



# Benefits of Ketamine Therapy for Treatment of Mental Health Conditions

Madison Carter, Utah State University | Tiffany Redmond, PA-C

### Ketamine Therapy

- Boosts Neuroplasticity in the Brain

- Provides fast relief to those suffering from certain mental health conditions

- Recommended course of treatment is 6 treatments over three weeks

Ketamine treatments offer increased neuroplasticity by way of effect on NMDA receptors. Neuron Pathways often get off track when affected by hormonal imbalance or trauma.

### Severe Recurrent Major Depression

- Treatable with therapy and antidepressant medication in addition to ketamine therapy

- About 1/10 women & 1/18 men affected

- Results from an imbalance in neurotransmitters which can vary

People with severe recurrent major depression often see benefits in ketamine therapy by way of improved mood, increased ability to connect with friends and family, and decrease in intrusive thoughts.

### Intern Responsibilities

- Schedule patient appointment to see provider

- Intake patients and record a relevant medical history

- Prepare and Administer Ketamine injections

- Take notes on provider recommendations for treatment of various conditions.



### Type II Bipolar Disorder

- Identified by cycling phases of hypomania and depression

- About 1/200 people affected

- Treatable with mood stabilizing medication and therapy

People with type II bipolar Disorder often see benefits in ketamine therapy by way of a better ability to manage mood swings and stabilize racing thoughts.

**Figure 1** – Ketamine treatments are administered by intramuscular injections.



Madison Carter  
Utah State University  
Department of Biology  
A02344044@aggies.usu.edu

