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# Appendix D: Healthcare Practitioner-Reported Benefits from Medical Cannabis

Note: 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. Benefits are broken down by benefit score rating.

## No Benefit Score

- According to Pharm D notes, the patient is using 4/7 days to help with sleep and pain level.
- As of her last assessment, she had not yet found a formulation of medical cannabis that she could tolerate taking regularly.
- Deceased - Sepsis
- did not tolerate
- improved nausea from opiates, relieves pain moderately although she takes opiates on days with pain flares
- More comfortable
- none that I know of, but things might have changed from [DATE]
- patient discontinued cannabis due to lack of improvement. Reported she was unable to afford the recommended cannabis
- patient is continuing to take suboxone in conjunction with medical cannabis
- Patient only used medical cannabis for one month and stopped using it because she felt it wasn't working for her.
- Patient sees a partner in clinic.
- Patient states that he only went to the dispensary twice but did not continue to get medical cannabis because he did not like the psychoactive effects from the THC.
- Pt has not been able to afford the cannabis so he has not been taken it in several months
- Pt has not been able to afford the cannabis so she has not been taking it
- Reduced pain  
Ability to rest
- The patient was experiencing nausea and other GI symptoms. She discontinued use for a short time. She is still not using this consistently in order to see if this will be beneficial.
- No benefit. Used it once and "did not like it" so is now using it "the old fashion way".
- Pain, but patient stopped after 3 months due to blurry vision.

- Patient believes it works better than opiates. He is no longer constipated due to recent cannabis use and is lowers his pain levels dramatically.
- Patient uses cannabis for sleeping mainly. It does help with pain as well but she is not using it as much as she was in the past due to job searching.
- Reduced constipation.

## Score of 1: No Benefit

- Tried medical cannabis for 4 months without relief, so stopped taking in April.
- could not tolerate any of the cannabis products
- Did not help with pain
- Did not tolerate side effects
- Did not work for patient at all
- discontinued because it was not effective
- finds that she sleeps well
- had no pain relief with cannabis
- Has not helped with pain.
- He did not ever get any benefit.
- He quit taking due to cost
- it did not work at all at low dose and caused severe side effects (HTN and tachicardia) at higher dose
- no pain relief benefit-she has discontinued taking
- No pain relief; patient discontinued use
- No results after trying 4 different preparations.
- None  
She is not sure if it has any effect on her chronic pain status
- not effective
- not much benefit for pain relief
- Patient did not utilize it long enough to experience any benefits.
- Patient discontinued taking medical cannabis after trying it due to ineffectiveness
- Patient discontinued use after trying pill form due to negative side effects
- patient had intolerable side effects with only a couple of doses, and did not return because of a bad experience with the cannabis distribution center
- patient no longer using
- Patient stated that she only went to a dispensary 2 or 3 times and she did not find the cannabis to be helping her at all so she hasn't been back since.
- Patient stated that she tried capsules and vaping, and oil and none of the forms worked for her pain at all.
- Patient stopped taking medical cannabis 2 months ago because he felt no pain relief from it.
- Pt tried cannabis on and off a few times, did not get better and stopped trying

- Pt tried cannabis x 2 weeks, did not feel better and stopped trying
- PTSD and depression gone. Pain much better, More active, can walk now
- She did not feel it was helpful for her pain.
- She did not feel like the cannabis helped with her pain.
- She states it helps her forget about the pain but doesn't reduce the pain severity as she reports that it causes her to "feel high"
- still had pain and did not have relief. Did not concentrate on seeing if there were any benefits, just focused more on the pain.
- No benefit. Used it once and "did not like it" so is now using it "the old fashion way".
- Pain, but patient stopped after 3 months due to blurry vision.
- Patient believes it works better than opiates. He is no longer constipated due to recent cannabis use and is lowers his pain levels dramatically.
- Patient uses cannabis for sleeping mainly. It does help with pain as well but she is not using it as much as she was in the past due to job searching.
- Reduced constipation.

## Score of 2

- "Numbs" the pain  
Improves sleep
- able to sleep better, headaches sometimes better
- Able to wean off of fentanyl, but pain is inadequately controlled now.
- benefit with sleep
- cannabis did not reduce pain nearly close to her opioid
- Denies that the cannabis is helpful but was not very receptive to medical cannabis in the first place since his narcotics were going to be weaned. But medical cannabis is a safer way to control his pain.
- Did have some pain control but does not feel this was significantly better then prescribed medication. Not actively using cannabis.
- did not tolerate
- discontinued the cannabis as it only helped with sleep - still needs opioids for pain
- eating better, able to relax, has not cut down opioids
- Effective for pain, but not affordable. Pt is considering moving to CO or OR. He tried product in CO, whole plant extract, it worked better than MN products and was significantly less expensive.
- For this patient, it was not helpful enough to reduce his opioid need. Thus, we mutually agreed to stop the cannabis.
- has improved sleep little benefit pain
- helped some with anxiety
- Helps some with pain
- Helps some with pain, but does not last long -- only about 3 hours.

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- Helps some with pain.
- helps with nausea, not yet with pain
- It does slightly help him sleep better at night, otherwise he does not feel like it is helping during the day at all.
- It helped relax, but not pain. Pt didn't want to try higher THC product, so titration was not carried out.
- just starting to use, less anxious, no change pain, to use different forms
- Less frequent and less painful UTI's.
- makes oxycodone dose last longer
- Mild sense of wellbeing
- Mild to moderate pain reduction
- Minimal pain relief with medical cannabis
- Minimal pain relief. Pt could not get in enough THC due to side effects
- No help for pain, some relief of nausea
- No relief with pain
- no significant relief
- Not sure if providing pain relief.
- Patient did not get adequate pain relief
- patient discontinued after not much pain relief
- Patient discontinued use after 1 month due to fogginess
- patient gets mild relief on occasion but it does not last
- Patient has been unable to utilize medical cannabis regularly secondary to cost.
- Patient has more relief with opioids
- Patient reports that the product obtained from his vendor was inadequate to treat his pain symptoms. Quantity necessary to get him to relief . was too expensive. He felt the CBD did help somewhat with his anxiety.
- Per PCP note sleeping better, less anxiety
- Possible minimal help for pain, not definitive. Probably did not get to sufficient dose.
- Previously taking Percocet 5mg/325mg BID. Tried medical cannabis in addition, but found Percocet to be more effective for pain. Has stopped medical cannabis.
- Reduced back pain slightly.
- reduced pain
- Relaxation in the evening; calming effect
- Slightly reduces cervical pain.
- some benefit pain, ready to try to taper
- Some relief of pain, but too much side effects, so she does not like it
- [HIGH THC PRODUCT] helps him sleep better at night.
- The liquid form has helped her nausea and appetite.
- The patient is not certain how helpful the cannabis is.
- unclear results

## Score of 3

- 20% pain relief
- Able to be active longer without pain.
- Able to reduce pain med.
- Analgesia and spasms, to a very small degree, after much discussion with the pharmacist and alterations to the "traditional" [MANUFACTURER] pathways. She also noted some reduction in her anxious symptoms.
- Assisted in managing his pain.
- Better sleep, less pain
- Decreased opiate dose, pain relief
- decreased pain, had to stop due to side effects
- did not offer enough pain relief to allow decrease of pain meds
- does help with pain, spasms sleep, using different forms, plans to decrease Dilaudid
- finds some pain relief
- has been able to eliminate prn lorazepam for extreme pain episodes
- He did not feel as sedated
- He did not get benefit on his #1 pain complaint, but did get benefit on his #2 complaints
- He does feel that this is helping with his chronic pain symptoms. Unfortunately, around the same time as starting medical cannabis he acquired a new acute pain problem that is longer lasting, so it will be difficult to understand full benefit.
- He takes the medical cannabis at night which seems to help with pain and anxiety.
- Helped pain, but he stopped it due to mental status changes.
- Helped with pain but he didn't tolerate so he stopped taking it.
- helping pain, mood, sleep
- helps him take his mind off the pain, helps him sleep better
- Helps some with pain
- Helps with mid to upper back pain, but not low back/leg pain.
- helps with sleep, anxiety, racing thoughts
- Improved function, reduced pain, improved sleep, reduced opioid pain reliever need
- Less pain, sleeps better
- marked improvement in nausea  
25% decr pain
- mild improvement in pain
- mild pain relief, is able to manage pain better
- Pain better for 1 day
- Particularly helpful with sleep. This is true for many patients. THC dominant formulations particularly useful for this indication. Although no reduction opioid pain relievers, function is improved by 10% by cannabis.
- Patient experienced slight relief of muscle spasms.

- Patient has not yet found benefit from medical cannabis but is trying all ratios and may ultimately find no benefit once completes all trials.
- PCP note indicates some benefit
- reports did help pain , short trial at visit, vaporizer hurt lungs, to try other preparation
- reports less pain but still has daily HA.
- reports some benefit with pain, periods better function, has not wanted to decrease dose yet
- Sleeping better  
Decreased night time pain levels
- some improvement in pain for 3-4 hours each dose
- some pain relief
- some relief with pain
- THC particularly helpful for sleep. CBD seems to help reduce pain/inflammation during the day

## Score of 4

- pain relief
- "Lets me forget about my pain."
- "I would be able to reduce my opioid use if I could afford more medical cannabis."
  - 1. Takes the edge off his pain.
  - 2. Improves his sleep hygiene.
  - 50% pain relief with medical cannabis
  - Able to do more physical activity with less pain. Very helpful with arthritis.
  - Better pain control. Improved sleep. Improved quality of life.
  - Better sleep, less pain
  - Decreased pain  
Improved sleep
  - Feels better when he can afford it, but can't afford enough.
  - fewer muscle spasms
  - Fewer spasms, lower generalized pain
  - He reports it helps him sleep better at night, but it has not really helped his daytime pain.  
Overall, he considers it a success since quality sleep is so important for pain reduction.
  - helped sleep m headaches, decreases opioids about 25%
  - helping to take edge off of reducing fentanyl patch
  - Helps pain somewhat. Too expensive to be able to afford high enough dose.
  - Helps with general body aches and pains but does not help with sharp axial back pain
  - improved pain, decrease spasm more function
  - Improved prevention of HAs but did not assist with breakthrough headache pain
  - improved sleep, less pain

- Improvement of burning and tingling of peripheral neuropathy, but not back pain. Dose probably low
- It was difficult to figure out the type of product. It is helping his brain. Less hallucinations, nightmares, disorientation. Not waking up confused anymore. Pain is bad, cannabis distracts from pain somewhat. He does not care about it as much. No side effects, once the right product was figured out (sleepiness). Pain 6/10, down from 8-9/10. Opioid use reduced slightly
- less back spasms, better sleep
- Less fibromyalgia pain, more sleep
- less muscle soreness
- Less pain medications
- LESS USE OF RX OXYCODONE
- Not sure if it is benefitting him much at this time.
- pain relief
- Patient has experienced pain relief from the medical cannabis.
- Patient states that he sleeps through the night now with the use of medical cannabis.
- Patient states that medical cannabis helps with pain relief.
- Patient states that that the medical cannabis helps him sleep at night.
- Patient states that the cannabis makes him more relaxed and helps take the edge off the pain.
- Pt reports much better sleep and relaxation. improved quality of life, overall function improved
- Pt states: "Nothing bothers me, even pain. I don't think about it". This is when she takes cannabis. She can't afford it on a consistent basis. It appears to reduce sensitivity/reaction to pain, not pain itself.
- reduced pain  
more functionality
- Reduces pain levels.
- Relaxation when pain is extreme.
- Some pain relief. Side effects interfere w/ dose adjustment. But pain drugs reduced: tramadol down from 8 to 5 a day

## Score of 5

- It helps a little w/ pain, sleep, eating. D/c'd valium. Oxycodone same dose. Pain 2/10 on cannabis w/ oxy. Off cannabis 4/10.
- 60 % less pain, sleeping well
- Able to assist with pain, nausea and vomiting. Neck and back pain has been more tolerable with cannabis. Less anxiety and more sleep throughout the night. Feels he's been more active and back to his normal routine of life prior to pain.

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- able to relatively decrease opioid analgesics while on cannabis but could not afford to continue it
- Able to sit longer, able to do activities longer now with medical cannabis.
- Able to tolerate pain better, improved activity level
- Assists with taking his mind off of the pain
- better function
- better function, fewer meds,
- better function, fewer pain meds
- better function, less pain, less need for other medicine
- better sleep
  - reduced pain levels
  - reduced headaches
- better sleep, less pain in his legs and neck.
- better sleep, more alert during day at work, less medication
- Can do more activities
  - More mobility
- Cannabis did assist with anxiety and stress from pain.
- Cannabis helped pain a lot, but due to high doses required for good results, pt had to stop it and resume full dose of oxy. He is feeling worse on oxy than when he was on cannabis, with pain going from 6/10 on cannabis to 9/10 on oxycodone. Infusion pump is being considered. His pain clinic is also refusing to give him oxycodone if he takes cannabis
- Cannabis makes pain tolerable and probably reduces it some. Pt was also started on prednisone and plaquenil at same time
- consistent pain control
- Decr pain, better sleep, less nausea, better appetite
- decrease dose oxycodone benefit several hours
- decrease in migraines and nausea
- Decrease in pain
- Decreased migraine days
- decreased naproxen and really helped with inflammation
- decreased opioid use
- Decreased pain and increased functioning.
- Decreased pain, able to increase activity level.
- Decreased pain, better sleep and better appetite
- decreased pain, coughing has gone away (doesn't smoke tobacco anymore)
- discussion pending F/U
- does not feel like needs to increase dose opioid as did before, helps sleep, anxiety, mood

- eliminated vicodin  
reduced nerve and muscle pain  
reduced stiffness
- Feels better and able to manage her pain symptoms better
- Finds that she sleeps better, pain is tolerable, and alleviates her hip pain.
- getting off of medications, pain is tolerable, and she's more active. Has had lost of weight since.
- Good help with pain, especially at night so pt can sleep. Use is limited by cost. Uses PRN only.
- has been helping decrease the methadone from 180 to 50 mg day
- Has helped him be more comfortable with his pain level. He was on high dose opioids which weren't helping his pain level. Now with medical cannabis he is more comfortable again. So pain meds have not been decreased, but without medical cannabis they would have needed to be increased.
- Help with muscle spasms and sleep
- Help with sleep and pain reduction
- Helped improve sleep and pain control
- helped with sleep, not much with pain
- Helps manage his pain better, improved appetite and healthy weight gain. Overall better quality of life.
- Helps with her glaucoma and anxiety. Pain is manageable. Finds a lot of relief for her stomach pains
- helps with sleep, appetite, feels can focus better more calm, not that helpful yet with pain, trying different forms
- Improved quality of life
- Improved sleep
- Improved sleep and decreased pain at night. Decreased muscle spasms.
- Improved sleep, pain relief
- Incomplete but significant relief of pain and joint swelling, limited by diarrhea (side effect). Worse now as he is in TX for last 2 months and was afraid to smuggle cannabis with him across state borders. Pain is 8/10 off cannabis and swelling significantly worse.
- Incomplete pain relief, likely due to insufficient cannabis dose. Pt was encouraged to talk to the pharmacist to adjust the dose
- increase in daily activity, decrease in symptoms of PTSD, decrease in pain.
- Increased functioning and participation in family life and activities.  
We have discussed his pain level and effects of medical cannabis but has not retaken PEG scale.
- increased pain relief
- Increased sleep throughout the night which significantly decreases his pain throughout the day.
- It has allowed me to use minimal doses of tramadol and cyclobenzaprine

- It has helped some, but unable to reduce opioids as of yet....challenging patient.
- It is difficult to determine as the patient has missed three follow-up appointments for evaluation. She is on my cancellation list to be seen in the near future.
- less pain
- less pain and no side effects
- Less pain in neck and shoulder muscles
- less pain, less nausea with pain, better mood
- Less pain, more active, sleeps well
- less pain, not having to take pain meds
- less spasms, used as adjuvant to other prescribed meds
- less, pain, better function, far less opioid
- Makes pain more bearable and patient experiences a more positive attitude as a result of the medication.
- Manages her arthritis and fibromyalgia pain much better than her oral medications.
- Manages pain
- Migraines controlled on the medical cannabis.  
Helps significantly with both the pain management and stress due to his small business. Pain level improves from 9/10 to 6/10 with cannabis.  
Was able to stop NSAIDs completely after using cannabis.  
Side effects- reports minor ""grogginess"" which improves with a cup of coffee. Lasts less than one day. Might be harder to get up early the next morning if he uses cannabis the day before.
- more active without pain, sleeping better
- More consistent pain control with fewer lows between med doses
- no longer dependent on opiate for pain
- Not taking pain medication has helped reduce opiate induced constipation and other stomach issues. Makes pain tolerable.
- Noted that cannabis helps with pain management and anxiety.
- now off narcotics
- Off of opioid medication. Concern is around now considering getting pregnant and no evidence weighing risks of MC use during pregnancy
- Pain control via a remedy the patient considers natural and that "keeps my head clear."  
Helped with nausea and improved her appetite so that she has increased her BMI from 19 to 22.5.
- Pain in arm is significantly reduced. However, pain in neck is not relieved and movement in neck muscles continues.
- pain level decreased  
increased sleep  
improved relaxation
- Pain not as intense, easier to live with it.

- Pain reduction (peripheral neuropathy), anxiety reduction, relaxation. Too expensive to afford adequate dose for optimal relief
- Pain reduction from 9 to 7/10, off opiates which did not work real well and caused side effects.
- pain reduction  
can sleep
- Pain reduction, namely of neuropathic-quality pain
- Pain relief
- pain relief and drug use reduction
- Pain relief not as good as from tramadol, but good enough, and pt feels better using cannabis
- pain relief, less dependence on opioids
- Patient states that his pain and stress have gone down significantly since starting medical cannabis.
- Patient states that medical cannabis has helped increase his appetite and get better sleep.
- Patient states that medical cannabis helps with pain relief, less muscle spasms, and helps him sleep better at night.
- Patient states that medical cannabis helps with pain relief, sleep, appetite stimulation and anxiety.
- Patient states that the medical cannabis has helped her insomnia, anxiety, pain, migraines, muscle spasms, and nausea.
- Patient states the medical cannabis helps "relieve pain, relaxes his brain, and decompresses his body".
- Pt has chronic pancreatitis w/ pain and cachexia. Pt had less pain and improved appetite and gained some wt when using cannabis. She reduced oxycodone. Then her pain dr refused to treat her if she was on cannabis and she stopped. I encouraged her have the pain dr talk to me to coordinate treatment.
- Pt states:  
" It helps pain, sleep better, more relaxed, less anxious.  
Pain 6/10 on it, down from 8-9/10.  
Side effect: increased tinnitus.  
Meds: Percoset reduced from 6 to 3 a day. "
- Reduced muscle spasms, helps takes his mind off of the pain, assists with napping throughout the day.
- Reduced pain for a while. However, last 2 weeks pt is experiencing more side effects and stopped cannabis. She attributes the change to onset of menopause
- Reduced pain, helps sleep
- reduction in dosing of narcotic. However, cost of the medical cannabis may cause her to d/c the program.
- reports more physically active due to less pain, sleeping better, stopped trazadone

- resting better, sleep, neuropathic pain
- she feels more confident in ability to reduce prescription opioid
- She is eating and sleeping better, getting out of bed and functioning daily. Significant but not complete pain reduction. "It has made a major difference" in the life of patient and her family
- Sleeping well, less pain
- sleeps better, helps with digestive and stomach issues, and headaches.
- Some pain relief and muscle relax
- Spasms greatly improved. Knee and back pain significantly improved. Appetite and sleep improved
- Starting to help more for pain after transitioning from SL spray to oil liquid.
- stops phantom pains almost completely  
makes irritable bowel pain bearable  
increased appetite
- The pills helped with minor pain control
- Tried cannabis x 1 mo. Felt better. Could not afford more.  
It helped w/ pain a lot, not perfect (6/7) and sleep
- Was able to stop all opiate use and is able to manage pain just with cannabis.

## Score of 6

- It helps body to relax, sleep is improved. Pain better. No change in drugs. Better feeling of wellbeing. Titrating slowly. No perfect relief yet, but still, very happy with the results
- "Amazing results". Pain is not fully controlled due to cost. However, off all pain drugs and feels good enough. Sleep much better. Migraines much less.
- "it's making all the difference" Pain less, sleep better, general wellbeing better
- 1. Marked decrease in narcotic use.  
2. Totally off all anti-anxiety meds  
3. Reduction in pain scores and anxiety
- 50 percent reduction in pain and muscle spasm in amputated leg
- 70% relief of pain with medical cannabis  
Independence from opioid medications
- able to improve function, working 6-70 hours week and decreasing opioids
- Able to manage pain much better
- Adequate pain reduction with PRN use of vaped cannabis. Happy pt
- Being able to sleep.  
Being able to relax.  
Having an appetite.
- being more active without pain
- benefit for headaches, stopped suboxone, decrease butalbital
- better appetite, less sweating, decreased pain levels

- Better sleep, Off pain meds
- Cannabis has improved her attitude greatly and she is in a healthier mental state due to use.
- Cannabis made a huge difference: pt can sleep, has better appetite, pain a lot less and she is able to do much more. No side effects.
- Car accident has caused a lot of pain in leg and nerve pain, but using cannabis helps alleviate the of the pain. No longer on medication. Anxiety is controlled along with depression.
- Decrease in pain and ability to relax. Most of throbbing pain is in the evening and it helps calm that and is able to sleep better.
- Decrease in pain and spasms
- decreased pain
- decreased pain and decreased use of opioids
- Discontinued muscle relaxant and nerve pain medications. Assists with some pain relief
- Dramatic but incomplete pain relief. Mother states: "cannabis has been a godsent". Very grateful.
- Eases pain
- Eliminating opiates and controls pains so she is able to work
- Feels in control of her pain management.  
Sleeps much better, using less sleep meds
- He feels it is helping his pain enough that he has been able to wean down and off 2 medications that he had been taking for a long time
- Helps ease some of the pain, muscle spasms, and with sleeping.
- Helps nerve pain and some with sleep
- helps with managing pain, glaucoma, relaxing/sleeping, and anxiety/stress. Better appetite
- improved pain relief, better rest
- improved physical functioning with less drug use otherwise
- Improved quality of life in regards to fibromyalgia and IBS. "Feeling much more comfortable"
- improved sleep, decreased pain
- improvement of pain and anxiety
- It has helped her daily pain and sleeping. She stopped cannabis for a period of time as she wasn't sure it was helping, but she learned it did help
- Less despondency about chronic/intractable pain  
He loves having another ""tool in the toolbox"" when dealing with pain  
The vaporized version works within 5-10 minutes  
Less prn breakthrough opioid pain medication use--really, almost none
- less need for hydrocodone
- less need for NSAIDs, not on opioids
- less oxycodone, improved quality of life, decreased nausea and pain

- Less pain and less spasms
- Less pain
  - Less severe pain
  - Better stress management
  - Better sleep
- less pain, improved function
- Less pain, less stiffness and able to get out more
- less severe headache
- Migraines are reduced with use of cannabis. Drugs used for migraines in addition to cannabis are much more effective when used in conjunction with cannabis
- Moderate pain reduction. Significant improvement in sleep.
- MP pains are relieved. Pt is able to socialize, get out of the house better.
- Much less pain, sleep much better, demeanor much better
- Muscle relaxing, sleeping better, and managing pain.
- No need for pain killers when on cannabis
- Off narcotic analgesics however remains on Lyrica.
- opioid med reduction
- Pain control
- pain control
- pain control, better mood, mental clarity, anxiety and depression reduced
- Pain control, including managing breakthrough.
- Pain is a lot more manageable and frequency of headaches have decreased
- Pain is able to manage pain much better, improved quality of life in terms of activity, eliminated negative side effects from opiate use
- Pain management
- Pain Management and reduces muscles spasms
- Pain management, appetite, sleeping,
- pain relief
- pain relief, sleep improved
- Pain was interfering with him falling asleep. Cannabis has provided good pain control and additional benefit of helping with sleep
- Patient has a better outlook on life and gets a good nights sleep.
- Patient has experienced less pain and stopped smoking cigarettes.
- Patient has experienced pain relief and less anxiety.
- Patient has experienced pain relief, anxiety relief, and sleeps better at night.
- Patient has experienced sleep at night and is able to cope with the pain a lot better.
- patient states much better sleep and decrease in pain. Pain more "stable" than it has been in months.
- Patient states that CBD completely wiped out back muscle spasms, increasing his mobility, while the THC seems to just mask the pain.

- Patient states that he is able to sleep through the night.
- Patient states that her pain and muscle spasms have decreased drastically.
- Patient states that her pain relief is manageable now.
- Patient states that medical cannabis has reduced lower back pain and arthritic pain all over his body.
- Patient states that medical cannabis helps her get a good night sleep, and pain relief.
- Patient states that she is able to sleep through the night and has no sharp pains anymore.
- Patient states that the medical cannabis helps greatly with her pain relief, sleep, anxiety, and depression.
- Patient was able to return to work and increase productivity.
- prevents rebound headaches and does not get headache migraines as frequently anymore
- Pt had better pain control
- Pt reports increased ability to walk and exercise, better quality of life, Still using opioids
- Pt says: Very happy w/ it. It saved me many times. It takes away 85% of pain. Helps sleep at night.
- Pt states: " It is helping a lot: pain relief, sleep, appetite, food tastes better, smell is waking up slowly, less stuffy. Pain: 5/10, down from 8/10. Off almost all tylenol, naproxen, ibuprofen. Still on Enbrel. No major side effects. Some dry eyes. Blinks more. Less nocturia: from 2 down to 1 or 0 x a night."
- Pt states: "" It's helped a lot: reduced pain, improved sleep, more energy. No side effects. Occ a bit drowsy., less now. Stopped gabapentin. Pain 3-4/10, down from 7-8/10.
- Pt states: Did great the first month. Used 50% less narcotics. Pain was 6/10, much more tolerable. Opiate constipation improved. Agoraphobia also improved. It was great! Grand slam home run! Off medical cannabis now due to high price.
- Pt states: It is helping. Less pain. Oxycodone amount reduced from 3 to 1 a day, Sertraline dose reduced from 100 to 50 qd. Pain 2/10. No side effects. Head is clearer, more energy. Very happy with the results.
- Pt took it for 2 weeks. He reports gentle pain relief, he liked it a lot. Unfortunately, he could not afford the dose necessary for pain relief on sustained basis
- Quicker pain relief, less side effects. However a bit more fatigue than before on opiates
- reduced anxiety, manages pain, and helps with relaxing which gives him more feelings and emotions besides the pain
- reduced pain
- reduced pain Eliminated chronic opioid use
- reduced pain levels
- Reduced pain. Rare use of NSAIDs. Previously used regularly.

- reduces muscle spasms greatly, no longer needs to take pain medication
- Reduces pain and assists greatly with sleeping patterns. Patient notices a better quality of life while using cannabis. Reduces muscle spasms.
- reduces pain and assists with sleeping patterns
- Relaxes muscles to avoid spasms and sleeps better.
- relieves pain
- Resolution of numbness in arms, good reduction of pain, memory improved since off Lyrica, no cramps in feet
- Significant migraine pain reduction. IBS not improved. Anxiety improved
- Significant reduction in pain.
- Significantly decreases pain
- Sleep and pain better, more relaxed
- Sleep improved, pain improved. Decreased nausea, better appetite. Decreased anxiety. Decrease in PTSD/flashback and nightmares she used to have.
- Sleep improvement, pain reduction
- Sleeping better. Less anxiety. Reduction in pain medication use.
- Sleeps better, not depressed. Pain very effective for being able to manage pain till 8-9 PM. Has a 50/50 liquid and THC vap. Controlled with blend till evening then needs vaporizer. Not on any pain meds. No longer needs venlafaxine for depression. Doesn't have cognitive changes, is energized and focused with CBD. Has lost about 50 lbs because active again. Sleep better. Pain 4/10 minor HAs. But evening HAs can go up to 10.
- sleeps much better and assists with pain. Reducing medications and relaxing.
- spasms are less frequent
- stopped fentanyl patch, off opioids, helps sleep, nausea, appetite "Awesome"
- The patient cannot afford to buy it with enough regularity. but when he does take it he feels it helps the pain.
- The patient stated that she has had difficulty affording medical cannabis, although has noted significant benefit from medical cannabis in regard to her intractable pain and muscle spasm. She has had significant relief from muscle spasm. She also acknowledged that her anxiety and nausea have decreased significantly with the use of medical cannabis. Secondary to decreased muscle spasm and pain, her mood has improved significantly. She stated that she has not been utilizing medical cannabis for 3 weeks secondary to inability to afford her medications and has noted increased symptoms
- The patient's pain, anxiety, and sleep have all dramatically improved. His mother states he has experienced a "very good" response to medical cannabis.
- Took some pain symptoms but mainly stomach pains have been relieved more than neuropathy.
- Use of Medical Cannabis is allowing the patient to be stabilized with her pain medications and does not need to increase her dosaging

- Very grateful pt. Good relief of pain without side effects. Unfortunately too expensive, so pt can't get enough for full relief and has to take some pain killers too
- Very happy with results: migraines managed much better with cannabis
- Virtual visit. Pt is using cannabis and doing quite well. Pain much more tolerable. Both Klonopin and Vicodin reduced 75%. Pain around 4/10, reduction of 20% compared to full doses of narcotics. No side effects.  
Pt's pain doctor is supportive of cannabis use. However, the company she works for apparently has a policy against allowing THC in pt's urine if they are on narcotics, even if it is legal. So they are threatening to cut him off Vicodin completely
- When pt can afford cannabis, he takes it for pain and to relax. It works well. Pain before use 9/10, after use 5-6/10. No side effects

## Score of 7: Great Deal of Benefit

- Doing very well.  
Was on oxycodone 10mg 5x a day. By Oct he was off oxycodone. Off naproxen. Testosterone was reduced by opioids, so he was started on testosterone. He was able to stop that as well once levels came up. Life-changing treatment.
- It helps a lot. "I couldn't say enough about it" Much better than the pain pills. No side effects. Pain level from 10/10 to 1/10 with vaporizer use. Sleep much better. No waking, no tossing and turning. Very happy pt.
- It is helping a lot.  
Pain is relieved when she has a flair, from 9-10 to 0-1/10 in minutes. Taken prn.  
Side effects: munchies.  
Prednisone is reduced by half
- - sleep cycle greatly improved
- - able to go 6 miles on recumbent bike with spasms under control
- - falling less"
- Able to be more active and do physical therapy. He is able to focus on tasks that need to be done at home and work.
- Able to be more active, pain is decreasing.
- Able to be more active, spend time with family, decrease medication burden
- Able to exercise again, pain is tolerable most days, and she notes that
- Able to get off of medication, more productive now that her pain is tolerable, and better quality of life.
- Able to sleep. This is big for him
- Able to wean off narcotic pain medication, fentanyl patch and oral morphine. Nausea controlled and able to stop Zofran. Sleeps better.
- alleviation of pain, feels more alert since he is not dwelling on the pain
- Allows patient to be a lot more mobile than he has been in the past and continue working and stabilized pain immensely.

- Almost complete relief of knee pains when using it. Drug use was already very low, that's why no change
- APPETITE
- assisted with pain management, more frequent and consistent bowel movements, decreased anxiety symptoms and improved appetite.
- Assists with managing pain levels greatly
- Assists with the day to day pain and prevents him from resorting back to opiates to cope with pain. Aids in digestion and sleep schedules.
- back pain is actually better now with medical marijuana and then it never was with hydrocodone.
- barely noticed pain, helped sleep throughout the night, and assisted with other conditions
- better pain control
- Better pain control, can be more active, sleeps better at night.
- better pain relief and improve rest/sleep
- better sleep, less pain, easier time with physical therapy
- better sleep, less pain, more relaxed, more normal function than on pain medication
- Cannabis use has completely eliminated her anxiety and reduced muscle spasms.
- Colitis is better and migraines are less. No longer has to miss work!
- Daily pain scores down to 2-3 from 8 on average. She has been able to be more physically active and play with her son which she could not do before. She is now exercising daily and has lost over 25 pounds
- decreased pain
- decreased pain
- decreased pain and improved overall function, patient is able to weight lift, work with a trainer 2x per week and swim.
- decreased pain, improved sleep
- Decreased pain, sleeping better at night
- Decreased pain, sleeping better.
- Decreasing medications. Pain better controlled, able to be more active. Decrease in arthritic pain. Walking without a cane.
- Discontinued medications for pain, decreased pain, stable mood.
- eliminated all pain and use of pain medications
- Eliminated medications, including ambien which was 10 mg nightly, helped with nerve pain, and losing some weight.
- Eliminated the use for opiates, and it has alleviated a lot pain, sleeping has improved, he has gained 5 pounds
- eliminating anxiety
- reduction in pain
- elimination of pain, return to function
- Fewer headaches, not as severe, sleeping better, improved appetite.

- Finds a lot of pain relief, increase appetite, and more comfort in overall quality of life.
- Flare ups don't last as long. Able to sleep better and muscles feel more relaxed
- great relief of pain
- Greatly reduced pain and muscle spasms
- Has helped a lot with sleep and no pain when he sleeps.
- He feels better when he uses it. He uses it as needed. It helps sleep and anxiety as well besides the back pain. Pain 9-10 down to 2-3/10, instant relief on cannabis. It works much better than narcotics.  
Stopped hydrocodone, ketorolac, tramadol, gabapentin.
- He has seen a lot of improvement in pain and as a result, his activity level has improve. He can stand, sit, and walk longer because his pain is better controlled. He also has improved sleep, appetite, and vision.
- helped a lot with managing pain and was able to discontinue medication. feels that her immune system has improved too
- helped assisted with pain management
- Helped mainly with pain management and allow the patient to be more productive on a day to day basis.
- Helped with a lot of his pain and was able to decrease anxiety medication for his anxiety
- helped with appetite, sleep, anxiety, and pain.
- Helps manage pain more and helps decrease mood swings
- Helps patient manage his pain more efficiently, Patient has lost about 30 lbs, he states that it takes the edge of but does not alleviate pain completely. Patient feels very clear headed on the cannabis as opposed to how he would feel on the opiates. His sleeping patterns have improved greatly.
- Helps relax, sleep, and alleviate pain and muscle spasms.
- Helps with his insomnia, pain management, and appetite.
- helps with managing pain and relaxing. Sleeps much better and better quality of life with social events now that his pain in manageable.
- Helps with managing pain, depression, and muscle spasm. Was in chair for 2 years from over 2 surgeries, and now she is able to be independent and on her feet again. Has her quality of life back because her anxiety has been eliminated.
- helps with pain and inflammation. helps with sleeping as well.
- Helps with pain, joint aches, restless legs. Sleeps much better at night. Able to be more active because of improved pain.
- His pain can be debilitating, this is a helpful resource without concern for physiologic dependence. He reports has used it appropriately as guided by his pharmacist. His pain being treated has allowed him to function well at home and work and has limited health related anxiety that stems from this ongoing issues with pain related to spondylitis arthropathy.
- Improved muscle spasms and ROM of neck. Decreased frequency of cluster headaches (previously 20/day now 2/day).

- improved pain control
- improved pain control with less narcotics, patient feeling better and more alert on less narcotics. and less anxious and less constipated
- Improved pain symptoms with better quality of life and improved ADLs
- Improved sleep, nausea control and pain control
- Increased activity. She was rarely walking before because of pain, is no longer needing a wheelchair because she can walk further distances on her own. Does use a cane at times but has increased her activity level and ability to walk substantially since starting medical cannabis. This has made a remarkable difference for her!
- Incredible pain relief and better relief
- interestingly, patient's psychiatrist was also able to decrease psychotropic medication usage as well. Patient is doing very well.
- Less frequent headaches, decreased neck pain, "relaxes brain and on even keel", decreased angry outbursts
- Less pain, able to be more active. Pain is much more tolerable.
- less pica, better able to communicate, improved fine motor skills and development
- Manage pain without opiates, improved sleeping patterns, relieves anxiety and depression due to pain
- Managing pain
- Managing pain completely and no longer feeling nauseous
- More relaxed, not needing to take as much narcotic pain meds.
- Muscles spasms are less frequent, pain tolerable, calms patient down and helps with decreasing other medications.
- No longer has opiate induced constipation. Reduced medication and immediate pain relief and muscle relaxing.
- no longer on depression medication, pain is more tolerable, and less frequent muscle spasm
- no longer taking a lot of medications and has found a lot of pain relief
- No more constipation due to opiates and better sleep.
- no more medications and side effects from medications.
- Not on oral medications and reduced pain in half.
- Pain and anxiety relief
- Pain control has been excellent, and she reports being able to return to normal function
- Pain control. Helped clear is skin condition.
- Pain controlled and increased quality of life.
- Pain for Crohns has been relieved however pain for Back is a 2-3. Still needs more relief.
- Pain meds reduced 90% (tramadol and flexeril). No side effects. Very impressed w/ results. Pain level 1-3/10 on cannabis, 5-6/10 before.
- Pain relief, reduction of inflammation, improved general well-being. Very happy with results

- Pain under control off all pain meds, most of the time. More energy, feels much better in general due to removal of medication side effects.
- Patient states that medical cannabis greatly helped alleviate her pain.
- Patient has been able to taper down on opiate medication and manage her pain better and perform her daily duties more efficiently. She has also been able to continue working.
- Patient has experienced a loss of use of alcohol and pain medications, more exercise, sleeps through the night, and quality of life has improved.
- Patient has experienced an improved quality of life and does not have withdrawal symptoms when he runs out of medicine.
- Patient has experienced his pain levels are down, he is more comfortable with his pain, his anxiety has gone down, insomnia is not an issue anymore, and positive thinking.
- Patient has experienced lack of muscle spasms, sleeps through the night, and quality of life has drastically improved from use of medical cannabis.
- Patient has experienced less anxiety and greatly reduced pain.
- Patient has experienced less frequent not as intense or long of migraines.
- Patient has experienced muscle relaxation and pain relief.
- Patient has experienced pain relief, appetite stimulation, and better sleep.
- Patient has experienced reduction in muscle spasms and cramping, pain relief, and gets better sleep at night.
- Patient is able to completely manage his pain on just the cannabis alone. Patient have lost 70 lbs and is just living an extremely healthier lifestyle all around. No longer has symptoms of sleep apnea.
- Patient is able to walk without pain in his foot and has increased activity while using cannabis. He spends quality time walking with his grandchildren. He can stand in his kitchen and do dishes and prepare food which she has great difficulty with without the cannabis. Quality-of-life and sleep is greatly improved.
- Patient notes improvement in pain and pain tolerance
- Patient said medical cannabis helped a lot with pain relief.
- Patient said: " It is working wonderful!  
Now I can sleep due to pain reduction. No side effects. Have not been using any other pain meds: off naprosyn and vicodin. Amazing! Can't say enough good about it. It's been such a life saver!".
- Patient says: Life changing therapy: no pain, good sleep, no anxiety, no depression, nausea much better. No side effects. Pain 0/10. Condition: connective tissue disease.
- Patient stated that medical cannabis has helped greatly with her pain relief.
- Patient states he has been experiencing a better quality of life.
- Patient states that A1C has dropped significantly since using medical cannabis.
- Patient states that he can move while on the medical cannabis and he's playing hockey again, he is fully functional compared to how he was on opioids.
- Patient states that he can tolerate pain and quality of life is so much better.

- Patient states that he has experienced increase in sleep and appetite, and decrease in anxiety and pain.
- Patient states that her quality of life has improved, she is more mobile, and nausea has decreased.
- Patient states that his muscles are very relaxed and his mood is uplifted when he uses medical cannabis.
- Patient states that medical cannabis has greatly helped reduce her pain and intake of other medications she was previously taking.
- Patient states that medical cannabis has helped with her anxiety and insomnia tremendously, and helps a great deal with pain relief as well.
- Patient states that medical cannabis helps his mind forget about the pain and makes him drink more water.
- Patient states that medical cannabis helps increase his appetite, decreases his pain and anxiety, and helps him focus.
- Patient states that medical cannabis helps with pain relief as well as anxiety relief.
- Patient states that medical cannabis is not as addictive as other medications he was previously on and helps quite a bit with his pain relief.
- Patient states that medical cannabis soothes him, calms him down, and helps stop him from thinking negative things.
- Patient states that she has experienced reduced pain, muscle spasms, headaches, nausea, and increased appetite.
- Patient states that she has felt relief from insomnia after 25 years, anxiety, and pain management.
- Patient states that the medical cannabis helps greatly with pain relief, making him more active, and increasing his appetite.
- Patient states that the medical cannabis helps with pain relief and sleep. He states it also calms him down and makes it easier to focus on things.
- Patient states that vapor cartridges helps her feel immediate pain relief compared to the capsules.
- Patient was unable to walk for any distance. She is now able to walk several miles per week.
- Patients mood and depression have improved. Patients pain has improved.
- Pt is not on cannabis currently due to inability to afford it. When used, it was doing wonders on pain of FM and RSD, mood much better, appetite better, wt gain, sleep better.
- Pt is very happy w/ the results of cannabis tx.  
Using vaporizer. She says: "It's amazing. Sleep and appetite better, not moody, much better able to move due to reduced stiffness. Pain much reduced: 2/10".
- Pt reports:  
It is helping a lot. It's helping pain, GI issues (gastroparesis w/ reduction of wt), anxiety, depression, sleep. Weight up from 108lb to 125lb due to improved eating and less gut

problems.

Pain 5/10, down from 9-10/10

No longer needs Xanax, need for sumatriptan is much less, and it helps a lot better. Off all opiates (occasional Vicodin, tramadol).

- Pt reports:

It is life-changing. Pt really likes the pharmacist guidance in MN compared to CA.

Abdominal pain completely resolved.

Joint pains much less, now 3/10.

No meds, no change.

Side effects: none.

Sleep and appetite better.

Very happy pt

- Pt says: "Off opiates. Sleep awesome. Digestion normal.  
Pain was around 7-8 on opiates. On cannabis, pain is still present, but not as intrusive. 5/10. I don't care about the pain as much. Attitude is much better. Pain is ~50% less. Pills and oil are easier to regulate than vaping.  
Wife knows when I didn't take my pills and tells me to go take them".
- Pt states: "It has been life changing. Not one migraine since starting it.. Occ every day HAs handled by the vaporizer immediately. Fairly minor side effects, only w/ vaporizer. Has not tapered off the chronic meds yet, but planning to start soon. Off the triptan.
- Pt states: It is working well.  
It helps sleep at night. It calms my overactive bladder, relaxes me. It helps pain, relieves spasm. It helps a lot! Pain 3/10, down from 6/10.  
No side effects.  
Meds: stopped amitryptilline, methotrexate. RA is in control off methotrexate!
- Pt states: " It is working very well. Much better than any meds. Back pain and HA improved. Pain 4/10, down from 9-10/10. I don't know what I would do without it.  
Depression, anxiety improved  
Stopped antidepressants."
- Pt states: "Doing really good. Colitis and arthritis is much better, PTSD and depression much better. Much worse when off cannabis for a couple weeks due to inability to afford. Immediately better in all respects on resumption. Pain 3/10 at worst when on cannabis. Meds: stopped Norco, Ativan. Much less migraines, so Fioricet stopped when on cannabis". Pt sounds excitedly happy when reporting this.
- pt very pleased off Oxycodone 15 mg day and methadone 15 mg day, less anxious, better function, hoping to get workcomp to pay
- quality of life has improved greatly and is able to function. Pain is much more manageable and she is able to go to the gym on a more regular basis. Improved sleep patterns, reduction of irritability
- Really helped with managing pain

- Really helped with pain management, slept better, increase an appetite.
- reduced pain levels, reduces swelling related to arthritis
- Reduced the frequency of migraines drastically- prior to cannabis patient was getting 1-2 migraines a week and is now only getting one a month at most.
- relaxed muscles  
less spasticity
- relaxes muscle spasms/knots, swelling in the ankles, and relieving pain.
- Relaxes muscles and alleviates the pain.
- Relieved stomach pains
- Relieves with pain and is able to get off of opiate medication. Is able to control his pain better with cannabis than when he was on opiates.
- she has been able to stop opioids, and wants to stop some of the neuropathics. She feels better on medical marijuana than other treatments.
- significant improvement in pain with little or no effect on cognitive functioning
- Sleep at night, participate with duties and kids much longer.
- Sleep much better and pain is 75% better
- Sleeping and pain control
- Sleeping better at night, pain is better controlled with medical cannabis.
- Sleeping better, decrease pain, decrease fogginess, less anxiety, less muscle tension and strain, no shaking or muscle twitching. Helps cope with pain. Able to function much better.
- Sleeping much better at night, pain no longer wakes him up. Can walk and climb stairs better with much less pain.
- Sleeps better throughout the night and pain is manageable
- Stop opiate use, no longer experiencing left leg numbness and cramping
- Survey done based on pt's taking cannabis for 2 months following certification. He can't afford it and is now worse. When on cannabis, he felt much less pain and had much better outlook
- The assessment is made on prior experience of taking cannabis, up until 2 mo ago. Pt can't afford it last 2 months
- There has been a great deal of benefit - a decrease in the amount of scheduled medications - able to sleep better - able to function and work.
- Very good pain control.
- Very good pain relief. Too expensive to afford enough for complete relief. Stopped narcotics
- Was able to stop using medication and sleep better. Anxiety was under control