

Effectiveness of Medical Marijuana in Older Adults with Chronic Pain

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OBJECTIVES



The purpose of this study is to investigate how older adults can safely and effectively use medical marijuana and to identify what age-appropriate, evidence-based education is required

BACKGROUND

- Approximately 178 million (41%) adults in the U.S. age 18 and older suffer from at least one painful health condition
- In Florida, there are 327,492 medical marijuana card holders and chronic non-malignant pain was the No. 1 diagnosis for which patients are registered
- Chronic pain accounted for nearly 34 percent of diagnoses at certified dispensaries (The Florida Department of Health, Office of Medical Marijuana Use, 2019)
- Symptom management in older adults, including chronic pain management can be challenging. Medical marijuana (MM) is often recommended in the treatment of these conditions
- Medical marijuana (MM) use among older adults is rapidly growing more than other age groups



FUNDING

Consortium for Medical Marijuana Clinical Outcomes Research Grant

METHODS

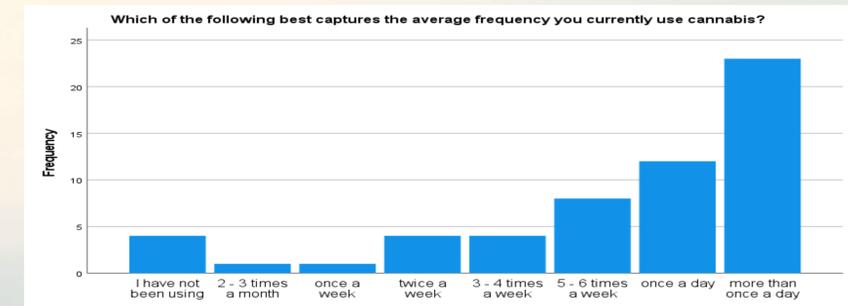
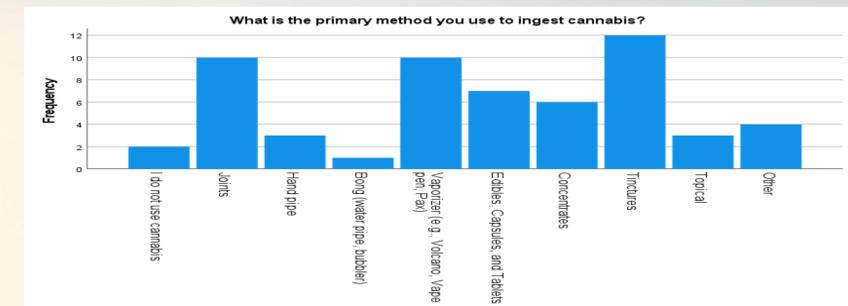
- Data were collected using RedCap online survey tools for age 60 and older who have an active medical marijuana prescription and chronic pain residing in South Florida
- Data were analyzed using descriptive and inferential statistics and management of missing data

RESULTS

- 60 participants age ranged from 60~90 years (mean = 69.83) completed the questionnaires

Characteristics	n	%	Side-effects	n	%
Gender			Increased appetite	13	24.1
Female	28	47	Changes in mood	11	20.4
Male	32	53	Lack of concentration	7	13.0
Marital status			Lethargy	6	11.1
Single	7	12	Dizziness	5	9.3
Married	41	68	Trouble thinking	4	7.4
Divorced	5	8	Impaired judgement	2	3.7
Widowed	7	12	Urinary retention	1	1.9
Highest education level			Slurred speech	1	1.9
High school	9	15			
College	33	55			
Post graduate	18	30			
Ethnicity					
Non-Hispanic	50	89			
Hispanic	4	7			
Not report	2	4			
Opioids use					
Never	34	64			
Monthly	8	15			
Weekly	2	4			
Daily	9	17			

- 85% (n = 51) participants reported receiving medical marijuana education prior to filling their prescription
- 43% reporting the education was less than 20 minutes
- Medical marijuana was considered effective in reduction of overall chronic pain on a visual analog scale ranging from 0 to 100 with a decrease of pain from 71.38 prior to MM use to 35.13 after use.
- This result was statistically significant [t(42)=11.68, p<.001] and indicated a potentially large effect with Cohen's d=1.82.



CONCLUSION

- Medical marijuana should be considered carefully for each patient with frequent monitoring for efficacy and adverse events
- There is a critical need to access the current training and advising on patients' ability to safely and effectively use MM

REFERENCES

- The Florida Department of Health, Office of Medical Marijuana Use. (2019). *2019 OMMU Updates: September 27, 2019*. Retrieved from https://s27415.pcdn.co/wp-content/uploads/ommu_updates/2019/092719-OMMU-Update.pdf
- The Florida Department of Health, Office of Medical Marijuana Use. (2020). *2020 OMMU Updates: March 20, 2020*. Retrieved from https://s27415.pcdn.co/wp-content/uploads/ommu_updates/2020/032020-OMMU-Update.pdf

