

## UTOPIAN Primary Care Trials Group – Session 16 *Minutes*

Thursday, June 17<sup>th</sup>, 2021, from 4:00 p.m. to 5:00 p.m., Zoom teleconference

Item	Topic	Minutes	Action	Responsible
1	Introductions (Andrew Pinto)	<ul style="list-style-type: none"> <li>Andrew Pinto introduced those present via Zoom and on the phone</li> </ul>		
2	Review and approval of May 27, 2021, draft meeting minutes (All)	<ul style="list-style-type: none"> <li>Minutes of the previous meeting were approved by those present</li> </ul>	Approved	All
3	Presentation: Cannabis Translational Research at CAMH (Bernard Le Foll)	<p><b>Burden of Disease induced in Canada:</b></p> <ul style="list-style-type: none"> <li>287 cannabis-attributable deaths</li> <li>10,533 cannabis-attributable years of life lost</li> <li>55,813 cannabis-attributable years lived with disability</li> </ul> <p><b>Cannabis Use and Cannabis Used Disorder:</b></p> <ul style="list-style-type: none"> <li>Cannabis Used Disorder = Cannabis abuse + Harmful (pattern of) cannabis use + Cannabis dependence</li> </ul> <p><b>How to prevent Cannabis Use Disorder?</b></p> <ul style="list-style-type: none"> <li>Canada's Lower-Risk Cannabis Use Guidelines (LRCUG): <ul style="list-style-type: none"> <li>An evidence-based tool used to guide choices and improve the health of Canadians who use cannabis</li> <li><a href="https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html">https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html</a></li> <li><a href="https://ajph.aphapublications.org/doi/10.2105/AJPH.2017.303818">https://ajph.aphapublications.org/doi/10.2105/AJPH.2017.303818</a></li> </ul> </li> <li>Psychosocial Treatment: <ul style="list-style-type: none"> <li>Psychological interventions for cannabis use disorder (Gates et al., 2016, Cochrane Review)</li> <li><a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4914383">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4914383</a></li> </ul> </li> <li>Pharmacological Treatment <ul style="list-style-type: none"> <li>Pharmacotherapies for cannabis dependence (Nielson et al, 2019, Cochrane Database Syst Rev)</li> <li><a href="https://pubmed.ncbi.nlm.nih.gov/30687936/">https://pubmed.ncbi.nlm.nih.gov/30687936/</a></li> </ul> </li> </ul>		

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4	Real World Tracking of Cannabis Use in Canadian Patients (Hance Clarke)	<b>Increased Cannabis Use Over the Past Years:</b> <ul style="list-style-type: none"> <li>• Canada has one of the highest national rates of cannabis use in the world <ul style="list-style-type: none"> <li>○ 40% of Canadians have used cannabis</li> <li>○ 10% of Canadians have used cannabis this past year</li> <li>○ 20% of Canadians aged 15-24 years used cannabis in the past year</li> <li>○ 70% of Canadian cannabis users are age 25 or older</li> </ul> </li> <li>• Adult-Use Cannabis Sales by Month in Canada (from licensed providers): <ul style="list-style-type: none"> <li>○ Pre-COVID: \$120 M /month</li> <li>○ Late Fall (March-April 2020): \$180 M /month</li> <li>○ Summer (June 2020): Over \$200 M /month</li> </ul> </li> <li>• 10% of Canadians are using for a health-related quality of life improvement <ul style="list-style-type: none"> <li>○ 500-600 people have registered to purchase these products through the licensed producer</li> <li>○ 2.5 M people are walking into a dispensary to threat whatever conditions these may have</li> </ul> </li> </ul> <p><b>How do we help Canadians navigate this space?</b></p> <ul style="list-style-type: none"> <li>• How do we change this pinhole of these cannabis clinics (that typically have kickbacks) to a potential platform that we could use to start to collect some data</li> </ul> <p><b>Cannabis Use for Orthopedic Surgery:</b></p> <ul style="list-style-type: none"> <li>• Conducted an overview of 600 individuals coming to the Toronto Western Hospital for hip and knee related conditions</li> <li>• 16.7% (N=102) currently using for management of MSK pain</li> <li>• Including past use for MSK pain, 22.9% (N+140) of patients reported having used cannabis</li> </ul>		

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5	Clinical Trials update (Aashka Bhatt, Gurnoor Brar, Andrew Pinto)	<ul style="list-style-type: none"> <li>• SARTAN-AD: <ul style="list-style-type: none"> <li>○ Looks at the hypertensive medications proving protective benefits in slowing down Alzheimer's disease (and mild to moderate cognitive decline)</li> <li>○ We have updated the new protocol and eligibility criteria</li> <li>○ Currently, reconsenting physicians at UTOPIAN sites to increase our patient recruitment numbers</li> </ul> </li> <li>• Advanced Care Planning (ACP): <ul style="list-style-type: none"> <li>○ Recruitment is closed. UTOPIAN recruited 125 patients to this project</li> <li>○ Received a 9-month extension and additional funding awarded by PCORI to help understand how to sustain ACP practices at participating sites and how to engage patient partners further in dissemination activities</li> </ul> </li> </ul>		

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<b>Meeting adjourned at 5:00 p.m.</b>				
<b>Next meeting: September 29, 2021; 4:00 p.m.-5:00 p.m. (virtual)</b>				