



American Cannabis Nurses Association Resolution Regarding Cannabis Use for Post-Traumatic Stress Disorder

WHEREAS, cannabis is a naturally occurring botanical medicine that has been approved for medical use in post-traumatic stress disorder (PTSD) in 31 states plus the District of Columbia and is available for adult use in 11 states plus the District of Columbia and,

WHEREAS, cannabis remains a Schedule I on the Controlled Substances Act classification, meaning it has no current accepted medical use in the United States, it has a high potential for abuse, and lacks accepted safe use under medical supervision and,

WHEREAS, there are 2 remaining states with medical cannabis programs that do not allow PTSD as a qualifying condition, and 17 states that still have no medical cannabis program or safe access and,

WHEREAS, PTSD can occur after exposure to a traumatic event that is beyond a typical stressor and exposure to events like a pandemic, accidents, combat, workplace violence, or other forms of violence and,

WHEREAS, prevalence of PTSD over a lifetime is 6.8% and,

WHEREAS, symptoms from PTSD can occur within the first month of exposure to a traumatic effects or years after and,

WHEREAS, symptoms can lead to intrusive memories, avoidance, changes in thinking and mood that are negative, and lead to physical and emotional reaction changes, as well as suicidal thoughts and actions,

WHEREAS, cannabinoids have been shown to help improve sleep, anxiety, hyperarousal and fear related behaviors that are often associated with PTSD and,

WHEREAS, the need for more cannabis studies related to PTSD and the federal designation of cannabis as a Schedule I on the Controlled Substances Act classification, restricts most clinical research and,

WHEREAS, medical cannabis use in states with legal programs show a reduction in opioid use, abuse, and overdose, providing evidence for cannabis to be a harm reduction tool.

WHEREAS, cannabis has been removed from federal drug schedules in some countries,

WHEREAS, cannabis access in some countries has been defined as a human right.

RESOLVED, that the American Cannabis Nurses Association supports the use of cannabis for PTSD and calls on the Nation's governing bodies to acknowledge the importance of passage of legislation that qualifies PTSD for medical cannabis in all states; and be it further



RESOLVED, that the American Cannabis Nurses Association encourages said governing bodies to enact cannabis and hemp legislation and regulations that serve to improve the public safety, health and economic development of their communities.

RESOLVED, that the American Cannabis Nurses Association supports the removal of current workplace restrictions for healthcare workers, at high potential risk of PTSD, to obtain safe access to cannabinoid medicines, without fear of workplace or employment reprisals.

Submitted by: Eloise Theisen, Elisabeth Mack, Carey Clark, Rachel Parmelee, Michael Rochlin, Charlene Rowles, Urszula Winkiewicz, Scottie Caten, Mary Rose Hoff

Action taken: Adopted and approved by the Board of Directors - May 12, 2020.