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)

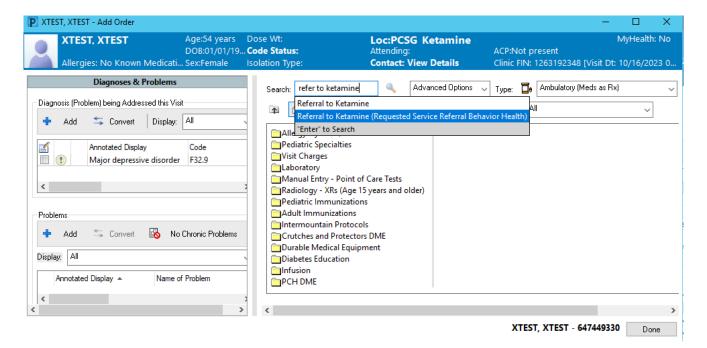
Patients with the following conditions are neither appropriate nor eligible for ketamine treatment.

- Recent myocardial infarct (heart attack)
- Recent stroke
- > Recent or active psychosis
- Schizophrenia
- > Recent mania
- Unstable or recent relapse of substance use disorder

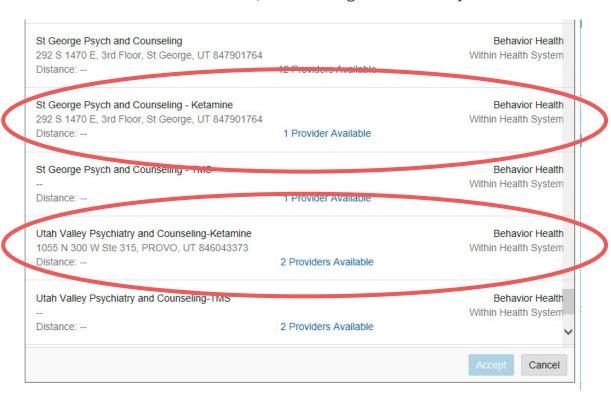
- Arteriovenous malformation
- Poorly controlled hypertension
- > Pregnant and/or breastfeeding
- > Poorly controlled or recent seizures
- History of aneurysm

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)



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



- 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

