

Preamble

The College of Physicians and Surgeons of BC (the College) has received inquiries from registrants regarding the prescribing and administration of ketamine for the treatment of mental health conditions and chronic pain in adults.

Registrants are encouraged to contact the CMPA for advice before proceeding with therapies that are not considered conventional treatment options and/or additions to their scope of practice.

College's position

Intravenous administration of ketamine is only acceptable in hospital settings or in accredited non-hospital medical and surgical facilities. For further information on intravenous ketamine in accredited facilities, registrants should contact the Non-Hospital Medical Surgical Facility Accreditation Program at nhmsfap@cpsbc.ca.

For all other routes of administration (IM, oral, sublingual, intranasal, transdermal), caution is advised due to the potential safety risks associated with ketamine, particularly for off-label use. Registrants are reminded not to prescribe or use a treatment that departs from prevailing medical practice, unless they are able to demonstrate that the potential benefits of the treatment outweigh the risks.

Registrants should note that certain products like intranasal esketamine (Spravato) have manufacturer-specific guidelines for use.

Pursuant to the Canadian product monograph, SPRAVATO® is only available through a controlled distribution program called the Janssen Journey™ Program. The goal of the Janssen Journey™ Program is to mitigate the risks of adverse outcomes related to s s r

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