

# Clinical Trial on Depression Treatment (PoET Study)



*A relatively new molecule is being used to treat depression. It is administered via a nasal spray and will be used alongside well-established antidepressant treatments in the management of depression.*

## Study Aims

1. To identify patients that respond to the trial drug
2. Determine when to use the trial drug in clinical practice



## Referral & Enrolment

- To enrol a patient in the study, please complete the **referral form** available at [www.cadeclinic.com/poetstudy](http://www.cadeclinic.com/poetstudy)
- Once the referral is received, one of our research staff will contact your patient to screen them for enrolment

## Contacts

- Trial Coordinator: Uyen Le
  - [NSLHD-researchpoet@health.nsw.gov.au](mailto:NSLHD-researchpoet@health.nsw.gov.au)
  - (02) 9463 1656
  - Availability: Monday-Friday
    - 10am-3pm



## Inclusion Criteria

- Adults:
  - 18 – 65 years old
  - Primary diagnosis of major depression
  - Currently depressed and on medication
  - Inadequate response to 2 or more antidepressants during current depressive episode

## Exclusion Criteria

### 1. Treatments

- Patients on complementary and alternative medicine therapies
- Patients with hypersensitivity to Esketamine, Ketamine, or any of the excipients in these formulations

### 2. Disorders

#### a. Psychiatric

- Patients with psychiatric disorders e.g., schizophrenia, bipolar, substance misuse

#### b. Vascular

- Uncontrolled hypertension
- Thoracic and abdominal aorta
- Intracranial and peripheral arterial vessels
- arteriovenous malformation
- Intracerebral haemorrhage

### 3. Pregnancy

- Patients who are pregnant or breastfeeding
- Patients who are not willing to avoid pregnancy for themselves or their partners during the study by using effective birth control methods



Health  
Northern Sydney  
Local Health District



NSLHD Research Contact:  
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