



▶ CLASSact Cannabis-based medicines

CLASSact is a knowledge assessment and guided reflection activity based on CLASStime content.

You will need to read the CLASStime article before undertaking CLASSact. If this topic is meaningful to you or your peer group, you may wish to suggest the associated CLASSmates activity for your next peer group meeting. All CLASSmates resources can be found on pharmacytoday.co.nz under CLASS.

CLASSact objectives:

- ▶ Improve understanding of cannabis-based medicines
- ▶ Reflect on how competence standards have been met in practice
- ▶ Consider how new knowledge can be implemented in practice
- ▶ Prepare for a peer group meeting on this topic

Completing this CLASSact worksheet may allow you to fulfil some or all of the following elements of your Pharmacy Council annual recertification requirements:

Keeping up to date – go to MyRecert (myrecert.pharmacycouncil.org.nz), select the “Keeping up to date” page of your portfolio, then enter a description of this activity.

Reflection on practice – complete this CLASSact worksheet, scan or save the PDF, then upload it to the “Reflection on practice” page of your portfolio on MyRecert.

Assess your knowledge

After reading CLASStime, assess your knowledge of this topic by selecting the appropriate answer(s) for each multiple-choice question. Correct answers can be found on page 6.

1. What is the current funding status of cannabis-based medicines in New Zealand?
 - A. Fully subsidised (funded)
 - B. Funded under Special Authority criteria
 - C. Partially subsidised
 - D. Unsubsidised (privately funded)

2. Which route of administration of cannabis-based medicines has the slowest onset of action?
 - A. Buccal
 - B. Inhalation
 - C. Oral ingestion
 - D. Sublingual

3. Any adverse reactions to cannabis-based medicines should be reported immediately to the Centre for Adverse Reactions Monitoring. True or False?
 - A. True
 - B. False



4. Which of the following is an absolute contraindication to cannabis-based medicines?
- A. Chronic kidney disease
 - B. Immunological disease
 - C. Severe cardiovascular disease
 - D. Unstable psychiatric condition
5. Which TWO of the following statements regarding the safety of products containing cannabidiol (CBD) and tetrahydrocannabinol (THC) are correct?
- A. Products containing CBD, but not THC, can be safely prescribed with medicines that interact with the cytochrome P450 metabolic enzymes.
 - B. Side effects of CBD and THC mainly occur after taking high doses or when used in combination with other substances.
 - C. The safety profile of products containing CBD is well established.
 - D. The use of cannabis-based medicines is not advised in pregnancy or during breast feeding.
- What knowledge gaps did you identify, and how will you strengthen your knowledge?



Write your reflection

The CLASStime article is a resource that can be used to assist you to write a reflection.

Two sets of reflective prompts are provided, depending on whether you would like to focus your writing on a competency (below) or an experience (page 5) – complete one or both.

1. Use knowledge gained from CLASStime to reflect on your practice against competency O1.3 – Review and manage patient's medicine therapy – which includes the following behaviours:

- ▶ **O1.3.1** – Identifies, prioritises and works to resolve medicines management issues
- ▶ **O1.3.2** – Applies evidence-based guidelines or protocols to reconcile and review a patient's medicine therapy
- ▶ **O1.3.3** – Uses professional judgement to determine whether changes to the medication treatment regimen are needed to improve safety, efficacy or adherence
- ▶ **O1.3.4** – Liaises with and provides recommendations to the prescriber and/or other healthcare professionals to ensure optimal use of medicines by patients
- ▶ **O1.3.5** – Educates patient and confirms understanding of the condition, required monitoring and treatment
- ▶ **O1.3.6** – Recognises and manages adverse drug reactions
- ▶ **O1.3.8** – Encourages and supports individuals to enhance their health literacy and to self-manage their health

Use the following prompts to reflect on how you have demonstrated competency O1.3 in practice.

Depending on where you are in your journey, select the prompt(s) most relevant to you.

- How do you promote the rational use of cannabis-based medicines?
 - What information or resources do you use (or need) to support patients to safely start, titrate and continue cannabis-based therapy? How does this support need to change for at-risk people?
 - How do you help patients gain the most benefit from cannabis-based medicines?
 - How do you confirm and enhance patient understanding of cannabis-based medicines?
 - How do you determine whether changes to (or cessation of) cannabis-based therapy is needed?
 - How do you support prescribers in decision-making and with cannabis-based medicine review?
 - What monitoring and evaluation do you provide patients taking cannabis-based medicines?
 - How do you identify and manage medicine–medicine interactions and adverse reactions?
- ▶ Reflect on these prompts, evaluating what you have done well and what you need to develop



▶ From your reflection, identify a goal for changing or improving your practice

▶ What action(s) will you take to achieve this goal? Prioritise these as needed

▶ Intended goal achievement date

▶ Date goal achieved





2. Use knowledge gained from CLASStime to reflect on an experience.

▶ Did reading CLASStime make you think of an interaction or experience with a person being prescribed, or wanting to know about, cannabis-based medicine? Describe what happened, focusing on the positives and negatives of the situation

▶ Based on what you read in CLASStime, why do you think things went well/badly?



► Using your new knowledge, what else could you have done to improve the outcome?

► What action(s) will you take if you are faced with a similar situation again?

Answers to knowledge assessment:

1. D, 2. C, 3. A, 4. D, 5. B, D.





► Use this space to continue your reflections or to add outcomes at a later date

When you have finished this CLASSact worksheet, remember to upload this PDF to MyRecert (myrecert.pharmacycouncil.org.nz) as evidence of meeting Pharmacy Council recertification requirements

If this topic is meaningful to you or your peer group, consider the associated CLASSmates activity for your next peer group meeting