

## Utilization, perceived effectiveness, and Interest in Topical Cannabidiol (CBD) Amongst Patients with Hip or Knee Arthritis

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### INTRODUCTION:

Cannabidiol (CBD) is a non-psychoactive component of marijuana that is associated with analgesic and anti-inflammatory effects. However, evidence-based knowledge on the current use of CBD for arthritis pain still remains lacking. This survey was designed to query patients on their personal use and perceived effectiveness of topical CBD for arthritis pain.

### METHODS:

A voluntary, anonymous, 17 question survey was distributed to new patients presenting to an arthroplasty clinic with symptomatic knee arthritis over a one year time period. This questionnaire probed patients' attitudes, utilization and CBD as a non-operative treatment modality for knee arthritis. Analysis was conducted on the first 100 respondents of the survey. A two sample T-test was used to compare differences in age and gender between survey respondents who had used CBD and those who had not.

### RESULTS:

Of respondents, 60% had used topical CBD, 70% reported an analgesic effect, and 75% or more of users reported CBD to be as or more effective for pain control than other over-the-counter topical creams, prescription topical NSAIDs, and/or topical lidocaine. 92% of the respondents reported that they would likely or definitely use a topical CBD preparation if offered in a future research study. There was no significant difference in age between the two groups. Regarding gender, there was a significant difference with more women having tried CBD for pain relief.

### DISCUSSION AND CONCLUSION:

Topical CBD is an increasingly utilized over the counter adjuvant pain medication in patients presenting to an outpatient arthroplasty clinic. Nearly ¾ of users report pain relief as effective or more effective than other commonly used pain medications. This survey demonstrates a patient interest in the product and therefore conducting future research studying the efficacy of standardized applications is warranted.

	CBD Users		CBD Non-users		P
	n	%	n	%	
<b>Total</b>	60	60	40	40	
<b>Age</b>					0.18
< 65	32	53%	26	65%	
≥ 65	28	47%	14	35%	
<b>Gender</b>					0.04
Male	19	32%	20	50%	
Female	41	68%	20	50%	