CARILION CLINIC

Referral Criteria for Interventional Psychiatry Clinic

Ketamine:

- Intranasal Esketamine is FDA approved for severe Major Depressive Disorder. Intramuscular Ketamine is not FDA approved for any psychiatric condition, but it is used off label for the treatment of depression, post-traumatic stress disorder and suicidal ideation. The reduction in symptom severity is usually brief, and ketamine treatment usually works best when used as an adjunct treatment with psychotherapy and FDA approved psychiatric medicines. Psychotropic medicines do not usually require adjustment.

- Ketamine is discouraged in the following conditions: 1) uncontrolled hypertension 2) active substance use disorder 3) unstable cardiac or pulmonary conditions 4) Pregnancy 5) frequent or intense dissociative episodes 5) concurrent treatment with suboxone or another opioid

- Ketamine treatment requires two hours of nurse monitoring which insurance does not cover. For this reason Ketamine treatments at Carilion Clinic will be $250 per daily treatment (out-of-pocket due on the day of treatment). Currently this treatment is not covered through charity care. Please keep this in mind when referring patients.

Transcranial Magnetic Stimulation:

- Treatment refractory depression and OCD are the only FDA approved psychiatric conditions for TMS therapy. Patients often choose TMS, when they have are not evaluated to be good candidates for ECT, and they have not responded to psychotherapy and antidepressant therapy or have not been able to tolerate the side effects associated with antidepressant medicine. Psychotropic medicines do not usually require adjustment during an episode of TMS therapy. Carilion uses the MagPro TMS machine which is FDA approved for the 3 minute TMS protocol for depression.

- TMS for depression is discouraged and often not covered by insurance in the following conditions: 1) History of seizure 2) uncontrolled substance use disorder 3) increased intracranial pressure 4) Bipolar Disorder 5) Pregnancy

- TMS is discouraged and often not covered by insurance in patients with the a history of medical procedures including: 1) Intracranial metal plates and/or screws, 2) Metallic splinters/shrapnel/etc. 3) Pacemaker, 4) Insulin Pump, Internal Hearing Aid (cochlear implant), 5) intracranial aneursym clip

- Insurance will often only cover TMS if the patient has met the following: 1) Tried 4 FDA approved medicines for depression at sufficient FDA dose and appropriate duration 2) Two of these antidepressants need to be from 2 different classes (SSRI, SNRI, NDRI, MAOI, TCA). 3) There has been a trial of psychotherapy in the current episode of depression. 4) There has been a trial of adjunct/augmentation therapy (lithium, cytomel, and/or buspar)

Electroconvulsive Therapy:

- ECT is indicated for treatment refractory depression, bipolar disorder and schizophrenia. Patients are often referred for ECT when they have not responded to a trial of psychotherapy and 2 medication trials. A trial of psychotropic medicine and psychotherapy is usually encouraged before progressing to ECT medicines may require adjustment if they impair seizure or interact with anesthesia medicine. Psychotropic medicines may require adjustment if they impair seizure or interact with anesthesia medicine.

- ECT is usually discouraged for patients with the following conditions: 1) a recent vascular embolism Myocardial Infarction or CVA within the past 6 weeks prior to initiating treatment 2) uncontrolled hypertension 3) unstable head tumor 4) unstable glaucoma 5) unstable substance use disorder

- ECT is usually covered by insurance for the treatment of severe psychiatric symptoms. This procedure does not require an inpatient psychiatric hospitalization, and it covered by most insurance companies.

If you have a patient that you feel would benefit from Ketamine, TMS or ECT, we would greatly appreciate the opportunity to meet with and evaluate this person in the interventional psychiatry clinic at Carilion. Please send your referral with a brief summary of the desired treatment and the last progress note including current medicines. Thank you for the referrals and your commitment to treating psychiatric illness in our area.

Sincerely,

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Justin White, M.D.

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