

As a treatment provider, there are **four things you need to know** about WorkSafeNB's approach to ketamine/esketamine use.

1

WorkSafeNB generally does not recommend the use of ketamine/esketamine. However, it may be approved to treat a compensable injury (subject to pre-approval and initial sign-off by WorkSafeNB) or disease in the following situation:

- Treatment-resistant depression that hasn't responded to two or more antidepressant medications of adequate dose and duration



2

The use of the drug to treat major depression must be done under appropriate supervision by trained treatment providers.

3

Treatment progress must be monitored regularly using the Patient Health Questionnaire (PHQ-9), with results submitted to WorkSafeNB.

4

To ensure that our clients are receiving the best care through the approved and measured administration of the drug, we require that treatment providers complete the Ketamine/Esketamine Review Booklet for approval before administering treatment.

Over the last two weeks, how often have you been bothered by any of the following problems?	Not at all (0)	Several days (1)	More than half the days (2)	Nearly every day (3)
1. Little interest or pleasure in doing things.	0	1	2	3
2. Feeling down, depressed, or hopeless.	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much.	0	1	2	3
4. Feeling tired or having little energy.	0	1	2	3
5. Poor appetite or overeating.	0	1	2	3
6. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down.	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching TV.	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite: being so fidgety or restless that you have been moving around more than usual.	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way.	0	1	2	3

TOTAL SCORE: 0

If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all
 Somewhat difficult
 Very difficult
 Extremely difficult

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If you have any questions, please contact toll-free at 1 800 999-9775.

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