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Regulating ketamine use in Psychiatry**Lisa Harding***Yale University, USA*

Statement of the Problem: Ketamine, a dissociative anesthetic with a history rooted in the realms of surgery and veterinary medicine, has emerged as a transformative agent in contemporary psychiatry. This abstract provides an overview of the regulation of ketamine in psychiatry from the perspective of a practicing psychiatrist, shedding light on the profound impact it has had on the treatment landscape.

The use of ketamine for psychiatric purposes has gained increasing recognition, especially in the management of treatment-resistant depression (TRD) and suicidal ideation. The approval of intranasal esketamine by regulatory agencies marked a significant milestone, signifying their acknowledgment of the therapeutic potential of ketamine. The rapid onset of action and potential for enduring relief from depressive symptoms, even in individuals who have exhausted conventional treatments, make ketamine an invaluable addition to our armamentarium.

The classification of ketamine as a Schedule III controlled substance necessitates stringent regulations to prevent misuse and diversion.

The psychiatric community must collaborate with regulatory bodies to establish guidelines that guarantee patient safety without unduly restricting access to this promising intervention. These treatments need to adhere to stringent protocols and monitoring, emphasizing the need for qualified professionals to oversee treatments.

Furthermore, this abstract touches upon the ongoing research into ketamine's mechanisms of action, long-term effects, and potential applications beyond mood disorders, such as anxiety, post-traumatic stress disorder (PTSD), and substance use disorders. The regulation of ketamine in psychiatry necessitates a dynamic approach that keeps pace with evolving scientific understanding.

In conclusion, the regulation of ketamine in psychiatry represents a profound shift in our approach to mental health treatment. As psychiatrists, we are tasked with navigating a complex landscape of regulations to ensure that our patients benefit from the therapeutic potential of ketamine while

Biography

Lisa Harding MD, Board Certified Psychiatrist and depression expert is specially trained in providing all treatment types for depression. She has completed over 4,000 procedures in Electroconvulsive therapy (ECT), IV Ketamine, Spravato and Transcranial Magnetic Stimulation (TMS). She is also experienced in managing complex medication regimen and skilled in various psychotherapy methods.