

## **The role of ketamine in the treatment of major depressive disorder: Multidisciplinary approach in psychiatry**

**Suzi Maria Fernandes de Farias<sup>1</sup>, Mônica Teixeira Signorini<sup>2</sup>, Daniel Aragão Machado<sup>3</sup>, Carlos Luiz Dias<sup>4</sup>, Flávio Vaz Machado<sup>5</sup>.**

### **ABSTRACT**

Depression is a prevalent psychiatric condition, affecting millions of people worldwide. Major Depressive Disorder (MDD), on the other hand, is a particularly severe form that can be resistant to conventional treatments. In this context, ketamine, an N-methyl-D-aspartate (NMDA) receptor antagonist, has emerged as a promising therapy due to its rapid effects in cases of severe and treatment-resistant depression. Symptom improvement may occur within a few hours of administration and be maintained for up to two weeks. This study seeks to evaluate the efficacy and safety of ketamine as a treatment for MDD, as well as the importance of a multidisciplinary approach in psychiatry for the management of this condition. This is a literature review of studies that presented randomized, double-blind, placebo-controlled clinical trials that evaluated ketamine in the treatment of major depressive episodes. Studies that addressed the participation of multidisciplinary teams in the treatment of MDD were also examined. Most of the adverse reactions observed were transient and well tolerated. Multidisciplinary teams, composed of psychologists, psychiatrists, anesthesiologists, and nurses, proved to be essential for a more effective therapeutic approach, identifying a variety of patient needs, which resulted in improvements in treatment outcomes and quality of life. To improve the understanding of ketamine's mechanisms of action and to develop even more effective treatment strategies, more studies are needed, especially those that emphasize the importance of multidisciplinary teamwork with psychiatry.

**Keywords:** Multidisciplinary approach, Ketamine, Psychiatry, Major Depressive Disorder.

---

<sup>1</sup> Federal University of the State of Rio de Janeiro (UNIRIO) – Rio de Janeiro

<sup>2</sup> UNIRIO – Rio de Janeiro

<sup>3</sup> UNIRIO – Rio de Janeiro

<sup>4</sup> UNIRIO – Rio de Janeiro

<sup>5</sup> UNIRIO – Rio de Janeiro