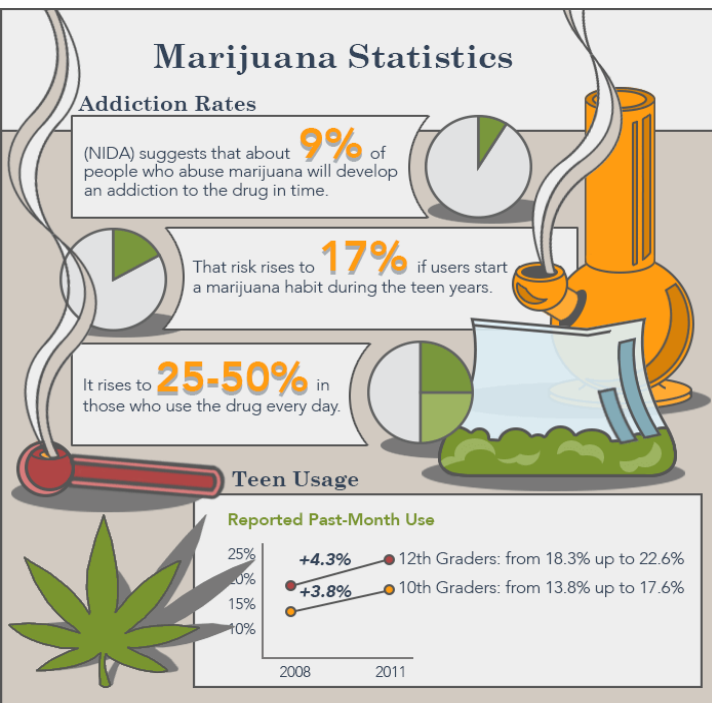
the 1980's.

* SYMPTOMS...

Some other less pleasant side effects can be cannabis or **THC induced hyperemesis**. This is often caused by inhaling or ingesting too much THC in a short time frame, resulting in intractable vomiting. The complication with this potential side effect is that it can lead to

dehydration and insufficient nutritional balance.

* PREVENTION...



Education when younger- One of the biggest factors in the prevention of marijuana use is **education**.

It is important that kids know the dangers and possible long-term effects of marijuana use.

-----**BE INVOLVED...**

Parental involvement - and the involvement of other loved ones - is one of the most important factors in the prevention of marijuana use.. Make sure that you provide opportunities for **open communication...**

Have Regular Conversations-

- **Talk About the Risks**
- **Dispel the Myths**
- **Stay Involved** in loved ones lives
- **Get to Know Their Friends**
- **Establish Rules and Limits...**
- **Join Prevention Programs**

Examples:

- **Red Ribbon Week:** kids, teens, and adults commit to being healthy and drug free. October 23-31. (www.dea.gov/redribbon)
- **National Drug & Alcohol Facts Week** for teens that aims to shatter myths about drugs and drug abuse. (www.drugabuse.gov)
- **National Prevention Week** promotes substance misuse prevention and positive mental health. (www.samhsa.gov/prevention-week)

* TREATMENT...

On average, adults seeking treatment for marijuana use disorders have used marijuana every day for over 10 yrs., & have attempted to quit more than 6 times.

- **Cognitive-behavioral therapy:** A form of psychotherapy that teaches people strategies to identify and correct problematic behaviors in order to enhance self-control, stop drug use, and address a range of other problems that often co-occur with them.
- **Contingency management:** A therapeutic management approach based on frequent monitoring of the target behavior and the provision (or removal) of tangible, positive rewards

when the target behavior occurs (or does not).

- **Motivational enhancement therapy:** designed to produce rapid, internally motivated change; the therapy does not attempt to treat the person, but rather mobilize his or her own internal resources for change.
- **12 Step Groups:** support group made to provide addicts with structure & direction to achieve sobriety.

- Currently, the FDA has **not approved** any medications for the treatment of marijuana use disorder, but research is active in this area. Meds that seem promising are allosteric modulators that interact with cannabinoid receptors to inhibit THC's rewarding effects.

* RESOURCES...

Treatment Centers:

- <https://americanaddictioncenters.org/marijuanaaddiction>
- **SAMHSA National Helpline-** 1.800.662.4357
- **Aspire Recovery:** 1.806.589.5911, 3330 70th Street Suite #120. <https://aspireoftexas.com>