

Ketamine Sedation – Information for Parent/Caregiver

ABOUT KETAMINE:

Ketamine is a medication used for sedating patients who require a brief painful or unpleasant procedure. It lasts for about half an hour.

Ketamine is injected either into a muscle (like a vaccination) or into a vein via a drip.

Under sedation, patients can appear awake but they are unaware of their surroundings. They may drool saliva, have watering of the eyes and may breathe loudly. Occasionally they can make random, purposeless movements or have twitching movements of the eyes, but they are unaware of what's going on.

SAFETY AND SIDE EFFECTS

Ketamine is very safe when used appropriately. Less than 1 in 100 children will experience a serious side-effect. Rarely, some patients will require help with their breathing while sedated.

In 0.02% of cases your child may need to be given a general anaesthetic with a breathing tube placed in their windpipe to help their breathing.

Occasionally some patients will experience bad dreams either during the sedation or afterwards. This is transient and has no lasting effects on the patient. For children, it is particularly helpful to encourage them to imagine positive things before the injection. A calm manner and distraction with music, bubbles, toys etc. can also be helpful.

AFTER THE PROCEDURE

Patients can generally go home 90 minutes following the sedation. This is when they are alert, talking and walking unaided. Vomiting may occur, but again this will resolve quickly.

Patients may remain mildly sleepy or clumsy afterwards. They should be closely supervised for the first 8 hours following discharge, and (if applicable) for the next 24 hours **should not:**

- Get involved in strenuous or sporting activities.
- Use play equipment such as monkey bars, climbing frames etc.

Do let the patient sleep, and eat and drink only small amounts to minimise the risk of vomiting.

If you have any concerns that your child may be experiencing problems relating to the sedation that they have received, please contact the local Emergency Department to discuss the issues with a senior doctor or nurse.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743