

JOYOUS

CONCEPT
CONTINUING & PROFESSIONAL STUDIES

Palo Alto
University

Ketamine Administration Methods

Sharon Niv, PhD

Administration Method = Therapeutic Outcome

Same Medicine, Different Effects

- *Administration route dramatically affects onset, intensity, and duration*
- *Choice depends on therapeutic goals, safety, and patient comfort*
- *Program's Focus: Buccal troches for optimal psycholytic therapy*

Clinical Methods - Fast but Intensive:

IV, IM, and Nasal Spray

Method	Onset	Bioavailability	Drawbacks
IV	1-5 min	~100%	Too intense, requires clinical setting
IM	5-10 min	93-95%	Invasive, overwhelming for therapy
Nasal	5-10 min	25-50%	Variable dosing, still rapid onset

Problem: Fast onset can overwhelm patients during therapy sessions

Additional Methods - Convenient but less predictable

Oral, rapid-dissolve tablets, and subcutaneous

Method	Onset	Bioavailability	Issues
Oral	30-60 mins	~29%	Low bioavailability, unpredictable
Rapid Dissolve	15-30 mins	20-30%	Better but still limited control
Subcutaneous	10-20 mins	45-55%	Still requires injection

Problem: Either too slow/weak or still too invasive

Buccal Troches

Key Advantages:

- *Gradual onset (15-30 minutes) - patients ease into experience*
- *Moderate bioavailability (30-40%) - therapeutic without overwhelming*
- *Patient engagement maintained - can participate in talk therapy*
- *Abuse-resistant - bulky, harder to misuse than other forms*
- *Convenient - simple home or clinic use*



CONCEPT
CONTINUING & PROFESSIONAL STUDIES

Palo Alto
University

PRACTICE LIFELONG EXCELLENCE