

# Ketamine Tip Sheet



## Considerations for Referral for Ketamine Treatment

The ideal candidate for ketamine is an individual with the following:

- › Severe major depressive disorder that is treatment resistant (failing at least 2 antidepressants)
- › No history of psychosis
- › No current substance use disorder
- › In therapy currently and/or willing to attend group therapy
- › Must be 18+ (adults only)

Patients with the following conditions are **neither appropriate nor eligible for ketamine treatment**.

- › Recent myocardial infarct (heart attack)
- › Recent stroke
- › Recent or active psychosis
- › Schizophrenia
- › Recent mania
- › Unstable or recent relapse of substance use disorder
- › Arteriovenous malformation
- › Poorly controlled hypertension
- › Pregnant and/or breastfeeding
- › Poorly controlled or recent seizures
- › History of aneurysm

## Step-by-step instructions for internal and affiliated providers

### Internal referrals - How to order ketamine in iCentra

1. Search: "refer to ketamine"
2. Choose: Referral to ketamine (Requested Service Referral Behavioral Health)

The screenshot shows the iCentra software interface for adding an order. The top header bar is blue and contains patient information: 'XTEST, XTEST', 'Age: 54 years', 'DOB: 01/01/19...', 'Dose Wt:', 'Loc: PCSG Ketamine', 'Attending:', 'ACP: Not present', 'MyHealth: No', 'Allergies: No Known Medications', 'Sex: Female', 'Code Status:', 'Isolation Type:', 'Contact: View Details', and 'Clinic FIN: 1263192348 [Visit Dt: 10/16/2023 0...]'. Below the header, the 'Diagnoses & Problems' section is visible, showing a list of diagnoses with columns for 'Annotated Display', 'Code', and 'Name of Problem'. The 'Problems' section shows a list of problems with columns for 'Annotated Display' and 'Name of Problem'. The 'Search' bar is active, showing the search term 'refer to ketamine' and a dropdown menu with the selected option 'Referral to Ketamine (Requested Service Referral Behavioral Health)'. The 'Type' dropdown is set to 'Ambulatory (Meds as Rx)'. The bottom status bar shows 'XTEST, XTEST - 647449330' and a 'Done' button.

3. Select clinic location for referral. (Note: St. George and Utah Valley offer ketamine and TMS).

St George Psych and Counseling 292 S 1470 E, 3rd Floor, St George, UT 847901764 Distance: --	12 Providers Available	Behavior Health Within Health System
St George Psych and Counseling - Ketamine 292 S 1470 E, 3rd Floor, St George, UT 847901764 Distance: --	1 Provider Available	Behavior Health Within Health System
St George Psych and Counseling - TMS -- Distance: --	1 Provider Available	Behavior Health Within Health System
Utah Valley Psychiatry and Counseling-Ketamine 1055 N 300 W Ste 315, PROVO, UT 846043373 Distance: --	2 Providers Available	Behavior Health Within Health System
Utah Valley Psychiatry and Counseling-TMS -- Distance: --	2 Providers Available	Behavior Health Within Health System

Accept Cancel

4. In the comment section please include all of the following to avoid denial:

- › Reason you are referring this patient for ketamine
- › Mental Health diagnosis (or select correct diagnosis on the DX tab)
- › Mental Health hospitalizations
- › Current therapist
- › Failed antidepressants
- › Current mental health medication regimen

**For affiliated providers / non-iCentra users:**

Please fax referrals to the appropriate Psychiatry and Counseling clinic location.

**St. George**

292 South 1470 East 3rd Floor  
St George, UT 84790  
P: 435-251-5900 | F: 435-251-5901

**Utah Valley**

1055 North 300 West | Suite 315  
Provo, UT 84604  
P: 801-357-7525 | F: 801-357-7746



**Behavioral Health Services Navigation Line: 833-442-221**

Find an available therapist, connect to resources, mental health tools, and more!