



## Medicine Case Study

### Medicinal Cannabis Treatment with Green Shepherd CO-H16 for Rheumatoid Arthritis

**Medical Practitioner: Dr. Lisa Beckett**

**Patient Details Initials: J.R.**

**Age: 47**

**Sex: Female**

**Indication/Diagnosis: Rheumatoid Arthritis**

#### Patient History Prior to Medicinal Cannabis Commencement

J.R. had been diagnosed with rheumatoid arthritis, a chronic autoimmune disease causing inflammation and joint pain. She experienced persistent joint stiffness, swelling, and reduced mobility, which significantly impacted her daily activities and overall quality of life. J.R. had tried various medications, including disease-modifying antirheumatic drugs (DMARDs) and nonsteroidal anti-inflammatory drugs (NSAIDs), with limited success and unwanted side effects.

#### Patient situation:

J.R. worked part-time as a teacher and struggled with joint pain and stiffness that affected her ability to perform her job effectively. She had no prior experience with cannabis or other substances. J.R. did not consume alcohol and had no history of substance abuse.

#### Reason patient wishes to try medicinal cannabis treatment:

After researching alternative treatments for rheumatoid arthritis, J.R. became interested in exploring the potential benefits of medicinal cannabis. She hoped that cannabis would provide her with effective pain relief, reduce inflammation, improve joint mobility, and enhance her overall well-being without the adverse effects associated with traditional medications.

#### Medicinal Cannabis Treatment

##### Green Shepherd CO-H16

J.R. was prescribed Green Shepherd CO-H16 flower to be used as required. She used a Mighty Medic vaporizer to consume the flower.

##### Week 1:

Dosage: One inhalation of Green Shepherd CO-H16 as needed for pain relief Frequency: As needed for symptom relief

##### Patient outcome at 1 week:

J.R. reported a mild reduction in joint pain and stiffness during the first week of using the Green Shepherd CO-H16. She found that using it as needed helped alleviate her rheumatoid arthritis symptoms, allowing her to engage in daily activities with less discomfort. The flower provided her with a sense of relaxation and reduced her overall pain levels.

##### Week 2:

Dosage: One to two inhalations of Green Shepherd CO-H16 as needed for pain relief Frequency: As needed for symptom relief

##### Patient outcome at 2 weeks:

J.R. experienced a more noticeable reduction in joint pain and stiffness during the second week. The increased dosage of the cannabis flower provided her with improved pain relief, reduced inflammation, and enhanced joint mobility. She reported increased ease of movement and improved functionality in her daily activities.

### Week 3:

Dosage: Two inhalations of Green Shepherd CO-H16 as needed for pain relief Frequency: As needed for symptom relief

### Patient outcome at 3 weeks:

J.R. continued to experience improved symptom management during the third week. The higher dosage of the cannabis flower further enhanced her pain relief, decreased joint swelling, and improved her overall joint function. She reported increased mobility, reduced joint stiffness, and an overall improvement in her quality of life.

### Week 4:

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

### Patient outcome at 4 weeks:

J.R. maintained a stable improvement in symptom management during the fourth week. The increased dosage of the cannabis flower provided her with sustained pain relief, reduced joint inflammation, and improved joint mobility. She reported reduced pain intensity, increased functionality, and an overall improvement in her well-being.

### Effective stabilized dose:

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

Current dose: Same as effective stabilized dose

### Medications during Flower treatment:

J.R. did not require any additional rheumatoid arthritis medications during the medicinal cannabis treatment.

### Patient Outcome

Ceased medications: Discontinued NSAIDs (previously used for pain relief) Dosage/frequency changes to other medications: No changes made Adverse events on cannabis: None reported

### Symptom outcomes:

J.R. experienced significant pain reduction, reduced joint stiffness, and improved joint mobility as a result of the Green Shepherd CO-H16 treatment. She reported increased ease of movement, reduced inflammation, and an overall improvement in her joint function.

### Quality of life outcomes:

J.R.'s overall quality of life improved due to the medicinal cannabis treatment. She experienced increased functionality, improved engagement in daily activities, and reduced disruption to her daily life caused by rheumatoid arthritis symptoms.

### Overall patient satisfaction with Green Shepherd CO-H16 treatment:

J.R. expressed high satisfaction with the medicinal cannabis treatment using the flower. She found it to be an effective tool for managing her rheumatoid arthritis symptoms, reducing pain and inflammation, and enhancing her overall well-being.