



UTOPIAN Primary Care Trials Group – Session 16 Minutes

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

Item	Topic	Minutes	Action	Responsible
1	Introductions (Andrew Pinto)	Andrew Pinto introduced those present via Zoom and on the phone		
2	Review and approval of May 27, 2021, draft meeting minutes (All)	Minutes of the previous meeting were approved by those present	Approved	All
3	Presentation: Cannabis Translational Research at CAMH (Bernard Le Foll)	Burden of Disease induced in Canada: • 287 cannabis-attributable deaths • 10,533 cannabis-attributable years of life lost • 55,813 cannabis-attributable years lived with disability Cannabis Use and Cannabis Used Disorder: • Cannabis Used Disorder = Cannabis abuse + Harmful (pattern of) cannabis use + Cannabis dependence How to prevent Cannabis Use Disorder? • Canada's Lower-Risk Cannabis Use Guidelines (LRCUG): • An evidence-based tool used to guide choices and improve the health of Canadians who use cannabis • https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html • https://aiph.aphapublications.org/doi/10.2105/AJPH.2017.303818 • Psychosocial Treatment: • Psychological interventions for cannabis use disorder (Gates et al., 2016, Cochrane Review) • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4914383 • Pharmacological Treatment • Pharmacological Treatment		
		(Nielson et al, 2019, Cochrane Database Syst Rev) o https://pubmed.ncbi.nlm.nih.gov/30687936/		

- Neurobiology Research in Patients
 - Panel b: Results from Dr Isabelle Boileau's Lab at CAMH using CURB PET probe with patients recruiting at CAMH
 - o https://pubmed.ncbi.nlm.nih.gov/32559067/

CAMH driving research:

- Impact of cannabis on Driving in young drivers (CIHR, PIs Le Foll, Mann)
- Impact of cannabis in medical users of cannabis (MOT, PI Brands)
- Impact of alcohol and cannabis on driving abilities (CIHR, PIs Wickens, Brands)
- Dose Response on driving (Canada Gvt, PIs Brands/Le Foll)
- Impact of Age/Tolerance on driving (PI, Wickens)

Challenges of this type of research:

- Require multi-disciplinary teams. Expertise on multiple levels (PK, clinical, neurocognitive assessment, driving parameters, lab dosages...)
- Require robust infra-structure ex: driving simulator, negative pressure room, Research pharmacy, freezers.
- Qualified personal trained to run trials
- Access to Placebo Cannabis (Import from NIDA Drug supply program (DEA, HC, Exemption, permit...)
- Access to cannabis with the proper regulatory documents to obtain the CTA
- Enough patience to go through the complex regulatory framework

Medical use of Cannabinoid drugs:

- THC and CBD are the two main components of Cannabis
- Use of Nabiximols (THC/CBD) as a possible substitution therapy for cannabis dependence:
 - Nabiximols combined with motivational enhancement/cognitive behavioral therapy for the treatment of cannabis dependence: A pilot randomized clinical trial (Trigo et al, 2018, PLoS One)
 - o Sativex® is developed by GW Pharmaceutical
 - Each 100 μl spray contains: 2.7 mg delta-9-tetrahydrocannabinol (THC) and 2.5 mg cannabidiol (CBD

Further studies underway:

- Cannabinoid agonist (nabilone) for treatment of obesity (PI Le Foll)
- CBD for social anxiety (PI Dr Kloiber)
- CBD for alcohol (PI Dr Sloan)

		Conclusion:	
		 We have at CAMH a large range of investigators with expertise ranging from molecular science, imaging to clinical trials and epidemiological/policy work Multiple scientists have been working in this field for a long time We have expertise implementing complex studies, regulated studies and also developing innovative tools for research (ex PET) and working with various partners to disseminate evidence based interventions (LRCUG) Involvement with national organizations ex CCIC re education CAMH is also hosting CRISM (Canada Research Initiative on Substance Misuse) node for Ontario, a network of addiction researchers allowing to scale projects at a national levels (CRISM 2 in preparation) 	
4	Real World Tracking of Cannabis Use in Canadian Patients (Hance Clarke)	Increased Cannabis Use Over the Past Years: • Canada has one of the highest national rates of cannabis use in the world ○ 40% of Canadians have used cannabis ○ 10% of Canadians have used cannabis this past year ○ 20% of Canadians aged 15-24 years used cannabis in the past year ○ 70% of Canadian cannabis users are age 25 or older • Adult-Use Cannabis Sales by Month in Canada (from licensed providers): ○ Pre-COVID: \$120 M /month ○ Late Fall (March-April 2020): \$180 M /month ○ Summer (June 2020): Over \$200 M /month • 10% of Canadians are using for a health-related quality of life improvement ○ 500-600 people have registered to purchase these products through the licensed producer ○ 2.5 M people are walking into a dispensary to threat whatever conditions these may have	
		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	
		 Cannabis Use for Orthopedic Surgery: Conducted an overview of 600 individuals coming to the Toronto Western Hospital for hip and knee related conditions 16.7% (N=102) currently using for management of MSK pain Including past use for MSK pain, 22.9% (N+140) of patients reported having used cannabis 	

 1 in 5 patients are using or have used cannabis to manage MSK pain

Patterns of Cannabis use:

- Perioperative Pain and Addiction Interdisciplinary Network (PAIN): consensus recommendations for perioperative management of cannabis and cannabinoidbased medicine users by a modified Delphi process (Ladha et al, 2020, British Journal of Anaesthesia)
- https://www.bjanaesthesia.org/article/S0007-0912(20)30783-2/fulltext
 - o 1/3 of patients are using CBD
 - o 1/4 of patients don't know what they are taking
 - 2/3 of patients use cannabis daily to manage pain (60%)
 - >1/3 of patients spend over \$100 per month on cannabis products
 - Only 1/4 of patients were advised by a physician to use cannabis
 - Only ¼ of patients obtain from a Health Canada licensed provider

Patient Flow Chart:

- Patient-reported outcomes in those consuming medical cannabis: a prospective longitudinal observational study in chronic pain patients (Meng et al, 2021, Canadian Journal of Anaesthesia)
- https://pubmed.ncbi.nlm.nih.gov/33469735/
 - Observational study enrolled patients between 8
 September 2015 and 31 July 2018 from community-based cannabis clinics in Ontario, Canada
 - Investigated patients with chronic pain seeking medical cannabis. We assessed their demographics, patterns of cannabis use, and the long-term effectiveness of cannabis on their pain and functional domains.
 - 1000 patients enrolled
 - 757 patients completed baseline (i.e. purchased a cannabis product)
 - 230 completed 6-month follow-up (1/3 people heading down the road to using a cannabis product, stayed on it)

Revised statement from the Canadian Pain Society Guidelines: on Pharmacological management of chronic pain:

 "The cannabinoids are analgesic agents with increasing evidence of efficacy in central NeP states, with a combined NNT of 3.4"

A collaboration between UIIN and Medical Cannabis by Shoppers Drig Mart (McDs) to execute a real-world evidence study involving 2000 patients Oreate POC for blockchain validated products Build and drive standardization within the cannabis industry We have created an online platform and REB approved protocol (from coast to coast) and local approval for data analysis Study Design: Population: Adults > 19 years of age with valid medical documentation Chronic pain, sleep and anxiety Register with Medical Cannabis by Shoppers Baseline data before they purchase any product There are specific products on the platform that have been third party tested to ensure that what is in the bottle is actually going to be consumed at 6 weeks, 12 weeks and 24 weeks (data is continued) Texam at IIIN is following and tracking these individuals in terms of data capture and reporting any issues that come up to the RBB Informed Consent can be completed through the e-portal www.MCRWR.ca (patient page and health care provider page) Canadian Cannabis Syllabus: Developed by the Canadian Consortium for Investigation of Cannabinoids Comprehensive Evidence-Based Education on Cannabis and Cannabinoids as Therapeutics Learn about The Science of the endocannaboid system Safety and efficacy of cannabis/ cannabinoids as therapeutic agents How to approach cannaboids as treatment options in patient care Evidence-based information key to having informed discussions with patients How to approach cannaboids as treatment options in patient care Evidence-based information key to having informed discussions with patients * www.ccicelearncannabis.ca Learn about SARTAN-AD: Advanced Care Planning (ACP): Received a 9-month extension and additional funding awarded by POORI to help understand how to sustain ACP practices at participating sites and how to engage patient partners further in descending on the patients of the project Received a 9-month extension and additional funding awarded by POORI to help understand how to sustain ACP practices at par			Madical Consolia Deal Mental Freidense (MC DMF)
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	 SPIDER: Feasibility phase was in Toronto, the RCT phase is managed by OPEN (Ottawa) Considering running this through POPLAR as the learning collaborative is now virtual 				
Mee	ting adjourned at 5:00 p.m.				
Nex	Next meeting: September 29, 2021; 4:00 p.m5:00 p.m. (virtual)				