

CBD Oil

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Module 6

CBD oil is cannabidiol. This is a natural oil used in remedies for many common issues. This oil is one of more than 100 chemical components derived from the cannabis plant called *Cannabis sativa*. One of the main compounds of this cannabis plant is THC or tetrahydrocannabinol. THC is what causes the sensation of getting high; however, unlike THC, CBD is not psychoactive, so it does not cause the getting high affect. CBD is a great option for people who are in pain looking for relief without the mind-altering effects of cannabis or other side effects that some other pharmaceutical drugs can cause.

CBD oil is extracted from the *Cannabis sativa* plant and usually diluted with coconut oil or hemp seed oil. Many manufacturers use it in dietary supplements, bath products, lotions, drinks and even food. And it is continuing to gain momentum in the health world, with some scientific studying discovering that it may ease symptoms of conditions such as chronic pain and anxiety, but is it legal? Hemp-derived CBD products are legal with less than 0.3% THC on the federal level, but are still illegal in some states. As nurses it is important to be aware of which patients CBD oil will help.

One of the most common uses CBD oil is used for is to relieve pain. Studies have proven that CBD oil is effective for specific types of pain, including nerve pain, back pain, and pain from inflammation. CBD can also help in treatment for some mental health disorders, such as anxiety. Mental health disorders' usual treatment can cause side effects like drowsiness, agitation, insomnia, sexual dysfunction, and headaches. Also, benzodiazepines have potential for dependence that can lead to substance use disorder, so CBD oil can be a great alternative for these patients.

CBD has been proven for treating a wide range of health issues like the ones mentioned above along with cancer symptoms, heart issues, muscle spasms, insomnia, and many others.

Side effects are usually minimal compared to pharmaceutical medications. However for best outcomes, CBD oil is often combined with THC. Research is still ongoing, but as nurses it is important for us to be proactive and be able to provide the most current information for our patients.