Spravato® (esketamine) – New indication

- On August 3, 2020, Janssen announced the FDA approval of Spravato (esketamine), in conjunction with an oral antidepressant, to treat depressive symptoms in adults with major depressive disorder (MDD) with acute suicidal ideation or behavior.
    - The effectiveness of Spravato in preventing suicide or in reducing suicidal ideation or behavior has not been demonstrated. Use of Spravato does not preclude the need for hospitalization if clinically warranted, even if patients experience improvement after an initial dose of Spravato.
    - Spravato is not approved as an anesthetic agent. The safety and effectiveness of Spravato as an anesthetic agent have not been established.

- Spravato is also indicated in conjunction with an oral antidepressant for the treatment of treatment-resistant depression in adults.

- The use of Spravato to treat depressive symptoms in adults with MDD with acute suicidal ideation or behavior was evaluated in two clinical studies. Patients received standard of care plus Spravato or placebo twice weekly for 4 weeks. The primary efficacy measure was the change from baseline in the Montgomery-Åsberg Depression Rating Scale (MADRS) total score at 24 hours post the first dose. The secondary efficacy measure was the change in Clinical Global Impression of Suicidal Severity - Revised (CGI-SS-r) score at 24 hours after first dose.
    - In both studies, Spravato demonstrated statistical superiority in a reduction in MDD symptoms vs. placebo [Mean difference in MADRS score was -3.8 (95% CI: -6.56, -1.09) and -3.9 (95% CI: -6.60, -1.11), respectively].
    - In both studies, Spravato did not demonstrate superiority vs. placebo in improving CGI-SS-r.

- Spravato carries a boxed warning for sedation, dissociation, abuse and misuse, and suicidal thoughts and behaviors.

- The most commonly observed adverse reactions (≥ 5% and at least twice that of placebo plus oral antidepressant) with Spravato use for the treatment of depressive symptoms in adults with MDD with acute suicidal ideation or behavior were dissociation, dizziness, sedation, increased blood pressure, hypoesthesia, vomiting, euphoric mood, and vertigo.

- The recommended dosage of Spravato for the treatment of depressive symptoms in adults with MDD with acute suicidal ideation or behavior is 84 mg twice per week for 4 weeks. Dosage may be reduced to 56 mg twice per week based on tolerability.
    - Spravato is administered intranasally under the supervision of a healthcare provider.
    - After 4 weeks of treatment with Spravato, evidence of therapeutic benefit should be evaluated to determine need for continued treatment.
    - The use of Spravato in conjunction with an oral antidepressant, beyond 4 weeks has not been systematically evaluated in the treatment of depressive symptoms in patients with MDD with acute suicidal ideation or behavior.