

**STATE OF IOWA
BEFORE THE IOWA MEDICAL CANNABIDIOL BOARD**

PETITION FOR THE ADDITION OF:)	
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)	
Post-Traumatic Stress Disorder (PTSD))	
)	ORDER
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)	
as a debilitating medical condition for which the medical use of cannabidiol would be medically beneficial)	
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On November 2, 2018, the Iowa Medical Cannabidiol Board considered a Petition for Addition of Post-Traumatic Stress Disorder (PTSD) to the list of debilitating medical conditions for which the medical use of medical cannabidiol would be medically beneficial. The Petition was not approved at the November 2, 2018 Board meeting. *See* Iowa Medical Cannabidiol Board Order - Post-Traumatic Stress Disorder, March 8, 2019.

On July 18, 2019, the Iowa Medical Cannabidiol Board received a new Petition to Add Post-Traumatic Stress Disorder (PTSD) to the list of debilitating medical conditions for which the medical use of medical cannabidiol would be medically beneficial. At a duly noticed meeting on August 2, 2019, the Iowa Medical Cannabidiol Board considered, pursuant to Iowa Code section 124E.5(3) and Iowa Administrative Code 641—154.65, the Petition. The Board deferred action on the Petition at its August meeting until its next regularly scheduled meeting for the purpose of conducting additional review of available medical literature regarding the medical benefits of using medical cannabidiol for treatment of PTSD symptoms. At a duly noticed

meeting on November 1, 2019, the Board again considered the Petition received July 18, 2019. Board members Dr. Jill Liesveld, Cpt. Mike McKelvey, Dr. Lonny Miller, Dr. Ken Cheyne, Dr. Stephen Richards and Dr. Jacqueline Stoken were present at the meeting in person when the Petition was considered. The Petitioner did appear at the November 1, 2019 meeting, and provided the Board with oral comments during the portion of the meeting when the Petition was considered. The record includes the Petition and supplemental information received with the Petition, as well as all information compiled, considered, presented and discussed by Board members at the November 1, 2019 meeting.

The Iowa Medical Cannabidiol Board, after reviewing the record, voted 4-2 to APPROVE the Petition. Pursuant to 641 IAC 154.65(8), the Board issues the following Findings and Order.

FINDINGS:

1. The Petition to Add Post-Traumatic Stress Disorder (PTSD) as a debilitating medical condition for which the medical use of medical cannabidiol would be medically beneficial was properly filed in the Office of Medical Cannabidiol within the Iowa Department of Public Health.
2. The Iowa Medical Cananbidiol Board has jurisdiction to accept and review the Petition to Add Post-Traumatic Stress Disorder (PTSD) as a debilitating medical condition for which the medical use of medical cannabidiol would be medically beneficial pursuant to Iowa Code chapter 124E.
3. Recommendations of the Iowa Medical Cannabidiol Board regarding the addition of medical conditions to the list of debilitating medical conditions for which the medical use of cannabidiol would be medically beneficial shall be made to the

Iowa Board of Medicine for consideration, and if approved by the Iowa Board of Medicine, shall be adopted by the Iowa Board of Medicine by rule pursuant to Iowa Code section 124E.5(4).

4. Petitioner requested that the Iowa Medical Cannabidiol Board recommend the Addition of Post-Traumatic Stress Disorder (PTSD) as a debilitating medical condition for which the medical use of medical cannabidiol would be medically beneficial.
5. Petitioner was offered an opportunity to present information to the Iowa Medical Cannabidiol Board at its meetings on August 2, 2019 and on November 1, 2019.
6. Post-Traumatic Stress Disorder (PTSD) is a mental health condition that's triggered by witnessing or experiencing a terrifying or traumatic event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.
7. Evidence-based medical literature indicating that the medical use of medical cannabidiol would be medically beneficial for patients diagnosed with PTSD is lacking.
8. The Veterans Administration has studied *Cannabis* for treating PTSD symptoms on two occasions, most recently in 2017. The conclusion was that evidence of benefit that exceeds harm is lacking and the recommendation was withholding use of *Cannabis* to treat PTSD pending further research.
9. The World Health Organization advises against the use of *Cannabis* for treatment of PTSD.
10. There are two significant, current, randomized controlled trials studying the use of

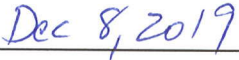
Cannabis for treatment of PTSD, the results of which are still pending.

11. Treatment of PTSD symptoms with medical cannabidiol could be considered a compassionate use of medical cannabidiol.

ORDER:

The Iowa Medical Cannabidiol Board hereby recommends the addition of Post-Traumatic Stress Disorder (PTSD) to the list of debilitating medical conditions for which the medical use of cannabidiol would be medically beneficial. This recommendation shall be forwarded to the Iowa Board of Medicine for consideration.


By: Cpt. Mike McKelvey, Chairperson


Date

cc:

Iowa Board of Medicine
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