



THE GOOD DROP
KETAMINE CENTER

Presenters:

Kelly Wilson, RN, LNC, PHRN

Mara Capozzi, RN

Russell E. James II, MD, FACEP, ABFM

Ketamine Therapy
in Our Community

The Proof of Ketamine Therapy

2017-2020 Bio-K Study, sponsored by the Mayo Clinic*

Performed on 75 patients aged 18 to 65 in four clinics in Maryland, Michigan, and Minnesota.

52%

Percentage of patients who achieved depression remission after three ketamine infusions.

67%

Percentage of patients who experienced a 50% reduction in suicidal ideations.

*<https://pubmed.ncbi.nlm.nih.gov/38142892/>



What Is Ketamine?

- ✓ Dissociative anesthetic first synthesized in the 1960s in the United States.
- ✓ Used to perform battlefield surgery on U.S. troops in Vietnam War.
- ✓ Anti-depressive effects discovered in early 2000s.
- ✓ Can reduce symptoms of mental health disorders and complex pain in hours or days.

Ketamine has numerous medical uses, including:

- ✓ Anesthesia
- ✓ Treating chronic pain
- ✓ Alleviating symptoms of mental health disorders such as anxiety, depression, PTSD, and bipolar disorder.



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Ketamine's Uses

Ketamine Therapy and Mental Health

Ketamine infusion therapy is a cutting-edge treatment option that has shown significant promise in helping individuals overcome mood disorders.

Ketamine therapy provides:

- Rapid symptom relief
- MNDA receptor blocking
- Increased neuroplasticity



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Ketamine Therapy and Mental Health, cont.

Ketamine therapy can rapidly alleviate:

- **Depression**
- **Anxiety**
- **Post-traumatic stress disorder**
- **Bipolar disorder**
- **Chronic pain**
- **Neuropathic pain**
- **Complex regional pain syndrome (CRPS)**

Ketamine Therapy and Mental Health, cont.

Ketamine Administration Routes:

- Intravenous (IV)
- Spravato nasal spray
- Intramuscular (IM)

Ketamine Therapy Safety

- **Therapeutic ketamine is safe for treating mental health disorders and chronic pain.**
- **Patients receive sub-anesthetic, weight-based doses.**

Ketamine side effects include:

- **Dissociation**
- **Nausea**
- **Vomiting**
- **Lightheadedness**
- **Headache**



Ketamine Therapy Safety, cont.

You should not receive ketamine therapy if you:

- **Have active psychosis, schizophrenia, or mania.**
- **Have a history of substance use disorder.**
- **Are pregnant.**
- **Have unmanaged hypertension.**



Meet **Our Founders**



**Mara Capozzi, RN
and Kelly Wilson, RN, LNC, PHRN**



Russell E. James II, MD

About **The Good Drop**

The Good Drop ketamine clinic in Avoca is a team of passionate healthcare professionals who promote optimal health and well-being for those suffering from mental health disorders and chronic pain.

Our services include:

- IV ketamine therapy
- Spravato esketamine nasal spray
- Bioidentical hormone replacements
- Peptide therapy
- Weight loss injections
- NAD+
- Integrative medicine



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Our Intake Process

1. Phone consultation.
2. Check insurance coverage.
3. Schedule first appointment.
4. Patients select their own infusion room.
5. We create a meditative environment.
6. IV ketamine infusions last between 45 minutes and an hour.
7. Medical staff always nearby.



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Contact The Good Drop



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KETAMINE CENTER

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