

Appendix B: Healthcare Practitioner-Reported Benefits from Medical Cannabis

Healthcare Practitioner-reported benefits are grouped by benefit scale score, ranging from 1 (no benefit) to 7 (a great deal of benefit). Word choice and spellings have been retained as written by respondent to avoid inadvertent mischaracterization of intent. Brackets have been used to explain words redacted to prevent individual identification or for other reasons.

1: No Benefit

- This patient reported no benefit and in fact reported worsened gastrointestinal distress. She discontinued use shortly after starting
- Patient reports feeling as though she is allergic and has not tried any preparations since 11/2017

2

- Sleep and PTSD about 20% better but stopped it
- Patient reported that it made her too sleepy and she stopped using it.
- some mood stabilization, some localized pain reduction with topical product

3

- Less pain from interstitial nephritis
- PTSD better and muscle spasms much better but cant use most of the time due to expense

4

- Client reported decreased anxiety but also describes some sedation
- Decreased anxiety, improved relationships, decreased ETOH use
- Difficult to tell. Client's follow up has been sporadic
- decrease in body aches and pain
- NOT much benefit for the pain, family has multiple intervention avenues and this is just one. Is not really using it much at all.
- PTSD 40-50% better, sleep somewhat improved but not great but he feels he's benefited enormously
- Some reduction of anxiety, minimal reduction in pain at this time
- reduced anxiety
help with sleep
- patient states that the only benefit he receives is that he feels more relaxed. He says the medical cannabis does not help much with his PTSD related symptoms
- patient feels more relaxed and has less tension

5

- Decreased paranoia
- Less pain, weight loss, and less disability with ordinary activity.
- Helps sleep, flashbacks, 60% improvement overall in PTSD symptoms
- It helps a lot. Sleep better. Neuropathy improved. Anxiety much better.
SE: none.
Meds: reduced trazodone from 175 to 150 mg. Stopped olanzapine, other anxiolytics.
- It relaxes the muscles in back which get tight due to injury.
It helps a little w/ PTSD issues. Not as many bad dreams.
Pain 2-3/10. No SE.
reduced tramadol from 1-2 pills every 4 hrs to 2 pills a day.
- Sense of calm
Fewer panic episodes
More independence
- Decreased pain, PTSD and nausea
- PTSD sx improved 70%
Back pain improved 50%
Spasms almost gone
Stopped 3-6 beers on Friday or Sa
less irritable
Able to decr methocarbamol from 1000mg to 0-1/d from TID
Able to decr Ibuprofen from 800 mg TID, to none
- Improved PTSD
70%
- helpful for RLS and sleep
- insomnia improved, some anxiety improved
- non-narcotic option for pain
- better sleep
- patient has experienced reduced anxiety, has a better appetite and reduced inflammation related to IBS
- able to recover from difficult behaviors faster and have less frequent episodes of tics and explosive behavior
- PTSD sx improved about 70%
Concentration improved
HAs 50% better, and jt pains 85%

6

- significantly less PTSD symptoms, fewer intrusive voices, less fear, better sleep
- 90% better
- Anxiety, panic attacks, nightmares reduced. No SE..
- PTSD 100% better, fibromyalgia 60% better, anxiety mostly gone, sleep great, restless legs 70% better

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- PTSD 70% better. Sleep excellent. More relaxed
- Sleep and PTSD
- Sleep is significantly improved.
D/c all sleeping pills.
Anxiety is much reduced.
- 80% less nightmares, flashbacks, hypervigilance
Sleeps well
- PTSD 90% better, Sleep ot much better
- Sleep/PTSD great, before barely slept. Anxiety better. Pain 60% controlled in nighttime
- 70% better PTSD, Sleep and anxiety better, also did CPT therapy
Decr gabapentin dose in half
- decrease in tics and decrease in big behaviors
- patient has experienced decreased pain, anxiety and depression levels, she also has less nausea and less fatigue
- patient has experienced a reduction in anxiety and depression as well as reduced pain levels
- patient has experienced a reduction in stress and anxiety levels, he feels more relaxed and is able to sleep better
- patient has experienced decreased anxiety and depression levels, is getting better, more consistent sleep and has a better appetite
- patient has experienced reduced pain and anxiety levels
- patient has been able to get better control over his emotions, he is having fewer emotional outbursts and is less irritable which has led to better quality of life and better relationships with his family, he also has reduced anxiety levels
- patient is getting better, more consistent sleep, he has reduced anxiety levels and reduced agoraphobia, making it easier for him to socialize and be in public
- decreased PTSD triggering along with other woerk
- States he is able to make "less mistakes" and "think better" when he takes his medical cannabis products
- Decreased anxiety, hypervigilance. Traveling and ability to do normal ADLs improved.
- a bit less agitated and anxious
- Significant improvement in patient sleep and slight decrease in hypervigilance. Raging behaviors are less intense and less frequent
- better sleep, less anxiety

7: A Great Deal of Benefit

- Significant improvement with insomnia, pain and previously severe anxiety.
- Reduced anxiety and other pstd sxs
- Neuropathy pain is much improved.
Anxiety is improved.
Sleep is much easier.

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- Having a more functional life: being able to work, not fearing that everybody out there is there to get pt. Helps with PTSD. Helps with anxiety. Pt is able to take daughter to a park.
- Reduces nausea, depression and frequency of seizures. Decreases pain levels and helps with PTSD symptoms
- Less headaches
Less irritability
Improved insomnia
Decreased anxiety
Increased socialization
- Decreased Anxiety
Improved mood
Improved appetite
Decreased Insomnia
- Decreased panic/anxiety.
Decreased depression.
Higher resilience.
Sleep improved. Less nightmares.
"Healthier better functioning human being."
- Anxiety is much improved.
Sleep is much improved.
Neuropathy is improved.
Nausea is improved.
- It is helping a lot. 100 fold improvement. No depression, good sleep, get out of the house, exercise, I can go on and on...
SE: none
Meds: stopped clonazepam.
- It is helping, completely eliminated nightmares, helping w/ anxiety and intrusive thoughts tremendously.
No SE.
Meds: Naproxen dose reduced 50%, Tizanidine reduced from 16 to 8 mg a day.
- Anxiety is much improved.
Migraines are much reduced.
Sleep comes easier.
- Anxiety is much reduced.
Sleep is much improved.
Easier to maintain a healthy/normal diet.
- anxiety relief; sleep improvement
- better pain management; sleep improvement
- decreased anxiety related to PTSD; sleep improvement
- decreased anxiety; headache improvement; sleep improvement
- decreased anxiety; sleep improvement
- decreased anxiety; sleep improvement; less on edge
- decreased symptoms related to PTSD; decreased anxiety

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- decreased symptoms related to PTSD; decreased anxiety; improved sleep
- decreased worry and anxiety; sleep improvement
- helps with symptoms related to PTSD
- Improved mood, energy and sleep
- Improvement in anxiety, depression, insomnia and pain
- less anger
- less anxiety; increased relaxation; sleep improvement
- Mood is improved (feeling much more happy).
Sleep is much improved.
- Pain is much improved.
Anxiety is reduced.
Has been able to get off [HEALTHCARE SYSTEM] narcotics program.
- pain reduction; sleep improvement
- Pt reports she can control her emotions better, cope with situations better, relax.
Paranoia is better. Pt is considering tapering off of Lexipro now.
- reduced anxiety; sleep improvement
- Reduced pain, increased appetite, reduced anxiety
- reduced symptoms associated with PTSD; decreased anxiety; sleep improvement
- Sleep PTSD almost completely better
Now off xanax
- Sleeping is much improved.
- She is eating better and stays much more relaxed.
- Social anxiety is much improved and reduced.
Sleep is much improved and easier.
Mood is much improved.
- Patient states that general anxiety and mood has been improved. Patient's PTSD and anxiety before cannabis he was at a 6/7, currently that has changed to a 1/7. His anxiety and signs of PTSD are much improved.
- Pain is much improved.
Spasms are much reduced.
Off fentanyl, and has reduced her Percocet and Xanax use (Pt only uses Xanax when she is not able to use cannabis at specific locations like federal buildings or hospitals/clinics).
- No visits to ED for suicide ideation, Feels more emotionally stable, No school absences
- Improved appetite (has eating disorder, PTSD and chronic anxiety)
- helps reduce pain
helps her sleep
reduces anxiety
reduces restless legs
- It helped with nightmares, with PTSD, helped with sleep. It is easier to fall asleep and to stay asleep.
It improved appetite.
It made easier to be out and to be social.
- Less dependence on Opioids

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- Pain & Sleep
- patient has experienced a decrease in panic attacks, increased appetite and is getting better, more consistent sleep
- patient has experienced decreased anxiety levels, decreased pain levels and feels more relaxed
- patient has experienced reduced anxiety and depression levels as well as reduced pain levels
- patient has experienced reduced anxiety levels and better, more consistent sleep
- patient has experienced reduced PTSD symptoms, reduced anxiety levels, reduced depression levels and has been able to reduce the number of barbiturates and benzodiazepines he takes
- patient is feeling better overall, she is experiencing reduced pain levels, reduced anxiety and is getting better, more consistent sleep
- patient states that he gets relief from PTSD symptoms
- patient states that the medical cannabis completely eliminates his PTSD symptoms, he is getting better, more consistent sleep, has reduced anxiety levels and states it also helps with his ADHD symptoms
- patient states that the medical cannabis has been life changing, he feels like his bipolar disorder is "cured", he is having fewer manic episodes, has increased appetite, is in a better mood and is getting better, more consistent sleep
- patient states that the medical cannabis helps him to "slow down his brain" and deal with life
- patient states that the medical cannabis helps to slow down her thought process, she experienced reduced stress and anxiety levels
- patient has experienced reduced anxiety and PTSD symptoms, he is able to work through his therapy more easily and says he can get through things that were previously triggers for him, it also reduces his ADHD symptoms and helps him to focus better without the side effects of his amphetamine medications
- patient states that the medical cannabis helps her get up in the morning and get through her day without the "bad, scary thoughts" running through her mind, it takes those thoughts away. it also helps alleviate her nerve pain
- patient has experienced reduced anxiety levels, reduced aggression and anger, feels more "at peace", relaxed and restful, he states the medical cannabis has helped him to regulate his emotional responses to stress which has helped him to better his relationship with his spouse and keep them from getting divorced
- patient is getting better, more consistent sleep. she has had a decrease in anxiety, flashbacks and intrusive thoughts and states that her ulcerative colitis has gone into remission
- patient has experienced reduced anxiety levels, is getting better, more consistent sleep and is having fewer and less intense panic attacks
- Improved emotional status with reduced negative thoughts. Flashbacks/nightmares are significantly reduced. Quality of life is much improved.