Readiness-to-leave checklist for healthcare professionals

At each treatment session, patients should be supervised during and after Spravato® (esketamine) nasal spray administration by a healthcare professional until they are stable, based on clinical judgement

The treating physician is responsible for deciding whether the patient is ready to leave based on this checklist and their clinical judgement.

1. Transient dissociative states and perception disorders (dissociation): Have you confirmed that the patient does not have signs of dissociation or perceptual changes that might impair their functioning?	
2. Disturbances in consciousness (sedation): Have you confirmed that the patient is fully awake and responding to stimuli (i.e. not experiencing sedation)?	
3. Blood pressure increased: Are the patient's blood pressure values at acceptable levels?	
4. Other adverse events: Have any other adverse events resolved?	
The patient	
5. Have you advised the patient that they should not drive or operate machinery until the next day following a restful sleep?	
6. Has the patient planned to travel home by public transport or arranged for someone else to drive them home?	
Readiness-to-leave	
7. Do you, the treating physician, believe the patient is ready to leave the healthcare facility based on your clinical judgement?	



Clinical assessments

WARNING: Instruct patients not to engage in potentially hazardous activities, such as driving a motor vehicle or operating machinery, until the next day after Spravato® administration following a restful sleep.

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What to do in an emergency

If the patient does not respond to shaking, shouting or painful stimuli Is the patient breathing? OPEN their airway LOOK to see if their chest is rising and falling • LISTEN for breathing sounds CHECK their respiratory rate They are breathing They are NOT breathing, or only gasping If you are by yourself, call or get help • Place them in the left lateral position Place them in the supine position (the 'recovery position') Activate the emergency response Activate the emergency response plan (according to local guidelines) plan (according to local guidelines) Follow basic life support (BLS) Monitor them for any changes guidelines/perform CPR