

It's complicated: A podcast about Healthcare Ethics in Practice
Series 4, Episode 6: Ethics and psychedelics research and regulations

Host for this episode: Andrea Frolic

Guest: James Downar

DISCUSSION QUESTIONS

- What surprised you about psychedelics research and its potentials in treating end-of-life patients' psychological distress?
- Dr. Downar describes several challenges associated with conducting research with psychedelics for treatment of psychological distress in end-of-life patients. Do you think that the regulatory barriers to research on psychedelics are ethically justifiable?
- Do you think it is morally imperative to be more risk tolerant when it comes to making psychedelics accessible to end-of-life patients as a way of treating psychological distress?

RESOURCES

- Kratina S, Lo C, Strike C, Schwartz R, Rush B. Psychedelics to Relieve Psychological Suffering Associated with a Life-Threatening Diagnosis: Time for a Canadian Policy Discussion. *Health Policy*. 2023;18(4):134-142. doi:10.12927/hcpol.2023.27048
- Watt CL, Downar J. Whither palliative care. *Curr Oncol*. 2019;26(3):164-165. doi:10.3747/co.26.4803

Podcasts:

Psychedelics: Is it time to change your mind... The Critical Care Commute Podcast.

<https://podcasts.apple.com/ca/podcast/psychedelics-is-it-time-to-change-your-mind-with-dr/id1651920943?i=1000715746659>