



# KETAMINE INFUSION THERAPY

Psychiatry

Psychology

Neuro-Psychiatry

# The New York Times

## ***Fast-Acting Depression Drug, Newly Approved, Could Help Millions***

A nasal spray version of the drug ketamine has shown promise as an antidepressant, even if its properties still aren't well understood.



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### **Ketamine for major depression: New tool, new questions**

POSTED MAY 22, 2019, 10:30 AM



**Robert C. Meisner, MD**  
Contributor

# TIME

## THE ANTI ANTIDEPRESSANT

Depression afflicts 300 million people.  
One-third don't respond to treatment.

A surprising new drug  
may change that

BY MANDY OAKLANDER

SCIENCE HEALTH

## **The FDA approved a new ketamine depression drug — here's what's next**

*The newly approved drug, esketamine, is one half of the ketamine compound*

By [Angela Chen](#) | [@chengela](#) | Mar 11, 2019, 3:45pm EDT

Illustration by [Alex Castro/The Verge](#)



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## BACKGROUND

Ketamine is used to treat depression, associated with major depressive disorder or bipolar disorder who are in a current major depressive.

### A trial of Ketamine can be given when:

- Depression is severe or non-responsive to usual drug therapy
  - When rapid reduction in suicidal symptoms is necessary
  - When urgent improvement in depression is desired to allow patients to attend to pressing life circumstances.
- 
- Some antidepressant outcomes may be improved by the use of ketamine early during an antidepressant course.
  - Antidepressants can be safely administered to patients for whom ketamine is trialed.
  - Antidepressant benefits with ketamine are usually immediate and dramatic, with patients achieving significant reduction of depressive symptoms within a day.

***INTRAVENOUS S-KETAMINE IS CURRENTLY UNAVAILABLE IN INDIA.***

## KETAMINE CLINICS AT PARTH HOSPITAL

In line with the established protocol, we at Parth Hospital, provide Ketamine Infusion Services. Given the effectiveness of intra venous administration of Ketamine, we prefer it over other forms of treatment.

01

**Type:**  
Out-Patient  
Procedure (OPD)

02

**Procedural  
Duration:**  
60 minutes  
(40 minutes Infusion  
and 20 minutes Rest)

03

**Duration of  
Nil Per Oral:**  
2 Hours  
(Solids and Liquids)

04

**Number of  
Ketamine Sessions:**  
Usual course is  
of 6 Infusions.

05

**Maintenance  
Ketamine Infusions:**  
May be required  
depending on  
the indication

06

**Pre Ketamine  
Work Up:**  
Electro-Cardio-  
Gram (ECG)

## KNOW THE PROCEDURE:

- The patient is expected to come empty stomach for the procedure. No solids or liquids food have to be consumed upto 2 hours before the procedure.
- Ketamine is given in a 100 ml Normal Saline bottle, through an intravenous route, via a needle.
- The patient has to lie in a bed and close his/her eyes for the duration of the procedure.
- The period of infusion is 40 minutes. During this period, some patients fall asleep and some keep laying down with eyes closed.
- Pulse and Blood Pressure are monitored every 10 minutes during the entire procedure/
- At the end of the infusion, the patient, if asleep, awakens and stays in bed for an additional 20 minutes.
- Once the patient feels comfortable, he/she can be discharged.

## SIDE EFFECTS:

All the below mentioned side effects are

### **TEMPORARY AND RESOLVE SPONTANEOUSLY**

within 4 hours of treatment.

- Drowsiness
- Dizziness
- Blurring of Vision
- Dissociative State  
(feeling of strangeness and unreality)

## FURTHER READING :

- <https://bit.ly/31xaNWq>
- <https://bit.ly/2FRI3R7>
- <https://bit.ly/31xaOJY>
- <https://mayocl.in/2YVh5gY>

## Dr. Parth Goyal

M.D. (Psychiatry)

### Consultant Psychiatrist

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- Worked as a Research associate at Yale School of Medicine, Dept. of Psychiatry, U.S.A, (2014) on the use of Repetitive Transcranial Magnetic Stimulation, and its role in the reduction of Auditory Hallucination in treatment resistant Schizophrenia, under the guidance of Dr. Ralph Hoffman.
- Trained in the use of Ultra-brief Pulse Electroconvulsive Therapy (ECT) at Yale School of Medicine, under the guidance of Dr. Robert Ostroff.
- Presented a poster on "Trans-cranial Direct Current Stimulation as a treatment option for Hallucinosis: A Case Report" at the 1st Symposium on Non-invasive Brain Stimulation in Psychiatry held at NIMHANS, Bengaluru on September 20th 2015.
- Presented a poster on "Transcranial Direct Current Stimulation for Severe, Persistent, Treatment-Refractory Auditory Hallucinations in Schizophrenia" for the 2018 Biennial Meeting in Florence, Italy, 4 – 8 April 2018.
- Attended an International Course on Electroconvulsive Therapy conducted by Dr. Sackeim, Dr. George, Dr. Loo and Dr. Sienaert, at Singapore, by Mecta Corporation.

## Dr. Priyal Goyal

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- Consultant Psychiatrist at Parth Neuropsychiatric Hospital, since May 2017.
- Certified as expert in Neurostimulation (ECT, rTMS, tDCS) from National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Trained in Cognitive Behavioral Therapy from National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru.
- Interests include Neurostimulation, Women's Health and Child Psychiatry



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