

## APPENDIX 3: HARM REDUCTION

*“If you plan to continue using cannabis, there are some ways to decrease risks to you and others. On a scale of 0–10, how ready are you to make a change?” \_\_\_\_\_*

### a. Harm reduction recommendations

- ☐ Use routes other than smoking, ideally oil formulations taken orally or sublingually.
- ☐ Avoid inhaling deeply or holding your breath if you are smoking cannabis.
- ☐ Use products containing 9% THC or less.
- ☐ Avoid synthetic cannabis products.
- ☐ Limit cannabis to occasional use at most if using recreationally.
- ☐ Avoid driving or operating other machinery after using cannabis.
- ☐ Obtain cannabis from a legal source.
- ☐ Securely store cannabis products and devices. Consider a lock box.
- ☐ Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*“Instead of smoking, you can help reduce your risks of lung damage by vaping or using products orally.”*

*“Instead of your current product, a product with less THC can reduce your risk of some harmful effects. I can help you choose a product.”*

*“After you use cannabis, avoid driving for as long as the product’s effect lasts in your body. This means not driving for at least 4 hours after inhaling cannabis, 6–12 hours after ingesting cannabis and 8 hours if you experienced euphoria or a high.”*

### b. Patient’s plan

(Include timeframe, e.g., “Patient will switch to using oil product by mouth in the next month. Recommend use of similar products to the one they currently use.”)

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The patients may need more time to commit to a plan:

*“Take some time to think about what we discussed today, and let’s arrange a follow-up to discuss further.”*

Or the patient may need to weigh pros and cons:

*“It sounds like you aren’t ready today. What would help you feel more ready to make that change?”*