

Supporting your patients on **SPRAVATO**[®] (esketamine) nasal spray

SPRAVATO[®] is indicated for patients experiencing treatment-resistant depression (TRD) or a psychiatric emergency due to MDD (MDD-PE)

Support materials



There are materials available to help support your patients and those who care for them throughout their treatment with SPRAVATO[®].

These materials include booklets for patients and carers, each of which has a separate version focusing on either TRD or MDD-PE.

Patient guides



- A **short overview** of SPRAVATO[®] therapy and what to expect
- **Common questions** about depression, TRD, MDD-PE and SPRAVATO[®] therapy
- A **treatment diary**, to note down when they received their treatment
- A **symptom log**, to describe their symptoms or experiences on the treatment, as a reminder for discussion
- A list of **useful contacts** including space to add your team's information so this is readily available to them

Carer booklets



As carers may also need further information to help them support their friend or family member, these booklets help to explain topics around depression, TRD, MDD-PE, and treatment with SPRAVATO[®]. This content has been written with the needs of carers in mind.

Answering questions

The booklets provide information which may help answer common questions, and reassure patients and their carers throughout treatment. Questions answered include:

Explaining TRD

- What is TRD?
- How is TRD treated?

Explaining MDD-PE

- What is MDD-PE?
- How can MDD-PE be treated?

Explaining and understanding how SPRAVATO[®] can help

- What is SPRAVATO[®]?
- How will SPRAVATO[®] help me?
- When will I see an effect from my treatment?
- How will SPRAVATO[®] therapy make me feel?

Getting started with SPRAVATO[®]

- How do I take my treatment?
- How often do I take my treatment?
- What will happen to my current treatment?
- Does someone need to attend my treatment sessions with me?
- What are the next steps?
- What else do I need to know?

Further help and information

- Where can I find more information on SPRAVATO[®] or depression?
- Is there anything else I can do to help myself or the person I am caring for?

Find out how SPRAVATO® could allow your patients to break free from depressive symptoms^{POP,FU,ION}

Alongside these materials, comprehensive resources and support services have been developed to assist you in setting up your healthcare space, and initiating patients on SPRAVATO® therapy.

This includes our SPRAVATO® Toolkit, created with healthcare professionals (HCPs) to provide you with information, advice and support for initiating SPRAVATO® therapy, including advice from trialists with over 3 years' experience of SPRAVATO®.



Call our Janssen support line:
[insert phone number]



Visit the Janssen Medical Cloud™ to access:

- Further information about SPRAVATO®
 - Resources co-created with HCPs, such as:
 - The SPRAVATO® Toolkit
 - Our Peer-to-Peer programme
- [URL placeholder to JMC landing page]



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SPRAVATO®, in combination with a SSRI or SNRI, is indicated for adults with treatment-resistant Major Depressive Disorder, who have not responded to at least two different treatments with antidepressants in the current moderate to severe depressive episode.^{SPC}

SPRAVATO®, co-administered with oral antidepressant therapy, is indicated in adults with a moderate to severe episode of Major Depressive Disorder, as acute short-term treatment, for the rapid reduction of depressive symptoms, which according to clinical judgement constitute a psychiatric emergency.^{SPC} SPRAVATO® was investigated in adult patients with moderate to severe MDD who had affirmative responses to MINI questions B3 ("Think [even momentarily] about harming or of hurting or of injuring yourself: with at least some intent or awareness that you might die as a result; or think about suicide [i.e., about killing yourself]?") and B10 ("Intend to act on thoughts of killing yourself in the past 24 hours?").^{SPC} In these patients, treatment with SPRAVATO® should be part of the comprehensive clinical care plan.^{SPC}

NOTE: The effectiveness of SPRAVATO® in preventing suicide or in reducing suicidal ideation or behaviour has not been demonstrated. Use of SPRAVATO® does not preclude the need for hospitalisation if clinically warranted, even if patients experience improvement after an initial dose of SPRAVATO®.^{SPC}

HCP, healthcare professional. MDD-PE, psychiatric emergency due to major depressive disorder. SNRI, serotonin-norepinephrine reuptake inhibitor. SSRI, selective serotonin reuptake inhibitor. TRD, treatment-resistant depression.

FU Fu DJ et al. J Clin Psychiatry 2020; 81(3). Published online. DOI: 10.4088/JCP.19m13191. ION Ionescu DF et al. Int J Neuropsychopharmacol 2021; 24(1): 22–31. POP Popova V et al. Am J Psychiatry 2019; 176(6): 428–438. SPC SPRAVATO®, Summary of Product Characteristics. 2021.

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