Medicine Case Study

Case Study: Medicinal Cannabis Treatment with Green Shepherd Queen Nandi 13 for Anxiety

Patient Details
Initials: A.B.
Age: 24
Sex: Female
Indication/Diagnosis: Anxiety
Prescriber: Dr Lisa Beckett MED0001787111

Patient History Prior to Medicinal Cannabis Commencement

A.B. is a 24-year-old female. She presented with symptoms of anxiety, experiencing persistent feelings of worry, nervousness, and tension that significantly impacted her daily functioning and overall well-being. A.B. had undergone previous treatment for her anxiety with psychology sessions and a trial of an SSRI that caused negative side effects. She sought alternative approaches to manage her symptoms. She had no prior history of cannabis use or substance abuse.

Reason patient wishes to try medicinal cannabis treatment:

A.B. expressed interest in exploring medicinal cannabis as a potential treatment for her anxiety after researching alternative therapies. She hoped that cannabis would provide relief from her symptoms without the side effects often associated with traditional anxiety medications.

Medicinal Cannabis Treatment

Green Shepherd Queen Nandi 13

A.B. was prescribed Green Shepherd Queen Nandi 13 THC flower for evening use combined with a broad spectrum CBD oil for use during the day. She used a TGA approved vaporiser for consumption.

Week 1:

Dosage: One to two inhalation of Green Shepherd Queen Nandi 13 THC flower in the evenings; CBD during the day, titrated to effect

Frequency: Daily as needed for symptom relief

Patient outcome at 1 week:

A.B. reported mild relaxation and a reduction in anxiety symptoms during the first week of using Green Shepherd Queen Nandi 13 THC flower in the evenings. She found that CBD consumption during the day helped to alleviate daytime anxiety, allowing her to function more effectively.

Week 2:
Dosage: One to two inhalations of Green Shepherd Queen Nandi 13 THC flower in the evenings; CBD during the day, titrated to effect

Frequency: Daily as needed for symptom relief

Patient outcome at 2 weeks:

A.B. experienced a more noticeable reduction in anxiety symptoms during the second week. The increased dosage of Green Shepherd Queen Nandi 13 THC flower in the evenings provided her with improved relaxation and a greater sense of calm. CBD consumption during the day continued to help manage daytime anxiety, contributing to overall symptom relief.

Week 3:
Dosage: Two to three inhalations of Green Shepherd Queen Nandi 13 THC flower in the evenings; CBD during the day

Frequency: Daily as needed for symptom relief

Patient outcome at 3 weeks:

A.B. continued to experience improved symptom management during the third week. The higher dosage of Green Shepherd Queen Nandi 13 THC flower in the evenings further enhanced her relaxation and reduced anxiety levels. CBD consumption during the day remained effective in managing daytime anxiety, contributing to sustained symptom relief.

Week 4:

Dosage: Two to three inhalations of Green Shepherd Queen Nandi 13 THC flower in the evenings; CBD during the day

Frequency: Daily as needed for symptom relief

Patient outcome at 4 weeks:

A.B. maintained stable improvement in symptom management during the fourth week. The increased dosage of Green Shepherd Queen Nandi 13 THC flower in the evenings continued to provide her with sustained relaxation and reduced anxiety. CBD consumption during the day remained effective, contributing to overall symptom relief and improved daily functioning.

Effective stabilised dose:

Dosage: Two to three inhalations of Green Shepherd Queen Nandi 13 THC flower in the evenings; CBD during the day

Frequency: Daily as needed for symptom relief

Current dose: Same as effective stabilised dose

Medications during Flower treatment:

A.B. did not require any additional medications for anxiety during the medicinal cannabis treatment.

Patient Outcomes:

Ceased medications: A.B. did not use any previous anxiety medications prior to starting medicinal cannabis treatment.

Dosage/frequency changes to other medications: No changes made

Adverse events on cannabis: None reported

Symptom outcomes:
A.B. experienced significant reduction in anxiety symptoms, including feelings of worry and nervousness, as a result of the Green Shepherd Queen Nandi 13 THC flower treatment in the evenings. Combining this with CBD consumption during the day effectively managed her daytime anxiety, contributing to overall symptom relief and improved daily functioning.

Quality of life outcomes:

A.B.'s overall quality of life improved due to the medicinal cannabis treatment. She experienced increased relaxation, reduced anxiety levels, and improved ability to cope with daily stressors, leading to enhanced well-being and functionality.

Overall patient satisfaction with Green Shepherd Queen Nandi 13 treatment:

A.B. expressed high satisfaction with the medicinal cannabis treatment using Green Shepherd Queen Nandi 13 THC flower in the evenings and CBD during the day. She found it to be an effective approach for managing her anxiety symptoms, providing relaxation and relief without significant side effects.