

General Use and Education Surrounding Endocannabinoids for Inflammatory Bowel Disease



90% of Gastroenterologists report a knowledge gap surrounding endocannabinoids, 86% want further education on this topic

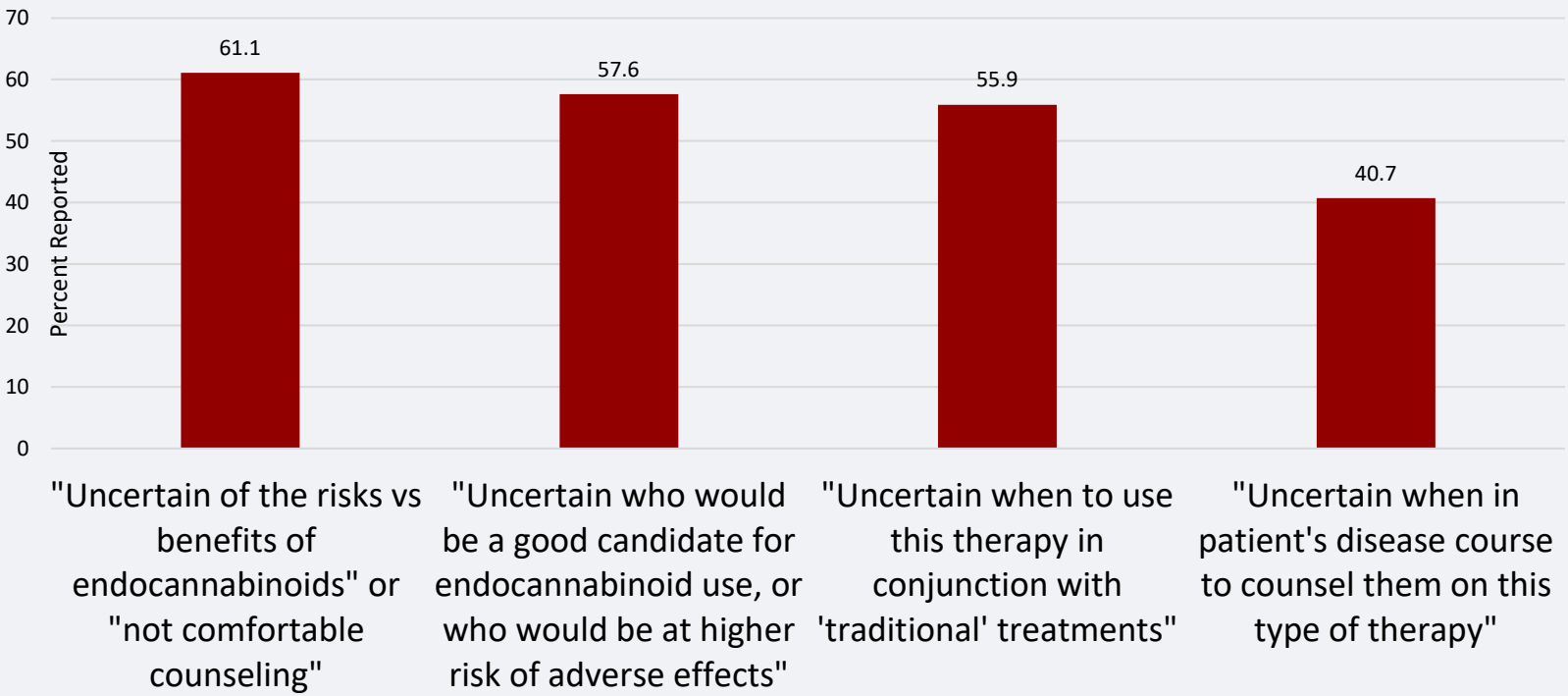
INTRODUCTION: In an era of decriminalization and increased access, we examined the current practices and knowledge amongst U.S. Gastroenterologists regarding endocannabinoids in relation to inflammatory bowel disease¹.

METHODS: A simple, non-random probability sampling survey was distributed to American College of Gastroenterology (ACG) active membership. Participants answered questions regarding their current knowledge surrounding endocannabinoids, existing prescription practices, and desire for opportunities for further educational development. This represents the **first published survey on this topic**.

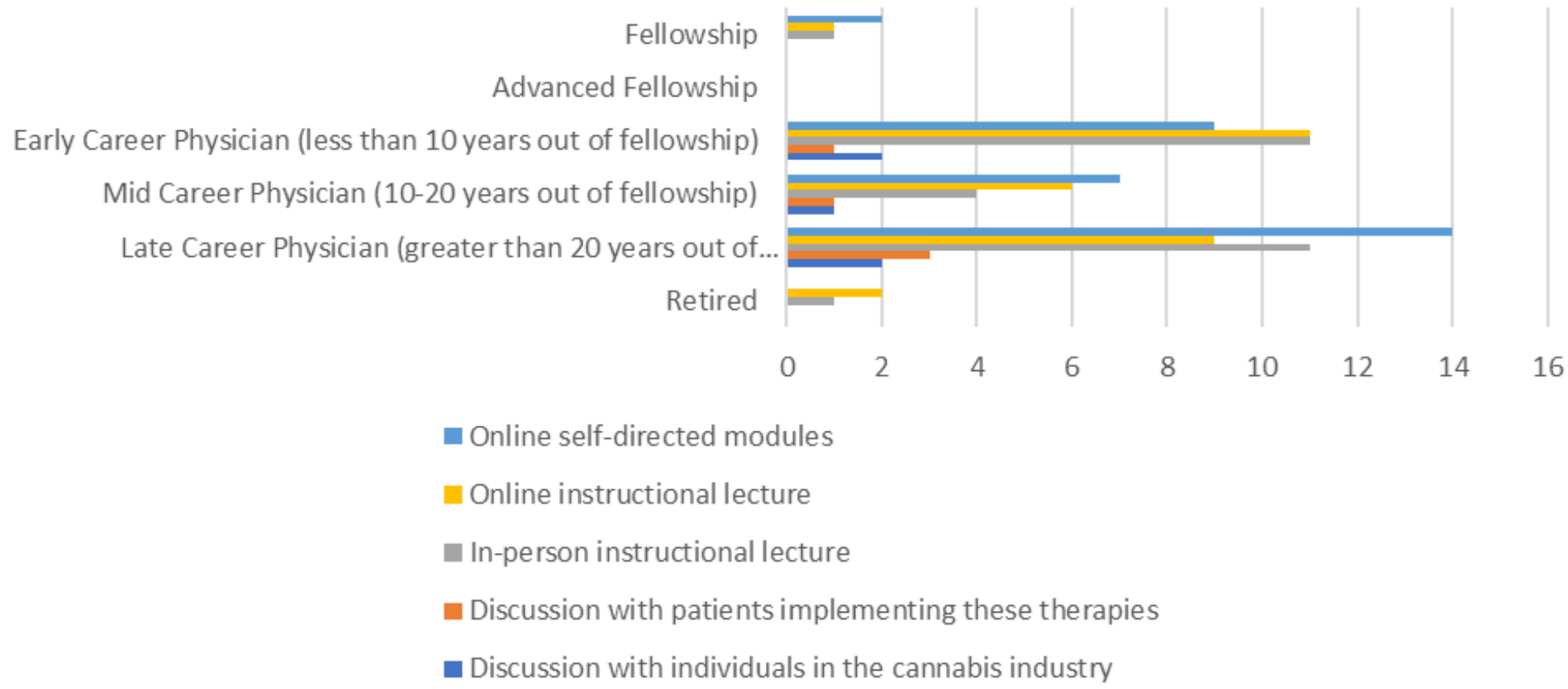
RESULTS:

- 61% did not feel knowledgeable counseling patients on risks vs. benefits of endocannabinoids
- Only 10% of respondents understood local/state regulations
- 1/3 of respondents do not usually discuss endocannabinoids or screen their IBD patients for cannabis use

Reported Barriers to Use in their Practice



Preferred modality of formal education on endocannabinoid system by stage of practice



CONCLUSION: Only 1 in 3 surveyed gastroenterologists reported any formal education on this topic. Fortunately, there is a strong desire amongst U.S Gastroenterologists to learn more about endocannabinoids and their relation to managing inflammatory bowel disease. This remains an **opportunity ripe for targeted educational development** to help improve patient outcomes and the natural history of inflammatory bowel disease.

	n	%
<u>Knowledge surrounding endocannabinoids</u>		
% Correct endocannabinoid receptor pathways identified	33/57	57.9
% Correct ECS receptor activation and side effects	22/57	38.6
% Correct disease/symptom modulating effects in IBD	32/57	56.1
% Correct currently available endocannabinoid products/therapies	23/58	39.7
<u>Current practice surrounding endocannabinoids and IBD</u>		
Ask patient if they are using cannabis, tetrahydrocannabinol, cannabidiol, or other derived products specifically for IBD symptoms	38/59	64.4
Review methods of use (inhalation, ingestions, etc.)	20/59	33.9
Discuss endocannabinoid directed therapy for ongoing IBD symptoms	10/59	16.9
Steer patients who may clinically benefit from these therapies to appropriate procurement sites and resources	12/59	20.3
<u>Regulatory landscape</u>		
Reported good grasp about regulations/statutes surrounding endocannabinoids in their practice area	6/59	10.1
Reported not knowing where to get information on this topic	23/59	38.9