

ESKETAMINE nasal spray (*Spravato*[®] ▼) for treatment-resistant depression

The Cheshire and Merseyside Interim Area Prescribing Group does not recommend the prescribing of ESKETAMINE nasal spray (*Spravato*[®] ▼) for treatment-resistant depression in adults in accordance with NICE TA854.

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[NICE technology appraisal \(TA\) 854](#) (14 December 2022) states that esketamine nasal spray with a selective serotonin reuptake inhibitor (SSRI) or a serotonin-norepinephrine reuptake inhibitor (SNRI) is not recommended, within its marketing authorisation, for treatment-resistant depression that has not responded to at least 2 different antidepressants in the current moderate to severe depressive episode in adults.^[1]

NICE states that the limitations in the clinical evidence and economic model mean it is not possible to determine a reliable cost-effectiveness estimate. Esketamine nasal spray is unlikely to be an acceptable use of NHS resources, therefore it is not recommended for treatment-resistant depression.^[1]

Clinicians should continue to follow national guidance, local pathways and local formulary choices for the treatment of treatment-resistant depression:

- > NICE Clinical Guideline (NG222): [Depression in adults: treatment and management](#), 29 June 2022
- > British Association for Psychopharmacology: [Evidence-based guidelines for treating depressive disorders with antidepressants: A revision of the 2008 British Association for Psychopharmacology guidelines](#), 2015

Esketamine is available in other formulations, including a solution for injection or infusion for use in anaesthesia; these indications are not affected by this statement.

References

1. National Institute for Health and Care Excellence. Technology Appraisal 854; [Esketamine nasal spray for treatment-resistant depression](#), 14 December 2022. Accessed online 12 January 2023.

Note: Patients who are not eligible for treatment under this statement may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy. In this situation, follow locally defined processes.