



Recreational  
cannabis is  
now legal.  
As a  
healthcare  
worker,  
be informed!

CANNABIS IS NOW LEGAL IN CANADA AND THIS AFFECTS ALL HEALTHCARE WORKERS

FOLLOW-UP ANSWERS FROM RECENT SURVEY

## Some Blunt Facts About Cannabis

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*The following questions and answers are in follow-up to a recent survey that was distributed at Alexandra Marine & General Hospital (AMGH), Listowel Memorial Hospital (LMH), and Wingham & District Hospital (WDH) to collect baseline data in regards to healthcare staff knowledge and misconceptions relative to the recent legalization of cannabis. The survey closed on October 23<sup>rd</sup>, 2018 with 237 completed surveys! We want to thank all that took the time to help us collect this important data. Below you will find the correct responses to the questions that were asked in the survey as well as other pertinent facts about cannabis. Please do take the time to be informed about cannabis and be familiar with your hospital's policies.*

### Age of Majority:

In Ontario, you must be 19 years and older to buy, use, possess, or grow recreational cannabis (Government of Ontario, 2018).

### Can you report to work under the influence of cannabis (health care)?

Consuming recreational cannabis in the workplace remains illegal. Also, employees and workers who are unable or unfit to work safely could be a hazard to themselves or to others in the workplace (Government of Ontario, 2018).

The Regulated Health Professions Act, 1991, states that working while impaired is considered professional misconduct. Nurses with impaired judgment affected by any substance (for example, opiates, alcohol and/or cannabis) must not provide patient care. Failing to meet this expectation may result in an investigation by the College of Nurses of Ontario (CNO) (CNO, 2018).

### Where can it be smoked?

Generally anywhere cigarettes can be smoked - except in a vehicle or boat. (See reference website for more specific information) (Government of Ontario, 2018).

Cannabis cannot be smoked or vaped in:

- enclosed public places or enclosed workplaces
- within nine meters from the entrance or exit of hospitals
- on outdoor grounds of hospitals

### Can you operate a motor vehicle under the influence of Cannabis?

Driving impaired by cannabis is illegal and dangerous. Cannabis, like many other drugs, slows your reaction time and increases your chances of being in a collision (Government of Ontario, 2018).

The risk of accidents (both fatal and non-fatal) is 2-3x higher among cannabis-impaired drivers (CAMH, 2018).

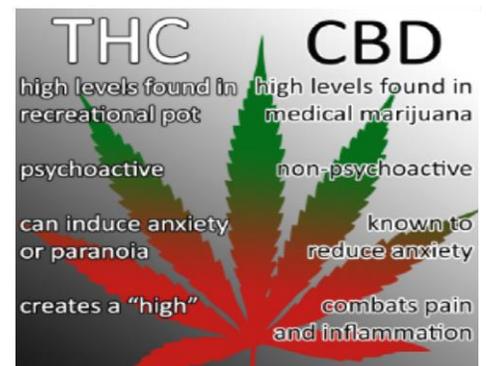
### What are the chemical substances in cannabis?

Cannabis contains hundreds of chemical substances. Over 100 of these are known as cannabinoids. Cannabinoids have effects on cell receptors in the brain and body. They can change how those cells behave and communicate with each other.

The most researched cannabinoid is delta-9-tetrahydrocannabinol (THC). THC is responsible for the way your brain and body respond to cannabis, including the high and intoxication. THC has some therapeutic effects but it also has harmful effects. Harmful effects may be greater



when the strength of THC is higher. THC potency in dried cannabis has increased from an average of 3% in the 1980s to around 15% today. Some strains can have an average as high as 30% THC. Cannabidiol (CBD) is another cannabinoid. Unlike THC, CBD does not produce a high or intoxication. There is some evidence that CBD may block or lower some of the effects of THC on the mind. This may occur when the amount of CBD in the cannabis is the same or higher than the amount of THC. CBD is also being studied for its possible therapeutic uses. (Government of Canada, 2018e)





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[canada/services/drugsmedication/cannabis/about.html?utm\\_source=google&utm\\_medium=cpc\\_en&utm\\_content=thc\\_2&utm\\_campaign=cannabis-18](https://www.canada.ca/en/health-canada/services/drugsmedication/cannabis/about.html?utm_source=google&utm_medium=cpc_en&utm_content=thc_2&utm_campaign=cannabis-18)

