Ketamine was first introduced to the world of anesthesia in 1966. Ketamine is an effective analgesic and anesthetic derived from phencyclidine. Research reinforces that ketamine is not only a safe and effective anesthetic and analgesic, but there may also be more uses for this drug than previously believed. Despite its proven efficacy and utility, many anesthesia providers rarely use it. Side effects are rare when a benzodiazepine or hypnotic agent are concomitantly given. Ketamine can be used to combat the current opioid epidemic due to its analgesic properties and result from its antagonism of the NMDA receptor. Ketamine is potentially useful for patients with chronic pain. Ketamine may serve as the prototype for a new class of antidepressants, which is able to produce a rapid reduction in severe depressive symptoms or treat those with treatment resistant depression.

Methods

Sample/Population
- CRNA/SRNA of a state affiliated nurse anesthesia association

Intervention
- Provide the state affiliated nurse anesthesia association membership a survey asking about their attitudes towards ketamine
- Introduce an easily accessible ketamine toolkit to increase its use among providers

Data Collection
- Survey was made available from July 2020-September 21st 2020.
- Survey was published on Qualtrics for ease of access and data collection

Problem Statement
Emerging literature supports a variety of beneficial uses of ketamine for special populations. Omission of the use of ketamine may be to the detriment of patients requiring anesthesia and a lack of education and training provided to anesthesia providers maybe a causative factor.

Would a gap analysis on ketamine usage among the membership of a state affiliated nurse anesthesia association demonstrate an effective means for developing an educational workshop and readily accessible toolkit?

Results

- 137 responses to survey
- 85% were CRNA
- 45% of respondents STRONGLY AGREE a ketamine toolkit and workshop will be helpful to increase knowledge/comfortability and frequency of use.
- 46% AGREED a one-page highlight sheet would be the most effective form of delivery
- It was seen that there was a strong statistically significant relationship between people’s comfort and knowledge of ketamine and how frequently they were to use it p<0.00001.
- There was a relationship between the number of years of practice and the comfort and knowledge of ketamine having a p = 0.001

Discussion

- Ketamine continues to be passed over in favor of other agents. This project has demonstrated that there does appear to be a gap in ketamine use and knowledge among anesthesia providers
- It appears that the introduction of a toolkit may increase ketamine use and comfortability as many providers strongly agreed to the usefulness of this toolkit.
- The toolkit was accessed a total of 136 times until January 21, 2021; which demonstrates an interest in acquiring ketamine knowledge and use among the anesthesia providers in the state affiliated nurse anesthesia association.
- The shared interest of ketamine use and knowledge, may lead others to explore its many benefits and even other non-opioid agents to incorporate appropriately into an anesthetic plan.

Survey

Toolkit Downloads

Contact Information
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