



Medicine Case Study

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

Patient Details

Initials: E.H.

Age: 64

Sex: Female

Indication/Diagnosis: Arthritis and Anxiety

Prescriber: Dr Lisa Beckett MED0001787111

Patient History Prior to Medicinal Cannabis Commencement

E.H., a 64-year-old female, had been diagnosed with arthritis, experiencing persistent joint pain, stiffness, and reduced mobility. Additionally, she suffered from symptoms of anxiety, including worry, nervousness, and tension. These conditions significantly impacted her daily activities and overall quality of life. E.H. had tried various medications for arthritis and anxiety but found them to be either ineffective or associated with unwanted side effects.

Reason patient wishes to try medicinal cannabis treatment:

Having researched alternative treatments, E.H. expressed interest in medicinal cannabis as a potential option to alleviate her arthritis and anxiety symptoms. She hoped that cannabis, along with CBD, would provide relief without the adverse effects commonly associated with traditional medications.

Medicinal Cannabis Treatment

Green Shepherd Queen Nandi 13

E.H. was prescribed Green Shepherd Queen Nandi 13 THC flower for symptom management, to be used alongside CBD. She used a dry herb vaporizer for consumption.

Week 1:

Dosage: One inhalation of Green Shepherd Queen Nandi 13 THC flower in the evenings; CBD during the day

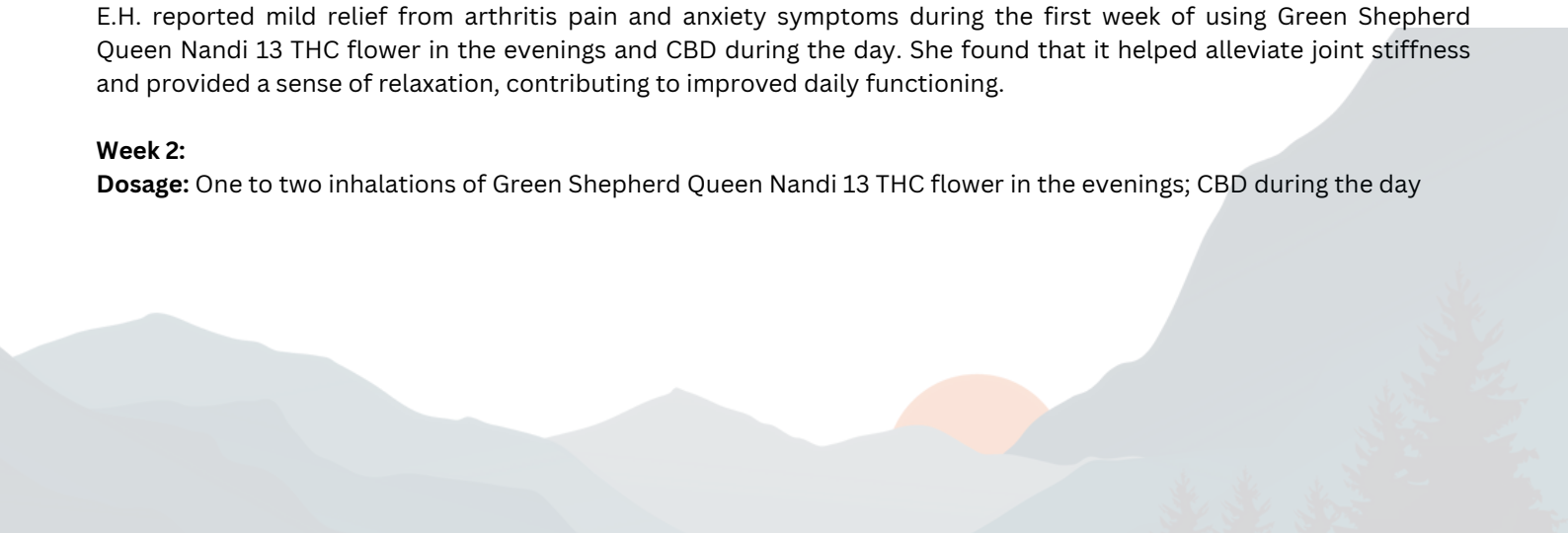
Frequency: Daily as needed for symptom relief

Patient outcome at 1 week:

E.H. reported mild relief from arthritis pain and anxiety symptoms during the first week of using Green Shepherd Queen Nandi 13 THC flower in the evenings and CBD during the day. She found that it helped alleviate joint stiffness and provided a sense of relaxation, contributing to improved daily functioning.

Week 2:

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



Patient outcome at 2 weeks:

E.H. experienced a more noticeable reduction in arthritis pain and anxiety symptoms during the second week. The increased dosage of Green Shepherd Queen Nandi 13 THC flower in the evenings provided her with improved pain relief and relaxation, while CBD consumption during the day helped manage daytime anxiety, leading to enhanced overall well-being.

Week 3:

Dosage: Two 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:

E.H. 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 alleviated her arthritis pain and anxiety symptoms, contributing to increased mobility and reduced worry. CBD consumption during the day remained effective in managing daytime anxiety, leading to sustained symptom relief.

Week 4:

Dosage: Two 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:

E.H. maintained stable improvement in symptom management during the fourth week. The increased dosage of Green Shepherd Queen Nandi 13 THC flower in the evenings provided her with sustained relief from arthritis pain and anxiety symptoms. CBD consumption during the day continued to effectively manage daytime anxiety, contributing to overall symptom control and improved quality of life.

Effective stabilized dose:

Dosage: Two 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 stabilized dose

Medications during Flower treatment:

E.H. did not require any additional medications for arthritis or anxiety during the medicinal cannabis treatment after the first 2 weeks. She initially used anti-inflammatories as required but found the need for these reducing with continued medicinal cannabis use.

Patient Outcome

Ceased medications: Anti-inflammatory medications, simple analgesia

Dosage/frequency changes to other medications: Other medications ceased after 2 weeks of treatment

Adverse events on cannabis: Dry mouth

Symptom outcomes:

E.H. experienced significant relief from arthritis pain and anxiety symptoms as a result of the Green Shepherd Queen Nandi 13 THC flower treatment in the evenings. CBD consumption during the day effectively managed daytime anxiety, contributing to overall symptom relief and improved daily functioning.

Quality of life outcomes:

E.H.'s overall quality of life improved due to the medicinal cannabis treatment. She experienced decreased arthritis pain, reduced anxiety levels, and improved mobility, leading to enhanced well-being and functionality in daily activities. She felt better able to socialise and returned to her previous social engagements.

Overall patient satisfaction with Green Shepherd Queen Nandi 13 treatment:

E.H. 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 arthritis and anxiety symptoms, providing relief without significant side effects and improving her overall quality of life.

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