



# The Endocannabinoid System and Cannabis: What Nurses Need to Know

Patient care is your #1 priority, which is why you are great at what you do!



RN's, NP's, ARNP's in all areas of practice, especially; pain management, hospice, palliative care, geriatrics, neurology, oncology, substance abuse, mental health, physical medicine, rehabilitation and all other healthcare professionals join us on September 29<sup>th</sup> in Louisville, KY to learn more on the ground-breaking advancements of how Cannabis is offering a better quality of life to patients.

## Learning Objectives:

1. Identify the major components of the ECS
2. Summarize the overall function of the ECS
3. Identify various therapeutic actions of cannabinoids/terpenes/cannabis
4. Compare and contrast THC and CBD
5. Describe alternative methods of cannabis administration other than smoking
6. Describe the interaction of cannabis with opioids
7. Describe the legal status of cannabis under your state law & federal law
8. Formulate appropriate patient education on the safe use of cannabis
9. Develop a personal plan as a patient advocate as it relates to the marijuana prohibition

**\$50**

KNA Member  
Pre-registration

\$75 (day of event)

See back for more registration  
details

KBN event#: 1-0001-1-18-050

**6 CONTACT HOURS PROVIDED BY:**



Presenter: Mary Lynn Mathre, RN, MSN, CARN, a medical cannabis consultant and addictions nurse consultant, co-founder of Patients Out of Time



Friday, September 29, 2017  
9:00am – 4:05pm (Registration 8:30-9:00am)  
Holiday Inn Louisville East - Hurstbourne  
1325 S Hurstbourne Pkwy, Louisville, KY  
Register at [www.kentucky-nurses.org/](http://www.kentucky-nurses.org/)  
Questions? Call Shannon Stacy, RN, BBA  
AIM Founder 502-991-2713

Sponsored by:



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I NNOVATIVE  
MEDICINE

## Registration Fees

Pre-registration deadline: September 25, 2017

KNA member: Preregistered: \$50

Day of Registration: \$75

Non-member: Preregistered: \$65

Day of Registration: \$90

(Event registration fee includes 6 contact hours and course materials. **Lunch will be provided.**)

## Payment/Refund Policy

All payments due prior to beginning of event. No refunds. Registration fee is transferrable for day of event only and can be assigned to a new attendee.

## Kentucky Board of Nursing (KBN) Information

6 contact hours will be provided: This offering for 6 contact hours is provided by the Kentucky Nurses Association (KNA). **Kentucky Nurses Association is an approved provider of continuing nursing education by the Kentucky Board of Nursing 1-0001-1-18-050.** The KBN approval of an individual nursing continuing education provider does not constitute endorsement of offering content. Must stay for duration of program to be awarded contact hours for continuing nursing education, provide license number or social security number upon registration and complete an evaluation for the program. Partial credit will not be awarded for any session. And we reserve the right to cancel or alter the program if unanticipated circumstances necessitate change.

## Kentucky Nursing Association (KNA) Information

KNA will provide CE materials the day of the event.

Materials include:

- Sign in sheet (All attendees **MUST** sign in and provide a valid email address)
  - KNA will email all attendees an on-line evaluation survey of the program.
  - Attendees **must complete the survey** to receive a CE certificate.
    - Please allow 3-4 business days to receive certificates.
- (2) Quality Assurance (QA) forms to be given out randomly.

## Presenter and Sponsor Information

Patients Out of Time

KY4MM

AIM

Mary Lynn Mathre

Jaime Montalvo

Shannon Stacey

RN, MSN, CARN

Exec. Director

RN, Co-Founder

[mlmathre@hughes.net](mailto:mlmathre@hughes.net)

[ky4mm2014@gmail.com](mailto:ky4mm2014@gmail.com)

[Director@aimky.org](mailto:Director@aimky.org)

# The Endocannabinoid System and Cannabis: What Nurses Need to Know

Program Date: September 29, 2017

Program Run Time: 9:00 AM - 4:05 PM (Registration from 8:30 AM - 9:00 AM)

Contact Hours Requested: 6 Hours

Location Address: 1325 S. Hurstbourne PKWY, Louisville, KY 40222

8:30 AM - 9:00 AM	Registration
9:00 AM - 9:15 AM	Major Components of the Endocannabinoid System
9:15 AM - 9:30 AM	Overall function of the Endocannabinoid System
9:30 AM - 10:30 AM	Therapeutic Actions of: cannabinoids/terpenes/cannabis
• 10-Minute Break	
10:40 AM - 11:10 AM	Compare and Contrast THC & CBD
11:10 AM - 11:40 PM	Methods of Use
• 45-minute lunch break	
12:25 PM - 12:55 PM	Interaction of Cannabis with Opioids
12:55 PM - 1:55 PM	State/Federal Cannabis Law Discussion
1:55 PM - 2:55 PM	Patient Education on Safe Use of Cannabis
• 10-Minute Break	
3:05 PM - 4:05 PM	Developing Plan to Advocate Cannabis Reform

Kentucky Nurses Association  
Continuing Education Schedule Request Form

**Please complete and return with all required documentation at least 60 days out from intended date for program approval by CE Administrator.**

Name of Sponsor: Patients Out of Time & Alliance for Innovative Medicine

Program Title: The Endocannabinoid System and Cannabis: What Nurses Need to Know

Program Date: September 29, 2017

Program Run Time: 9:00 AM - 4:05 PM (Registration from 8:30 AM - 9:00 AM)

Contact Hours Requested: 6 Hours

Location Address: 1325 S. Hurstbourne PKWY, Louisville, KY 40222

Target Audience: RN's, NP's, ARNP's in all areas of practice, especially; pain management, hospice, palliative care, geriatrics, neurology, oncology, substance abuse, mental health, physical medicine and rehabilitation.

**Also include:**

Biographical Data Form on each presenter/speaker

A copy of the presenter/speaker's educational materials, handouts, PowerPoints, (rough drafts are acceptable)

Proposed Offering Documentation Form

Program Announcement or Marketing – any communication to be sent out to gain/inform participants or advertise program **must** include:

- Objectives
- Content Overview
- Presenters
- Fee and Refund Policy
- Location
- Date
- Time
- Number of Contact Hours
- KBN Provider Number, (to be issued once approved)
- Requirements for Successful Completion

Please submit all documentation 60 days prior to intended date to [lisa@kentucky-nurses.org](mailto:lisa@kentucky-nurses.org)

Kentucky Nurses Association

Biographical Data Form

Please complete all information directly on this form. Copy of provider/speaker's educational materials, handouts, PowerPoints attach separately.

Name and Credentials: Mary Lynn Mathre, RN, MSN

Home Address: 1472 Fish Pond Rd

City, State and Zip Code: Howardsville, VA 24562

Employer Address: Self

City, State and Zip Code: same as above

Telephone/Email (preferred method of communication): (434) 987-2514

Present Title, Position and Description: President & Co-Founder, Patients Out of Time

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Education

Degree	Institution, City & State	Major Area of Study	Year Degree Awarded
BSN	College of St. Teresa Winona, MN	Nursing	1975
MSN	Case Western Reserve University Cleveland, OH	Nursing	1985

Kentucky Nurses Association  
Proposed Offering Documentation Form

Offering/Program Title: The Endocannabinoid System & Cannabis: What Nurses Need to Know

Date of Offering/Program: September 29, 2017

Location of Offering/Program: Holiday Inn Louisville East- Hurstbourne (1325 S. Hurstbourne PKWY, Louisville, KY 40222)

Time of Offering/Program: 9:00 AM - 4:05 PM (Registration from 8:30 AM - 9:00 AM)

Number of Contact Hours: 6 Hours

<u>Objectives</u> List in operational/behavioral terms	<u>Content/Topics</u> List each topic with a description or outline	<u>Time Frame</u> List the allotted time	<u>Faculty</u> List the speaker/presenter	<u>Teaching Methods</u> List the teaching method for each
At the end of the course the learner Will be able to: 1. Identify the major components of the ECS	Cannabinoid receptors, endocannabinoids, synthesizing & degrading enzymes	15 min.	ML Mathre	Power point Q & A
2. Summarize the overall function of the ECS	Eat, sleep, relax, protect, forget, maintain balance	15 min.	ML Mathre	Power point Q & A
3. Identify various therapeutic actions of cannabinoids/terpenes/cannabis	Historical use, Anti-inflammatory, appetite stimulant, anti-emetic, analgesic, bone stimulant, antimicrobial, anti-depressant, anxiolytic,	60 min	ML Mathre	Power point Q & A

	anti-spasmodic, antioxidant, neuroprotectant, anti- neoplastic, decreases intraocular pressure, side effects			
4. Compare and contrast THC and CBD	Properties of THC  Properties of CBD	30 min	ML Mathre	Power point Q & A
5. Describe alternative methods of cannabis administration other than smoking.	Vaporizing, topicals, sublingual sprays, tinctures, oil concentrates, eye drops, suppository, pills, edibles	30 min	ML Mathre	Power point Q & A
6. Describe the interaction of cannabis with opioids	Synergy, effect on tolerance	30 min	ML Mathre	Power point Q & A
7. Describe the legal status of cannabis under your state law & the federal law	U.S. Pharmacopoeia  Marihuana Tax Act of 1937  Controlled Substances Act of 1970  KY laws on cannabis and hemp	60 min	ML Mathre	Power point Q & A
8. Formulate appropriate patient education on the safe use of cannabis	Cannabis as an option  Safe use practices	60 min		Power point Q & A

	Quality control Use as a food source Cautions r/t use			
9. Develop a personal plan as a patient advocate as it relates to the marijuana prohibition	Harm to Patients related to the marijuana prohibition Code of Ethics Resources	60 min		Power point Q & A



## Kentucky Nurses Association

Forms and Documents to be provided **after** CE Administrator Approval

- KNA Sign In Sheet (**Evaluations will be done using Survey Monkey, please have attendees wanting CE Credit include their Email**)
- KNA Monitor Instruction Sheet
- KNA Quality Assurance Forms
- Self-addressed envelope to use to mail materials back to KNA office.

## Post CE Program Clarification

All documentation is due to the KNA Office

***one week*** following completion of CE Program

failure to return all documents will result in no further program approvals

Sign In Sheet (completed)

Quality Assurance Forms (completed)

Final Drafts of presenter/speaker's educational materials, handouts, PowerPoints