

# Esketamine Administration in an Outpatient Infusion Center: A Novel Idea for a Community Hospital

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## Background

- Major depressive disorder (MDD) is a debilitating illness affecting 264 million people worldwide (Zenebe et al.,2001).
- MDD is the second most common psychiatric disorder affecting about 30% of adults over the age of sixty-four (Zenebe et al., 2001).
- Globally, about 34% of the adolescent population have been diagnosed with depression since 2001 (Shorey et al.,2022).
- The Covid-19 pandemic resulted in an elevation in these rates, prompting the necessity for evidence-based treatment options (Racine et al., 2021).
- TRD is failure of two or more antidepressant medications during a major depressive episode (Dwyer et al., 2020).
- Esketamine is a novel therapeutic treatment for treatment resistant depression (TRD) (d'Andrea et al, 2023).

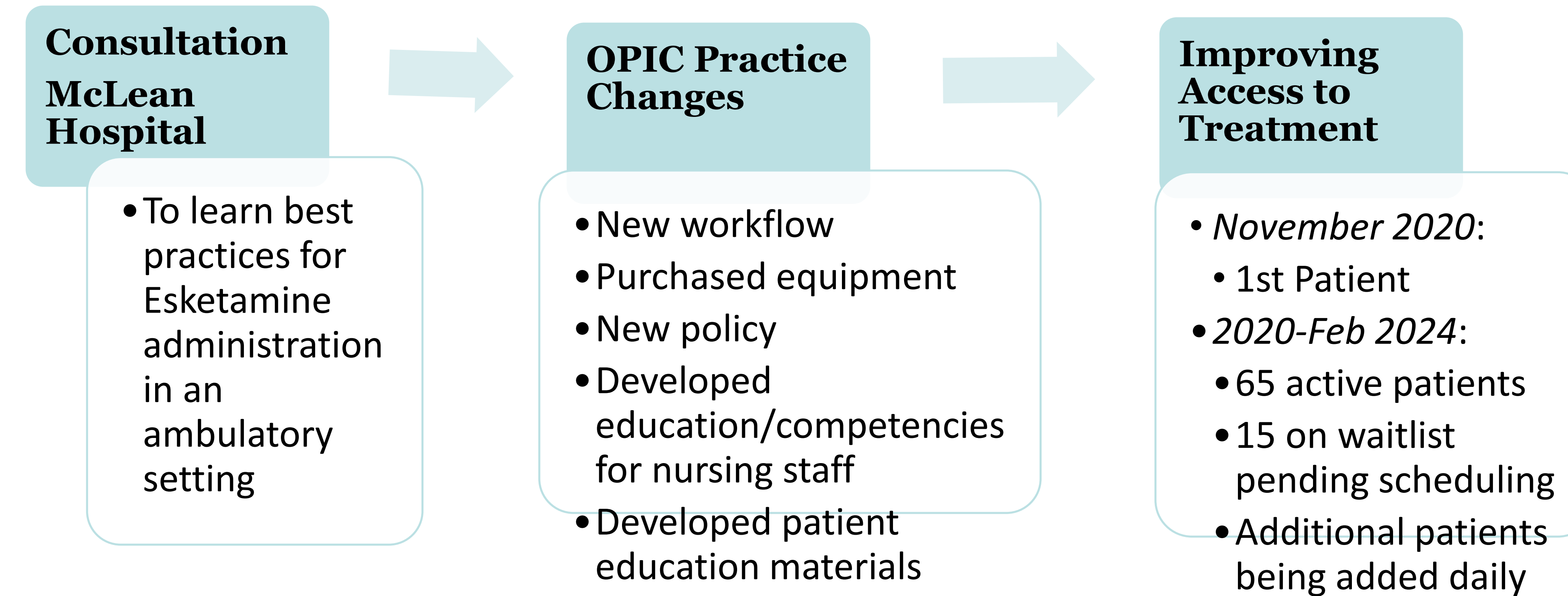
## Setting

- 171-bed Magnet *with Distinction*™ designated community teaching hospital in the Northeast U.S.
- The Outpatient Infusion Center (OPIC) is a 14-chair unit offering numerous medications and treatments to a diverse patient population.

## Purpose

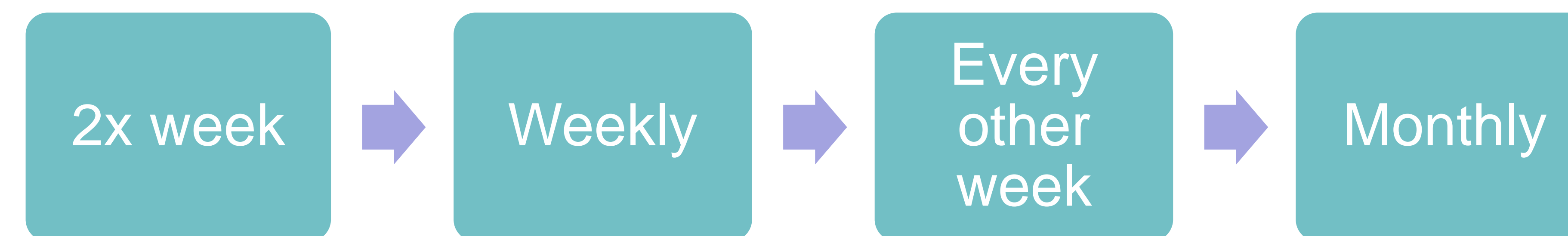
- To identify and implement workflow and nursing practice changes to support self-administration of esketamine, a nasal spray, in the OPIC.

## Implementation Process



## OPIC Infusion Strategy

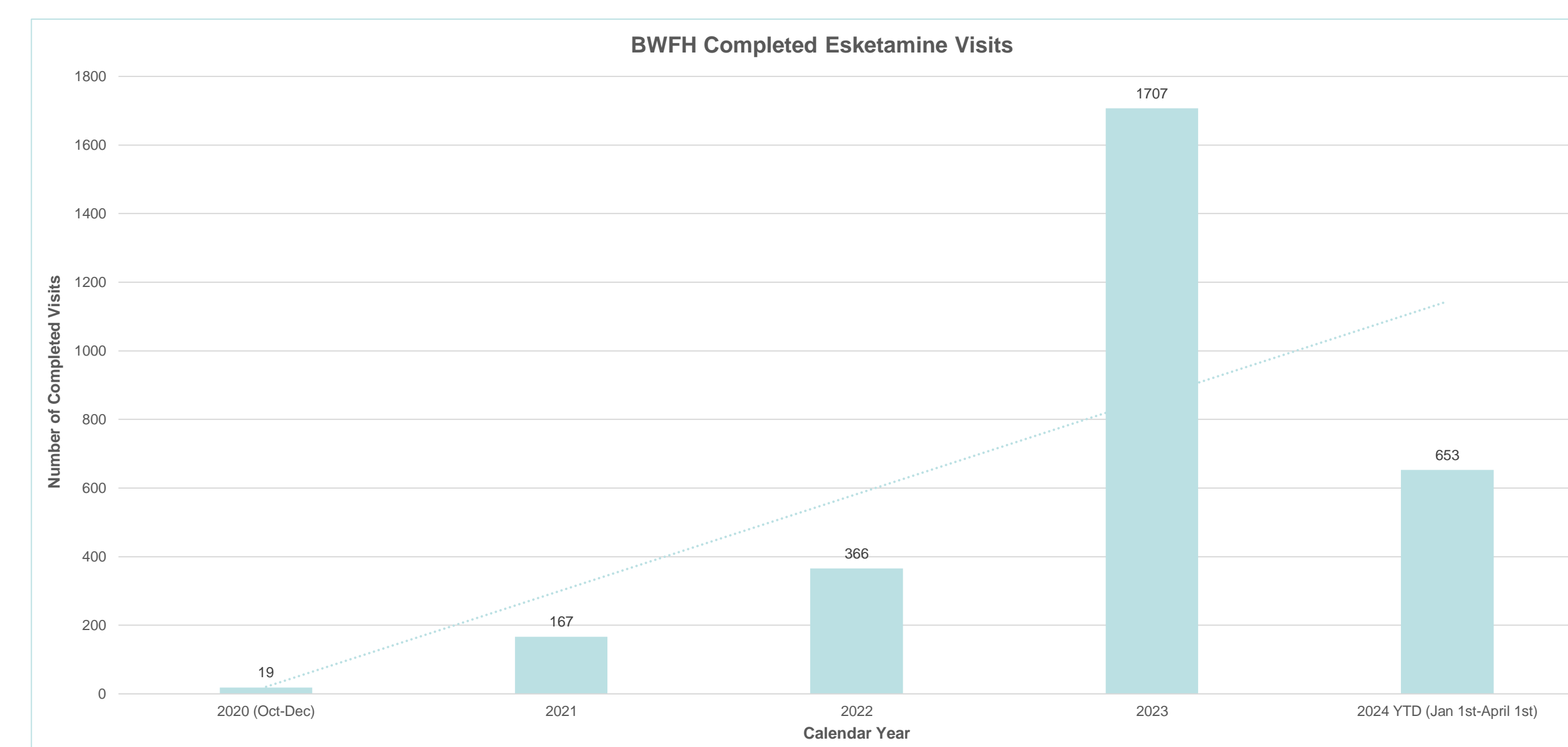
- 3-hour appointments; frequency of treatment regime changes over time



## Results

- November – December 2020: 4 patients completed 19 scheduled appointments (PACU)
- By CY23, the patient volume increased to 65 individual patients with a total of 1711 completed esketamine appointments (PACU & OPIC)
- CY24 YTD: 653 completed infusions in OPIC

Completed Esketamine Visits  
CY20-CY24 YTD



## Outcomes

- Based on evaluation of initial practice changes, amendments to workflow and discharge criteria were adopted which increased the number of daily appointments available for patients to receive this therapeutic treatment.

2023 - 2024	Daily Appointments
February 2023	10
October 2023 - Present	15

## Discussion

- OPIC clinical nurse leadership contributed to the success of this initiative through the planning, implementing, and ongoing assessment of this new treatment option for patients.
- By embracing change, OPIC clinical nurses have improved access for patients with TRD to receive this treatment while providing exceptional safe care to a diverse patient population in an active outpatient infusion center setting.

## Next Steps

- Ongoing evaluation of the esketamine process to identify possible areas for improvement.

## Contact Information

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# **Esketamine Treatments in an Outpatient Infusion Center: A Novel Strategy for the Management of Treatment Resistant Depression in a Community Hospital**

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## **References**

Dwyer, J. B., Stringaris, A., Brent, D. A., & Bloch, M. H. (2020). Annual research review: Defining and treating pediatric treatment-resistant depression. *Journal of Child Psychology and Psychiatry, and Allied Disciplines*, 61(3), 312–332. <https://doi.org/10.1111/jcpp.13202>

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