



Medicine: esketamine nasal spray (brand name: Spravato®)

Janssen-Cilag Ltd

The Scottish Medicines Consortium (SMC) has assessed esketamine for treating adults with treatment resistant major depression that has not responded to treatment with two or more antidepressants. It is used in combination with other antidepressants. This document summarises the SMC decision and what it means for patients.

What has SMC said?

After careful consideration, SMC has accepted esketamine for the treatment of moderate to severe treatment resistant depression as described above.

This SMC advice takes into account a confidential discount offered by the pharmaceutical company that improves the cost-effectiveness of esketamine.

What does SMC's decision mean for patients?

If your healthcare professional thinks that esketamine for use as described above is the right medicine for you, you should be able to have the treatment on the NHS in Scotland.



What is esketamine used for?

Esketamine is an anti-depressant medicine. It is used in adults to reduce the symptoms of moderate to severe depression, which can include: continuous low mood, feeling anxious or worthless, changes in appetite and difficulties in sleeping, concentrating, functioning socially and being able to work. It is used in combination with other antidepressants and is for patients where two or more other treatments have failed.

How does esketamine work?

Esketamine acts on proteins on the surface of neurons in the brain called NMDA receptors. Esketamine's actions on the NMDA receptors changes the production of glutamate, which supports the creation and stability of new connections in the brain. This is thought to help alleviate the symptoms of depression.

How does SMC make its decision?

SMC carefully considers every new medicine to make sure it benefits patients and is considered to be an acceptable use of the limited resources in NHSScotland.

To do this SMC consider the following:

- Evidence from the company about how well the medicine works compared with current treatments available in Scotland, in relation to how much they will cost to buy and administer.
- Information from patient groups about the potential impact of the medicine on patients and carers.
- Advice from healthcare professionals about any benefits of the new medicine compared to current treatment, along with how the new medicine is likely to be used.

When SMC assesses a medicine it takes account of the needs of all patients in NHSScotland, not just those who may be treated with the medicine under consideration.

You can find more detailed information about the SMC assessment of esketamine by looking at the SMC Detailed Advice Document (SMC2258).

More information

Further information, advice and support for patients with depression and their carers can be found through the NHS inform web-site.

 <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/depression>

You can find out more about esketamine (Spravato®) in the European public assessment report (EPAR) summary for the public by searching for the medicine name on the European Medicines Agency (EMA) website.

 <http://www.ema.europa.eu>