

# CANMAT Ketamine Guidelines: Clinician Infographic

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## 1. Position in Treatment Algorithm

- Third-line option for adults with Treatment-Resistant Depression (TRD).
- TRD defined as failure of  $\geq 2$  antidepressants at adequate dose and duration.
- Consider only after optimised pharmacotherapy, adjunctive agents, and psychotherapy.

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## 2. Evidence & Indications

### IV Racemic Ketamine:

- Rapid onset (hours).
- Strong short-term efficacy.
- Typical acute series: 2–3 infusions/week for 2–3 weeks.

### Intranasal Esketamine:

- Approved for TRD when combined with an oral antidepressant.
- Structured delivery and safety protocols.

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## 3. Maintenance Treatment

- Evidence emerging; no standardised regimen.
- May continue in responders with individualised intervals.
- Monitor cognitive symptoms, BP, urinary symptoms, and misuse risk.

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## 4. Clinical Setting & Staffing

- Must be delivered in a controlled medical environment.
  - Requires staff trained in airway and cardiovascular monitoring.
  - Emergency equipment must be available.
  - Psychiatrist oversight essential.
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## 5. Pre-Treatment Assessment

Screen for:

- TRD confirmation.
- Cardiovascular disease.
- Uncontrolled hypertension.
- Substance use disorders.
- Active psychosis.
- Pregnancy.

Baseline: BP, HR, O<sup>2</sup> sat, mood scales, medical review.

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## 6. During Treatment

- Continuous BP/HR/O<sup>2</sup> monitoring.
  - Watch for dissociation, nausea, anxiety, dizziness.
  - Patient remains on-site until stable.
  - No driving post-session.
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## 7. Post-Treatment Care

- Evaluate each session for response, function, cognitive status, adverse effects.
  - Integrate with medication management and psychotherapy.
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Swainson, J., McGirr, A., Blier, P., Brietzke, E., Richard-Devantoy, S., Ravindran, N., Blier, J., Beaulieu, S., Frey, B. N., Kennedy, S. H., McIntyre, R. S., Milev, R. V., Parikh, S. V., Schaffer, A., Taylor, V. H., Tourjman, V., van Ameringen, M., Yatham, L. N., Ravindran, A. V., & Lam, R. W. (2021). The Canadian Network for Mood and Anxiety Treatments (CANMAT) Task Force Recommendations for the Use of Racemic Ketamine in Adults with Major Depressive Disorder: Recommendations Du Groupe De Travail Du Réseau Canadien Pour Les Traitements De L'humeur Et De L'anxiété (Canmat) Concernant L'utilisation De La Kétamine Racémique Chez Les Adultes Souffrant De Trouble Dépressif Majeur. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 66(2), 113–125.

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