



Medicine Case Study

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

Patient Details

Initials: C.D.

Age: 32

Sex: Male

Indication/Diagnosis: Post-Traumatic Stress Disorder (PTSD)

Prescriber: Dr Lisa Beckett MED0001787111

Patient History Prior to Medicinal Cannabis Commencement

C.D., a 32-year-old male, had been diagnosed with post-traumatic stress disorder (PTSD) stemming from traumatic experiences in his military service. He suffered from symptoms such as intrusive memories, hypervigilance, nightmares, and mood disturbances, which significantly impaired his daily functioning and overall quality of life. C.D. had previously tried various medications and therapies for PTSD with limited success. Additionally, he had a recreational history of cannabis use which he used to self-medicate in the evenings but was dissatisfied with inconsistencies and the concerns around legality.

Reason patient wishes to try medicinal cannabis treatment:

C.D. expressed interest in medicinal cannabis as a potential option to alleviate his symptoms. He hoped that cannabis would provide relief from his PTSD symptoms, particularly during the day, without the adverse effects associated with traditional medications. He had previously experienced positive effects from recreational use but wanted to pursue a legal means of treating his condition.

Medicinal Cannabis Treatment

Green Shepherd Queen Nandi 13

C.D. was prescribed Green Shepherd Queen Nandi 13 THC flower for daytime use. He used a Volcano Medic vaporizer for consumption. Additionally, he used other high potency THC products in the evening for symptom management.

Week 1:

Dosage: One to three inhalations of Green Shepherd Queen Nandi 13 THC flower during the day; other THC products in the evening

Frequency: Daily as needed for symptom relief

Patient outcome at 1 week:

C.D. reported a mild reduction in PTSD symptoms during the first week of using GreenShepherd Queen Nandi 13 THC flower during the day. He found that it helped alleviate daytime symptoms such as hypervigilance and intrusive memories. In the evening, other THC products provided additional symptom relief and improved sleep quality.

Week 2:

Dosage: Two to three inhalations of Green Shepherd Queen Nandi 13 THC flower during the day; other THC products in the evening

Frequency: Daily as needed for symptom relief

Patient outcome at 2 weeks:

C.D. experienced a more noticeable reduction in PTSD symptoms during the second week. The increased dosage of Green Shepherd Queen Nandi 13 THC flower during the day provided him with improved symptom management, including decreased hypervigilance and fewer intrusive memories. Other THC products in the evening continued to aid in symptom relief and sleep.

Week 3:

Dosage: Three to four inhalations of Green Shepherd Queen Nandi 13 THC flower during the day; other THC products in the evening

Frequency: Daily as needed for symptom relief. Averaging 1g per day

Patient outcome at 3 weeks:

C.D. continued to experience improved symptom management during the third week. The higher dosage of Green Shepherd Queen Nandi 13 THC flower during the day further alleviated his PTSD symptoms, contributing to reduced hypervigilance and improved mood. Other THC products in the evening provided consistent symptom relief and supported restful sleep.

Week 4:

Dosage: Three to four inhalations of Green Shepherd Queen Nandi 13 THC flower during the day; other THC products in the evening

Frequency: Daily as needed for symptom relief. Averaging 1.5g per day

Patient outcome at 4 weeks:

C.D. maintained stable improvement in symptom management during the fourth week. The increased dosage of Green Shepherd Queen Nandi 13 THC flower during the day continued to provide him with sustained relief from PTSD symptoms, including reduced hypervigilance and improved mood stability. Other THC products in the evening complemented daytime treatment, contributing to overall symptom control and better sleep quality.

Effective stabilized dose:

Dosage: Three to four inhalations of Green Shepherd Queen Nandi 13 THC flower during the day; other THC products in the evening. Averaging 1.5g per day

Frequency: Daily as needed for symptom relief

Current dose: Same as effective stabilized dose

Medications during Flower treatment:

C.D. did not require any additional medications for PTSD during the medicinal cannabis treatment.

Patient Outcome

Ceased medications: C.D. did not use any previous PTSD medications prior to starting medicinal cannabis treatment.

Dosage/frequency changes to other medications: No changes made

Adverse events on cannabis: None reported

Symptom outcomes:

C.D. experienced significant reduction in PTSD symptoms, including hypervigilance and intrusive memories, as a result of the Green Shepherd Queen Nandi 13 THC flower treatment during the day. Other THC products used in the evening provided additional symptom relief and supported better sleep quality. C.D. expressed satisfaction with using a lower potency THC flower for daytime use, which exceeded his expectations.

Quality of life outcomes:

C.D.'s overall quality of life improved due to the medicinal cannabis treatment. He experienced decreased symptom severity, improved mood stability, and better sleep, leading to enhanced daily functioning and overall well-being. Overall patient satisfaction with Green Shepherd Queen Nandi 13 treatment:

C.D. expressed high satisfaction with the medicinal cannabis treatment using Green Shepherd Queen Nandi 13 THC flower during the day and other THC products in the evening. He found it to be an effective approach for managing his PTSD symptoms, providing relief without significant side effects and improving his overall quality of life. C.D. expressed satisfaction with using a lower potency THC flower for daytime use, which exceeded his expectations. Having a recreational use history he had expected to find minimal benefits when using a lower potency THC however he found it complimented his treatment plan well for daytime use.

