



Plant a Seed

Newsletter for members of the American Cannabis Nurses Association
Incorporated in 2010

Fall 2018

President's Message

Carey S. Clark
PhD, RN, AHN-BC

Greetings to all of the amazing cannabis nurses who are striving every day to ensure that patients are educated around how to best use cannabis as medicine and enhance their endocannabinoid system tone. Our holistic approaches to care for cannabis patients make a big difference.

We are excited to announce our new ACNA committee members in the coming days. The committees are key to functioning as a strong volunteer organization, and they will do much of the work of carrying out the strategic plan. We will also be sharing more about our strategic plan in the near future.

A most exciting publication has come forth that is an amazing development, with great implications for the field of cannabis nursing. The National Council of State Boards of Nursing (NCSBN) has published an article in *The Journal of Nursing Regulation* (July, 2018) entitled "Nursing care of the patient using medical marijuana". The multi part article provides an overview of legislation, a scientific review of the literature, and calls for all nurses to be educated on the endocannabinoid system and how cannabis works in the body.

Additionally there is a call for all pre-licensure and APRN education programs to include information for students around current cannabis legislation and most importantly, "The nursing student shall have a general understanding of the endocannabinoid system, cannabinoid receptors, cannabinoids, and the interactions between



them", "The nursing student shall have an understanding of cannabis pharmacology and the research associated with the medical use of cannabis" and "the nursing student shall approach the patient without judgment regarding the patient's choice of treatment or preferences in managing pain and other distressing symptoms."

I am pleased to say that while the committee was formulating the guidelines, I was honored to share with them our Scope and Standards of Practice for Cannabis Nurses, and they felt that we were in alignment with the recommendations they were bringing forward.

You can access the article and it's multiple parts from the [Journal of Nursing Regulation's website](#).

Over time, we are getting closer to nurses having better working knowledge of how to best support patients who opt to use cannabis as medicine. Every day, we are changing the future direction of nursing practice, even as every day, you make a difference through your commitment to cannabis nursing!

Membership Matters

Llewellyn Dawn Smith
Treasurer, MSN RN

Thank you to those enthusiastic recruiters who participated in the Ambassador Program, this

membership drive has now concluded for 2018. With your help, ACNA successfully recruited 19 new members! Prizes for our winning recruiters will be awarded in October. Our top winner, Shanette Williams will receive an autographed copy of ACNA Immediate Past-President Eileen Konieczny's book "Healing with CBD: How Cannabidiol Can Transform Your Health without the High" and a \$100 gift card.



Other winners, Jamie Rollins, Stephanie Maruca, Karen Mercereau, Karen Roellich, and Wendy Jones will also receive an autographed copy of Eileen Konieczny's book and a \$25 gift card, each. Thank you all for continued referrals to join ACNA.

Our membership now exceeds over 900. We are growing the cannabis nurse movement!

Why should an individual join a professional specialty organization like ACNA, and what possess the member to continue supporting the organization?

The answer is quite simple, **passion**, perceived benefit and ability to participate.

Professional organizations exist to meet the needs of the specialty population it was created for. Membership renewal is significant for a professional organization's survival. Professionals who participate in their chosen organization are passionate about the cause.

Passion manifest itself in ACNA's mission to

advance excellence in cannabis therapeutics through advocacy, collaboration, education, research and policy development. ACNA serves nurses who choose to specialize in cannabis therapeutics. ACNA's members are nurses who are passionate about serving this unique and vulnerable patient population.

Navigating the confusing and inconsistent legal climate for patients who choose to utilize medical marijuana is a challenge. ACNA seeks to meet this challenge by providing membership benefits that establish and support nursing's scope and standards of practice concerning patient's use of medical marijuana.

Education about the endocannabinoid system, cannabis medication guidelines and policy are currently in great demand. ACNA is building a solid foundation for supporting its nurse members. ACNA continues to develop the scope and standards of practice for all types of cannabis nurses. We provide a forum for communication by encouraging meetups regionally.

If you are a nurse who is passionate about cannabis practice, renew your membership, recruit others and consider hosting a regional meetup.

The Importance of Reading a Label

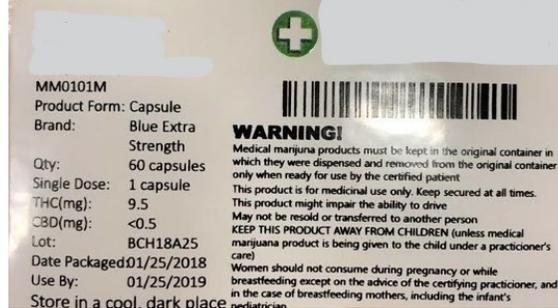
Eileen Konieczny
Past President, RN

Reading labels is something we do every day. Teaching our patients how to read labels is something inherent in our ever-growing list of responsibilities as cannabis nurses. I personally had to go step by step through the process with a physician colleague who had purchased a CBD product over the internet. The process was enlightening and the end result showed that there was much less CBD in the product than was originally thought.



Here is what you need to know when you are looking at product labels. Products labels are a valuable source of information. In states that are moderately to highly regulated, they have

standards in place for what needs to be on a product label. The example below shows you everything you need to know (manufacturer and address have been removed but were clearly marked on this example).



For others, deciphering the label requires you to roll up your detective sleeves and put some work in! Often, what's not on the label can be as informative as what is. The main points of confusion on cannabis product labels usually arise from:

- Quantities: How much total cannabinoid is in the product? How much per serving? Is this a good value?
- Source: Where and how was the plant grown? What parts of the plant were used in the extraction?
- Ingredients: What other ingredients are added to the product? Are they safe?

For products manufactured in regulated states, there are usually strict guidelines on testing and labeling in place. But for hemp-based products and other cannabinoid products that are purchased on the internet (CBD), knowing just how many cannabinoids you are getting in a product can be difficult. With tinctures, often the total milligrams of CBD will be labeled on the front of the bottle (though you won't often see "CBD" explicitly alongside that number).

Supplement Facts	
Serving Size 1 ml (1 g)	
Serving Per Container: 30	
Calories 8.2g Calories from Fat 8.2 g	
Amount Per Serving % Daily Value*	
Total Fat	0.9 g 1%
Saturated Fat	0.1g 0.2%
Monounsaturated Fat	0.1 g 0.2%
Polyunsaturated Fat	0.7g 1%
Omega-6 LA	169 mg †
Omega-3 ALA	121 mg †
Omega-9	97 mg †
Omega-6 GLA	24 mg †
Omega-3 SDA	12 mg †
Hemp Oil (Aerial Part Complex)	20 mg †
Phytocannabinoids	17 mg †
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C and iron.	
Percentage Daily Value Based on a 2,000 calorie diet	
† Daily Value not established	

Sometimes the amount of CBD per serving (usually one dropper) will be provided in the nutrition/supplement facts, and this will tell you how potent the tincture actually is. Ask for third party testing results for confirmation! If they are unavailable, ask questions of the manufacturer. Potency varies widely among tinctures.

Example: Some quick math to figure out the potency of tinctures if all you have to work with is the total milligram content:

Tinctures are generally sold by the ounce, and there are 30 milliliters in one ounce.

Each dropper is approximately 1 milliliter, which means there is 30 droppers worth of liquid in one ounce.

If your product contains 500 milligrams, then each dropper (1 milliliter) contains 500 mg/30ml = 17 mg.

Using the above information, if your patients is looking to take 50mg of CBD, they would need 3 full droppers and their bottle would last for 10 days.

Other tinctures can be as potent as 50 mg/ml or more. Ultimately the choice depends on what your patients' needs are, and what their price point is. Often patients don't realize these extra steps; please take it upon yourself to help whenever possible.

We Love our Volunteers!

ACNA has appointed volunteers to work on our committees for the next year. ACNA would not be able to accomplish the work that we do without the passion, time, and energy of our volunteers. If you were not appointed this year or missed our call for volunteers, we do ask for ad hoc help throughout the year

so please stay connected!

Ad Hoc:

- Annmarie McDonough
- Brooke Laumann
- Chip Boehm
- Danette Pettigrew
- Heather Shelton
- Jennifer Currie
- Jennifer Fanuzzi
- Karen Mercereau
- KJ Page
- Lee-Anne Godfrey
- Liz Cruz de Jesus
- Mary T. Stetzel (Terry)
- Maureen Smyth
- Rebecca Baron
- Terrie Hoyt

Communications:

- Christina York
- Karen Mankins
- Lindsay Keogh
- Lynette Smith
- Marilyn Gerber
- Traci Quinn

Conference:

- Andrew L Pratt
- Barbara Shey
- Caitlin Bernhard
- Joan Edelstein
- Nancy Skinner
- Rachel A Parmelee
- Susan Tyner-Pritchett

Membership:

- Christine Han
- Fran Benson
- Jeff Straley
- Jessilyn Dolan
- Katharine Dougherty Suri
- Mary Lou Carrington
- Melissa Freebairn
- Meredith Bassler
- Teri Polley-Michea

Research and Education:

- Alexandra Christodoulou
- Darrel Brown
- Debra Hauss-DeJesse
- Donna Gallagher
- Kim Allen
- Lauren Carqueville
- Mary Beth Schadow
- Mary Lacaillade
- Melissa Keck

Social Media:

- Anastasia Mattsson
- Bonnie Kuhn
- Katherine Clark
- Laura Bales
- Norma Hernandez
- Piper Rogers
- Ramon Deluna
- Patricia Schuster

Student:

- Becca Engle
- Sierra Bassett



Sponsorship Recognition

Thank you for our 2018 Gold sponsors!



Upcoming Events and Meet-Ups

ASPMN National Meeting: Bonita Springs, Florida - September 26-29, 2018
ACNA Annual Members Meeting - Online Virtual - November 13, 2018

Happenings...

Here is a small sample of what our members have been up to. Please email us with details of your speaking engagements so we can share the good news.

- Past-President Eileen Konieczny's book, *Healing with CBD: How Cannabidiol Can Transform Your Health Without the High*, was released on September 18, 2018. It is available on [Amazon](#), [Barnes and Noble](#) and [local bookstores](#).
 - Eileen will also be presenting, Medical Cannabis and the Role of the Nurse, on September 28th @ The Medical University of South Carolina [Inaugural Update on Medical Cannabis Conference](#).
- Director Denise Foster will be presenting In All Things, I Am My Patients' Advocate at the 2018 American Society for Pain Management Nursing National Conference. Treasurer Llewellyn Dawn Smith will be manning the booth in the exhibit hall.
- President Carey Clark attended the Nursing Organization Alliance National Leadership Academy in August. She has also been busy presenting on the endocannabinoid system and the nurse's role at various nursing conferences, including the Hawaii Oncology Nursing Society Annual Conference, the Intermountain Chapter of Oncology Nursing Society Conference, and the New England Holistic Nursing Conference.
- Member Rachel Parmelee presented on Inpatient Medical Marijuana at the Michigan Association of Rehabilitation Nurses April Event
- Member Maureen Smyth published an article: [Raising the Standard for Dispensary Education: Building a Better Budtender](#)

American Cannabis Nurses Association

Ph: 720-881-6047 | Fax: 720-881-6101

[Email](#) | [Website](#)

Copyright 2018

