Title: Assessment of Hemp-oil Based Cannabidiol (CBD) use in a Community Pharmacy Setting

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Purpose/Background: There has been a growing demand and utilization of hemp-oil based cannabidiol (CBD). The Agricultural Improvement Act of 2018 legalized the commercial use of hemp-based products, including CBD. However, the US Food and Drug Administration does not currently regulate the commercial sale of hemp-based CBD oil. There is not currently an FDA-approved indication for non-prescription formulation of hemp-oil based CBD even though there has been a growing demand and utilization of hemp-oil based cannabidiol (CBD).

Objectives: Characterize the use of hemp-oil based CBD including brands, formulations, and reasons for use. As well as, identify perceived barriers related to the use of hemp-oil based CBD.

Methods: A pre-tested VCU IRB approved 17-question survey was distributed at the register of community pharmacy locations and before CBD education presentations over three months. The survey consisted of multiple choice, open-ended, and select all that apply questions. The survey questions were developed using literature, baseline knowledge, patient interaction, and sale data. The questions included demographics (age, gender, and race), perception of CBD, barriers to CBD use in CBD naïve, and CBD use in CBD exposed respondents. SPSS version 24 was used to conduct univariate and bi-variate analysis.

Results: 101 participants completed the survey, 38 CBD naïve patients and 63 CBD exposed. The majority of survey participants were female (79%) and Caucasian (81.6%) with an average age of 59 years (SD 17.26). In the CBD naive group, the most commonly stated barrier was not enough information about the product. In participants who have used or are using at least one CBD product, sublingual dosage form was the most utilized followed by topical. Pain was the most frequently stated reason for use, followed by sleep and anxiety. Of these, 62% of participants informed a healthcare provider they were using a CBD product.

Conclusions: Participants were using different brands and formulations of CBD for multiple reasons. The most common barrier to trying CBD was not enough information, which suggests a need for community education about hemp-oil based CBD products. Not all participants informed their healthcare providers of CBD use, which suggests continuing to encourage patients to communicate everything they are taking to all healthcare providers.

References:

1. H.R. 2 (115th): Agriculture Improvement Act of 2018