



Massage Therapy and Cannabis: Guidelines and Considerations for Manual Therapy Practice

Instructed by Randy Persad, Dip. Pharm, RMT, MED

Registration Deadline: 1 May 2019

Date: June 21–22, 2019 (2-day course) **Maximum: 30 Registrants**
Time: 8:30 am–4:30 pm Friday; 8:30 am–4:30 pm Saturday (Lunch 12:15pm–1:00pm)
Location: Chateau Saint John - Hotel & Suites
369 Rockland Road
Saint John, N.B. E2K 3W3
Fee: **\$350.00** (ANBMT members only) Non-Member: **\$450.00**
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)
CEUs: **TBD Category A CEUs (CMTNB Approved)**

Preferred Room Rate: Chateau Saint John, \$139.99 plus taxes per night (includes breakfast and Wi-Fi). Phone: 506-644-4444
Booking Reference: ANBMT Group

Purpose

Cannabis was nationally legalized on October 17, 2018. Massage therapists and other manual therapy practitioners are most likely to encounter patients who are using medically prescribed cannabis for a host of medical complaints ranging from cancer, anxiety, insomnia, fibromyalgia, gastrointestinal, neurological, and other systemic conditions. It is now widely known in the scientific community that when cannabis is introduced into the body either via the respiratory or oral route, the phytochemicals in the plant interact with the endocannabinoid system producing various physiological responses. Manual therapy practitioners must be able to employ a high level of critical thinking and clinical decision-making to ensure the use of manual therapy, hydrotherapy and other modalities are applied in a safe and effective manner when treating individuals who are taking medical or recreational cannabis, and or any other medications regardless if they are prescribed or not.

Course description and objectives

This two-day information-based workshop is designed to provide health care practitioners (manual therapists) with:

- an awareness and general understanding of the Canadian legislation of cannabis
- the anatomy, physiology, and pathology of the endocannabinoid system
- the general pharmacology and administration of cannabis
- considerations for case history-taking, treatment applications, contraindications to treatment, and self-care rehabilitation activities

Workshop objectives

Upon completion of this workshop participants will be able to:

- a. demonstrate general knowledge of cannabis history
- b. demonstrate general knowledge of the Canadian Cannabis Act
- c. explain the role of the endocannabinoid system in health and disease
- d. explain the general similarities and differences between the various strains of cannabis plants
- e. list the common types of cannabis preparations
- f. list the common methods of administration for cannabis products
- g. explain the general pharmacology, indications, and adverse effects of the exogenous cannabinoids

- h. identify how cannabis-drug interactions can occur when cannabis use is combined with allopathic medications
- i. adopt consideration for case history-taking, safe and effective treatment applications (indications and contraindications to treatment), and self-care rehabilitation activities when treating or working with individuals who are using cannabis preparations
- j. appreciate the accessibility and widespread use of cannabis in society

Activities

Workshop activities include:

- reviewing clinical research papers related to this topic
- group discussions and presentations
- reflective exercises, question and answer sessions
- completion of pre and post self-assessment exercises

What to bring

- notepad, pens, pencils
- computer and other smart devices; required for internet research, etc.
- Water, lunch, snacks

About the Instructor

Randal Persad, registered massage practitioner, ex-pharmacist, health care educator (MEd) and author has over 30 years of experience in health education and clinical practice. He has a background in Pharmacy (1986), completed his massage therapy training in 1991, and has been involved in massage therapy education for the last 25 years. As a practitioner and lifelong learner, he continues his education in many areas, including higher education in manual therapy, anatomy & physiology, the physiologic effects of Cannabis, and the science and physiology of breathing and relaxation practices. To this end, he has studied Yoga Nidra, Science of Breath, Biofeedback, Mindfulness & Happiness Skills. He embraces eastern Vedic practices of yoga, breath awareness and deep relaxation to maintain his health and spiritual balance. He lives in Burnaby, BC.



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(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

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