GREEN SHEPHERD

Medicine Case Study

Medicinal Cannabis Treatment with Green Shepherd CO-H16 for Depression and Pain
Patient Details
Initials: A.G.
Age: 33
Sex: Male

Indication/Diagnosis: Depression and Chronic Pain

Patient History Prior to Medicinal Cannabis Commencement

A.G. had been diagnosed with depression and experienced persistent feelings of sadness, loss of interest, and low energy. Additionally, he suffered from chronic pain resulting from a previous sports injury. The combination of depression and chronic pain significantly impacted his daily life, emotional well-being, and overall quality of life. A.G. had tried various antidepressant medications and painkillers, but they provided limited relief and caused unwanted side effects.

Patient situation:

A.G. worked full-time as an office manager and struggled with maintaining a positive mood and managing his chronic pain. He had occasional prior experience with cannabis and had found improvement in his pain with recreational use. A.G. did not consume alcohol and had no history of substance abuse.

Reason patient wishes to try medicinal cannabis treatment:

After experiencing side effects fro previous medical treatments A.G. became interested in exploring the potential benefits of medicinal cannabis. He hoped that cannabis would provide him with effective relief from depressive symptoms, reduce his chronic pain, and improve his overall quality of life.

Medicinal Cannabis Treatment
Green Shepherd CO-H16

A.G. was prescribed Green Shepherd CO-H16 flower to be used as required. He used a Mighty Medic vaporizer to consume the flower.

Week 1:
Dosage: One inhalation of as Green Shepherd CO-H16 needed for symptom relief Frequency: As needed for depressive symptoms and pain management

Patient outcome at 1 week:

A.G. reported mild improvement in mood and a reduction in pain during the first week of using the cannabis flower. He found that using it as needed helped alleviate his depressive symptoms, providing him with a sense of relaxation and easing his chronic pain to some extent. However, the effects were not significant enough to fully alleviate his symptoms.

Week 2:
Dosage: One to two inhalations of Green Shepherd CO-H16 as needed for symptom relief Frequency: As needed for depressive symptoms and pain management

Patient outcome at 2 weeks:

A.G. experienced a more noticeable improvement in mood and pain management during the second week. The increased dosage of the Green Shepherd CO-H16 flower provided him with improved mood elevation, reduced pain intensity, and enhanced relaxation. He reported increased mental clarity and a slight improvement in his overall well-being.

Week 3:
Dosage: Two inhalations of Green Shepherd CO-H16 as needed for symptom relief Frequency: As needed for depressive symptoms and pain management

Patient outcome at 3 weeks:

A.G. continued to experience improved symptom management during the third week. The higher dosage of the Green Shepherd CO-H16 flower further enhanced his mood elevation, provided better pain relief, and increased his overall sense of well-being. He reported a significant reduction in depressive symptoms and a decrease in chronic pain levels.

Week 4:
Dosage: Two to three inhalations of Green Shepherd CO-H16 as needed for symptom relief Frequency: As needed for depressive symptoms and pain management

Patient outcome at 4 weeks:

A.G. maintained a stable improvement in symptom management during the fourth week. The increased dosage of the Green Shepherd CO-H16 flower provided him with sustained mood elevation, effective pain relief, and an overall improvement in his quality of life. He reported improved motivation, reduced pain interference with daily activities, and an enhanced emotional well-being.

Effective stabilized dose:

Dosage: Two to three inhalations of Green Shepherd CO-H16 flower as needed for symptom relief Frequency: As needed for depressive symptoms and pain management

Current dose: Same as effective stabilized dose

Medications during Flower treatment:

A.G. did not require any additional antidepressant medications or painkillers after the first week of the Green Shepherd CO-H16 treatment.

Patient Outcome

Ceased medications: Discontinued anti-inflammatories and paracetamol painkillers (previously used for symptom relief) Dosage/frequency changes to other medications: No changes made Adverse events on cannabis: None reported

Symptom outcomes:

A.G. experienced significant improvement in mood elevation and pain relief as a result of the Green Shepherd CO-H16 flower treatment. He reported reduced depressive symptoms, enhanced relaxation, and a reduction in chronic pain levels, leading to an overall improvement in his emotional well-being.

Quality of life outcomes:

A.G.'s overall quality of life improved due to the Green Shepherd CO-H16 treatment. He experienced increased motivation, improved engagement in daily activities, and reduced disruption caused by depressive symptoms and chronic pain.

Overall patient satisfaction with Green Shepherd CO-H16 treatment:

A.G. expressed high satisfaction with the medicinal cannabis treatment using the Green Shepherd CO-H16 flower. He found it to be an effective tool for managing his depression and chronic pain, providing him with mood elevation, pain relief, and an overall improvement in his well-being.