

# Part B: Self-Development Plan

## Instructions:

1. Set at least **one** self-directed learning goal to enhance your RN practice.
2. Complete at least **one** learning activity related to your goal.
3. Identify how your learning impacted your RN practice.

*Tip: It is recommended that your self-development plan be SMART (Specific, Measurable, Attainable, Relevant and Timely). Check out the CCP Workbook for details.*

## Learning Goal(s) and Activity(ies)

Learning goal(s)	Learning activity(ies) <i>(be as specific as possible)</i>	Expected date of completion	Date completed
I will increase my knowledge and understanding of medical marijuana and specifically learn about its use in treating agitation in Alzheimer's disease by November 2019.	I read the following articles to understand the difference between cannabidiol (CBD) and tetrahydrocannabinol (THC): 1) Sung, M. (March 24, 2019). Here is the Difference Between CBD and THC. Mashable. Retrieved from: <a href="https://mashable.com">https://mashable.com</a> 2) Wilson, R. (May 20, 2019). CBD vs. THC: What's the Difference? Healthline Media. Retrieved from: <a href="https://www.healthline.com/health/cbd-vs-thc">https://www.healthline.com/health/cbd-vs-thc</a> 3) What is the Difference Between THC and CBD? CBD Oil Review. Retrieved from: <a href="https://www.cbdreview.com">https://www.cbdreview.com</a>	xxxx xx, 2019	xxxx xx, 2019
	CCP learning activity 2: I read the following articles regarding medical marijuana and its use in Alzheimer's disease: 1) AlzheimerSociety Canada. (October 17, 2018). Cannabis and the Treatment of Dementia. Retrieved from: <a href="https://alzheimer.ca/en/Home/About-dementia/Treatment-options/cannabis-and-treatment">https://alzheimer.ca/en/Home/About-dementia/Treatment-options/cannabis-and-treatment</a> 2) Dementia Care Central (February 26, 2019). Using CBD (Cannabidiol) to Treat the Symptoms of Alzheimer's & Other Dementias. Retrieved from: <a href="https://www.dementiacarecentral.com/aboutd">https://www.dementiacarecentral.com/aboutd</a>	xxxx xx, 2019	xxxx xx, 2019
	CCP learning activity 3 I watched the following videos/education sessions: 1) Being Patient. (May 14, 2019). Cannabis Gets the Green Light for Dementia Patients. Retrieved from: <a href="https://www.youtube.com/watch?v=4Dt87Vmf0dM">https://www.youtube.com/watch?v=4Dt87Vmf0dM</a> 2) Tempe11Video. (June 20, 2019). Dementia and Cannabis. Retrieved from: <a href="https://www.youtube.com/watch?v=Sfpk2w-wGNY">https://www.youtube.com/watch?v=Sfpk2w-wGNY</a> 3) WGBH News. (April 2, 2019). Can	xxxx xx, 2019	xxxx xx, 2019

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## Impact on my Nursing Practice

How did completing your learning activities impact your RN practice? Include at least one specific example. If you are not currently working, anticipate how your learning will impact your practice when you return to work.

Prior to completing my self-development plan, I realized I had been avoiding discussions about medical marijuana because I did not have an understating of the difference between CBD and THC. I was fascinated to learn that the molecular structure for CBD and THC are the exact same: 21 carbon atoms, 30 hydrogen atoms, and 2 oxygen atoms. There is a slight difference in the atoms arrangement that accounts for differing effects in the body. I also learned that CBD can be extracted from hemp or marijuana and is a non psychoactive compound This means there is no sensation of being high. THC is the psychoactive compound that gives the sensation of being high. It was helpful to learn that CBD and THC have been used to treat several medical conditions and symptoms. CBD has been found to be well tolerated but THC does have side effects that include memory loss. Both are available in multiple forms including oil. I learned there has been little research on the effect of Cannabis with agitation and Alzheimer's disease. The results are inconclusive with some reporting no success and others reporting success only in some cases. I was happy to read that clinical trials are underway for a synthetic marijuana (CBD) called Nabilone in Canada and Saltivex, a mouth spray with both THC and CBD in the United Kingdom. The results of these trials are eagerly awaited by the scientific, research, and health care communities.

In my own experience, families of our residents are beginning to advocate for medical marijuana as an alternative to antipsychotics and benzodiazepines when their loved one is agitated. In September, I was asked to participate in a family meeting, alongside our medical director and pharmacist to discuss medical marijuana options for a resident who was extremely agitated and a risk to himself and others on the unit. I was able to confidently participate in the conversation and discuss all the options available within a nursing home environment. I was pleased that I could transfer what I had learned into practice. The family expressed their appreciation and we had a sense that they understood the information we had provided. The family took some time to consider their options and advised our team that they would like to try their loved one on Nabilone.

In summary, I was able to meet my learning objective of increasing my knowledge and understanding of medical marijuana and its use in treating agitation in Alzheimer's disease.

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