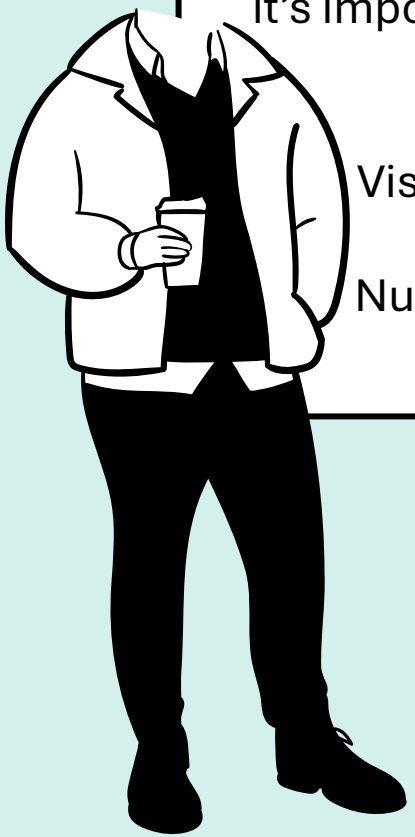
BARNSLEY RECOVERY STEPS

Ket to the Point



What is Ketamine

- Ketamine is a dissociative anaesthetic used medically and recreationally.
- It comes in powder and liquid forms and can be snorted, injected or taken orally.
- Effects vary depending on dosage, the setting it’s used in and individual tolerance.



Some people are drawn to the unique, "out-of-body" sensations, but it’s important to understand all the potential effects:

Dissociation

Visual and sensory distortion

"K-Hole"

Numbness and sedation

BARNSLEY RECOVERY STEPS

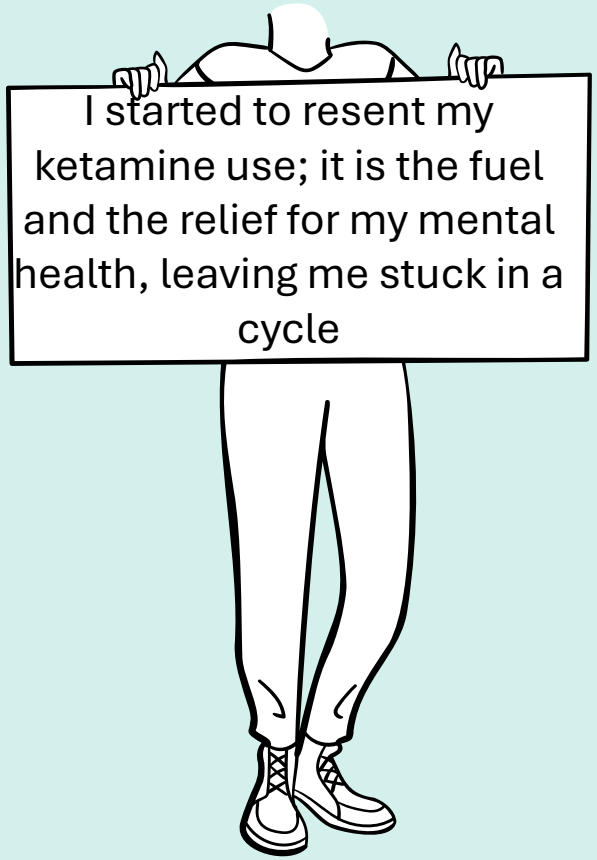
Collaborative Approach

People that use ketamine may find it difficult to access other services due to the perceived stigma they may receive. We need to eliminate this stigma and support people who access our service.

The use of collaborative working is imperative.

Service involvement would be beneficial from:

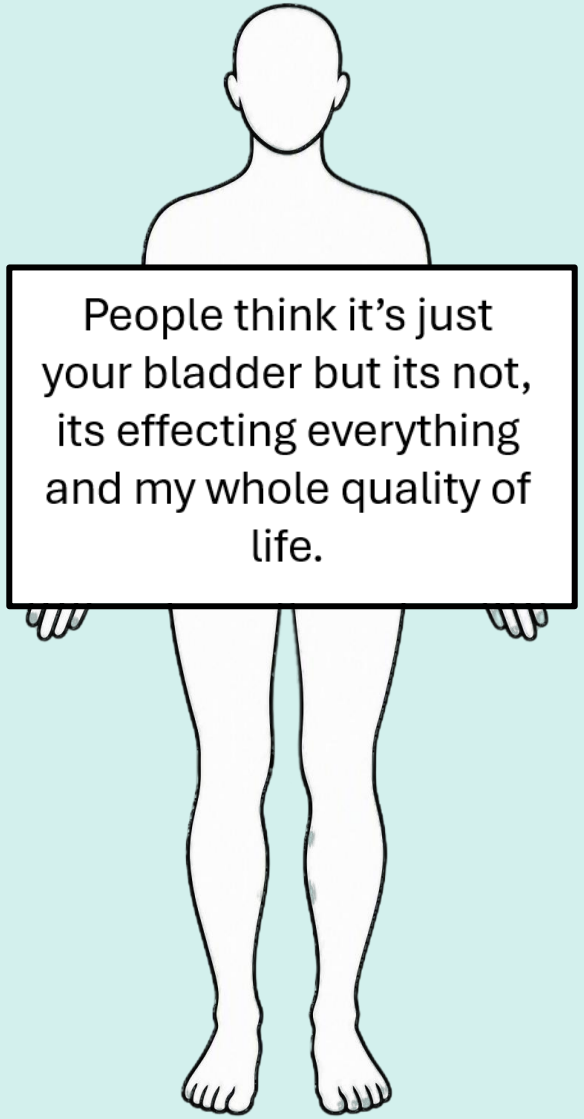
- GP Surgeries
- Mental Health Team
- Pain Management
- Urology
- Hepatology



BARNSLEY RECOVERY STEPS

Physical Healthcare: Support, don't just warn

- Memory & Concentration
- Cognitive Function
- Nasal Lining
- Congestion
- Heart Conditions
- Liver Disease / Damage
- Bile duct Inflammation
- Severe Abdominal Pain
- Nausea and Vomiting

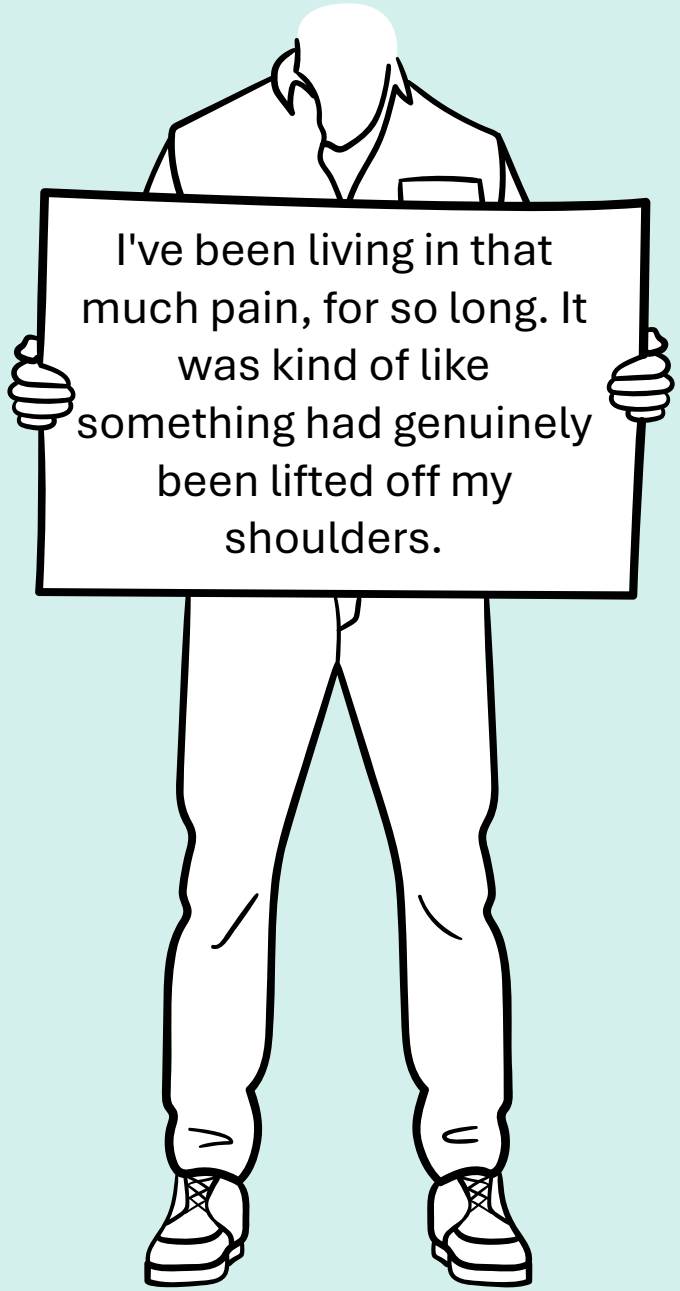


- Kidney Damage
- Kidney Disease /Failure
- Re-occurring kidney infections
- Hydronephrosis
- Ketamine Uropathy
- Ketamine-Induced Cystitis
- Bladder Shrinkage
- Scarring of bladder
- Incontinence
- Urinating blood and bladder lining
- Re-occurring urine infections
- Prolapse/Partial

BARNSLEY RECOVERY STEPS

Ask the Question

- Frequent urine infections
- Regular attendance for ‘stomach cramps’
- Weight loss
- Irregular blood results
- Lack of bladder control

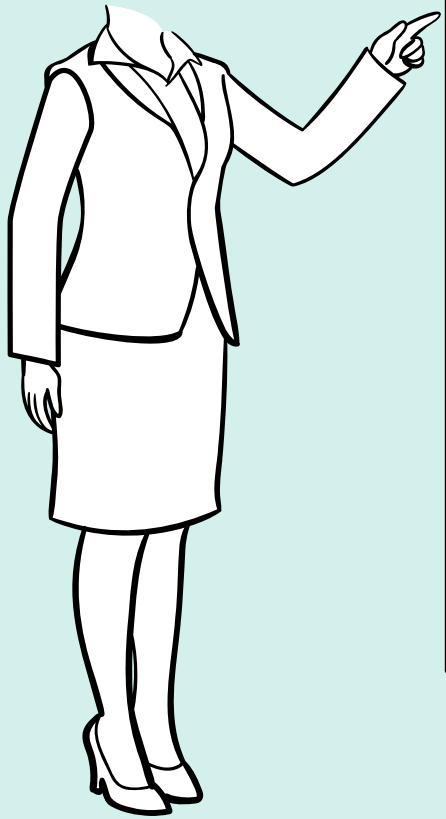


BARNSLEY RECOVERY STEPS

Pain Relief Matters

When liaising with GPs surrounding their support for individuals who access our service with ketamine related physical health concerns, we should encourage conversations surrounding:

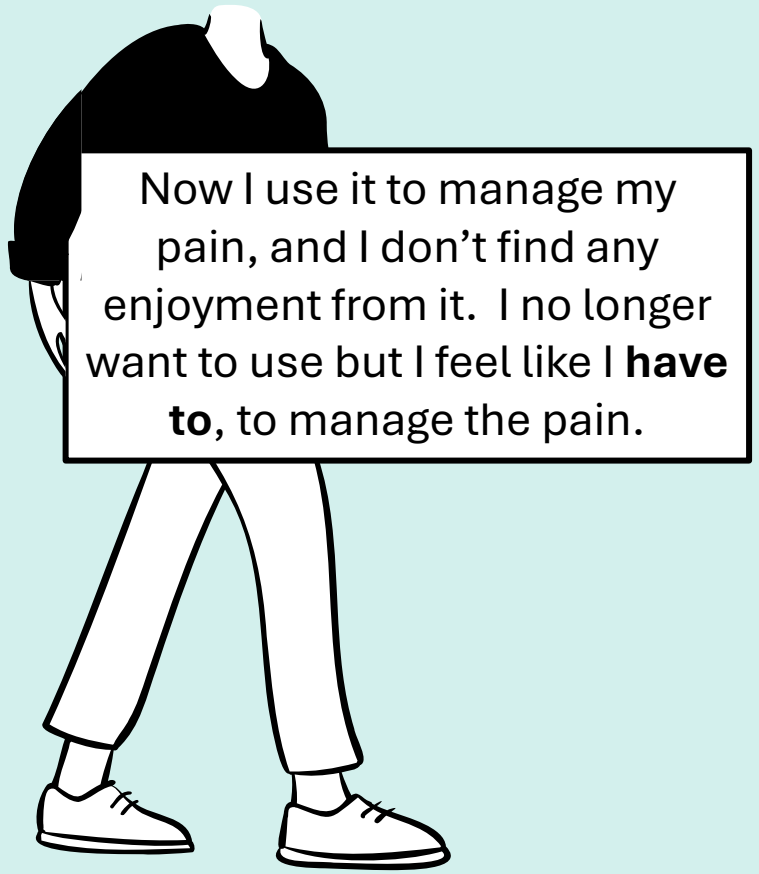
- Analgesia
- Anticholinergics
- Beta 3 Agonists
- Adjuncts
- Magnesium

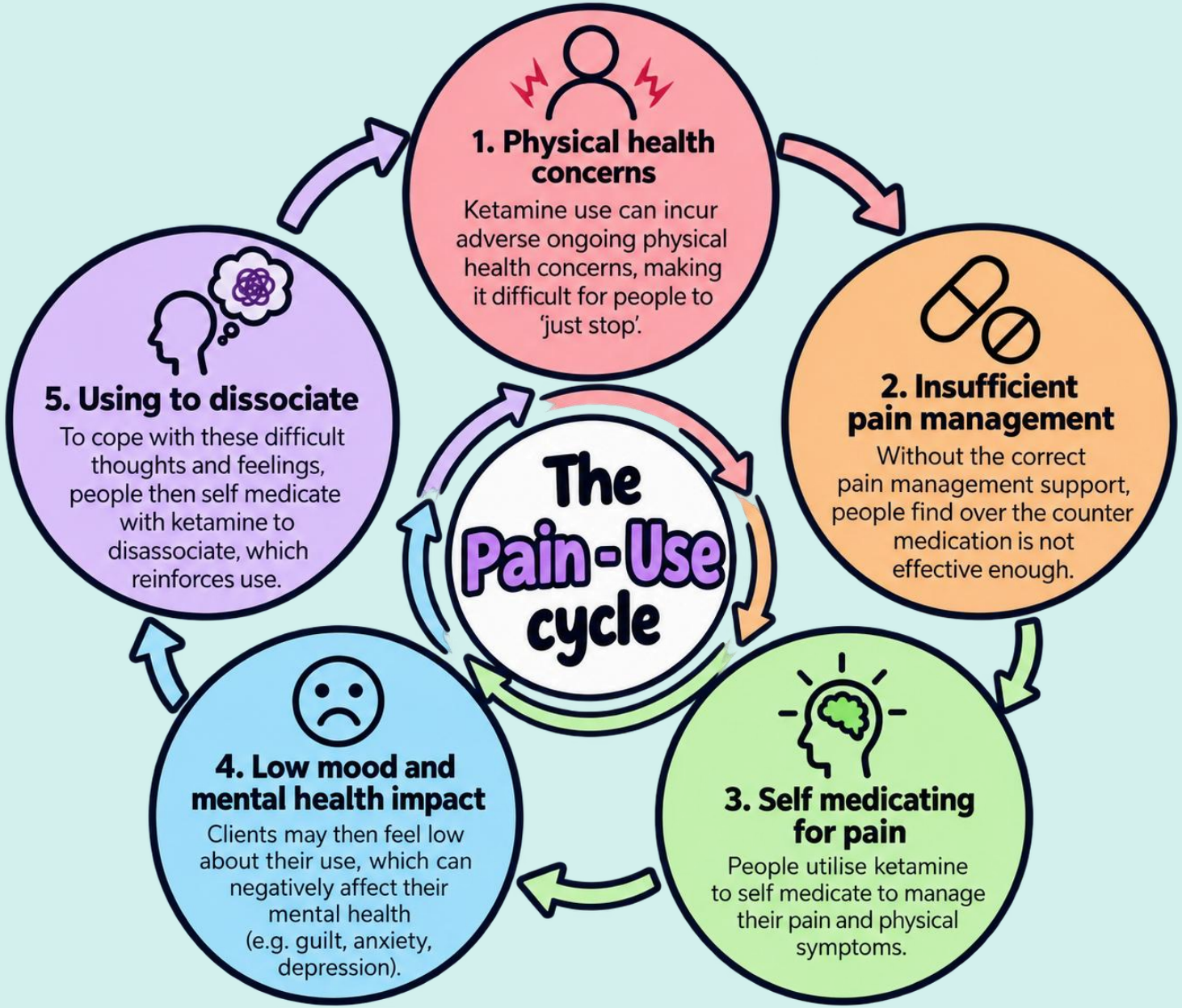


Magnesium may help support some of the same NMDA receptor pathways affected by ketamine. While ketamine helps reset overactive neural pathways, magnesium helps prevent NMDA receptor overstimulation, potentially supporting overall brain function and treatment outcomes.

BARNSLEY RECOVERY STEPS

Pain Use Cycle





Stigma & Discrimination

- Pain is real, please do not dismiss this
- Not engaging does not automatically mean not motivated
- Services refusing to engage until abstinent



BARNSLEY RECOVERY STEPS

Harm Reduction vs Recovery

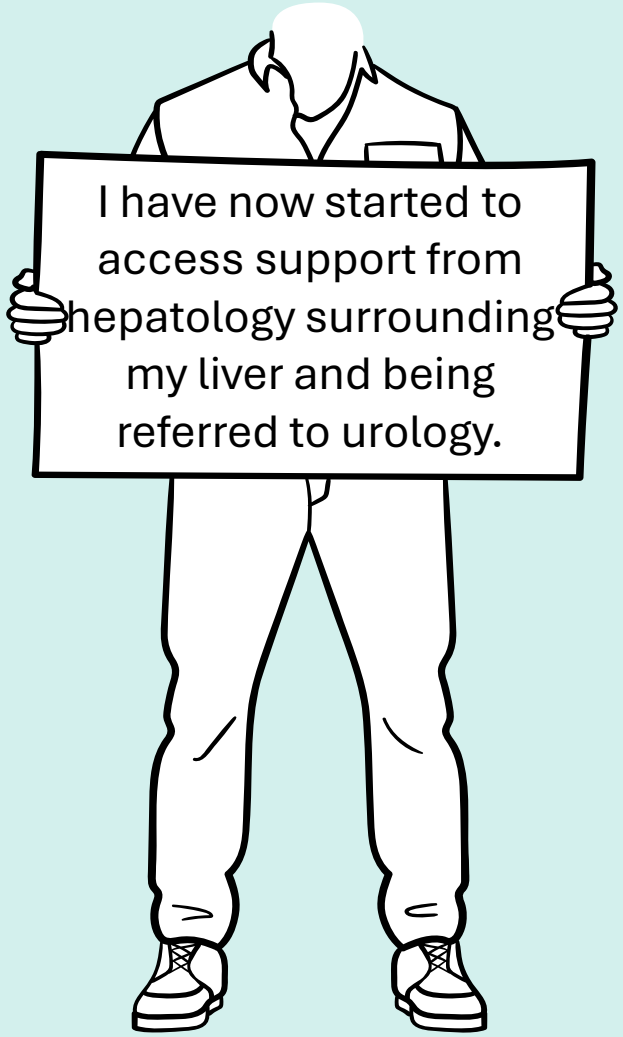
- Start Low, Go Slow
- Break it down to a fine powder
- Test your substance
- Avoid Mixing with other substances
- Stay Hydrated & Nourished
- Use in a safe environment
- Listen to your body
- Reach out for support



BARNSLEY RECOVERY STEPS

What actually helps someone change

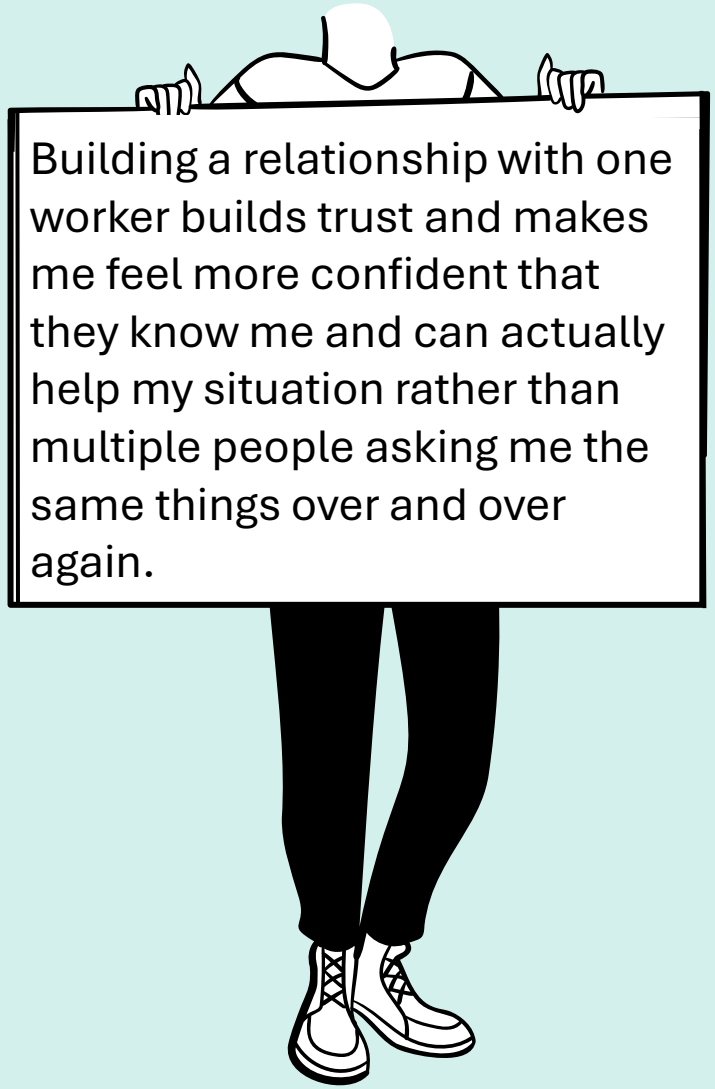
- **Multi-agency Approach**
- **Holistic**
- **Person – Centred**



BARNSLEY RECOVERY STEPS

Session Suggestions

- Structure
- Tai Chi
- Recovery Support Groups
- Reassurance
- Short term, achievable goals
- Reasons for using
- Cycles of addiction



BARNSLEY RECOVERY STEPS

Ketamine Support Group

Why this works?

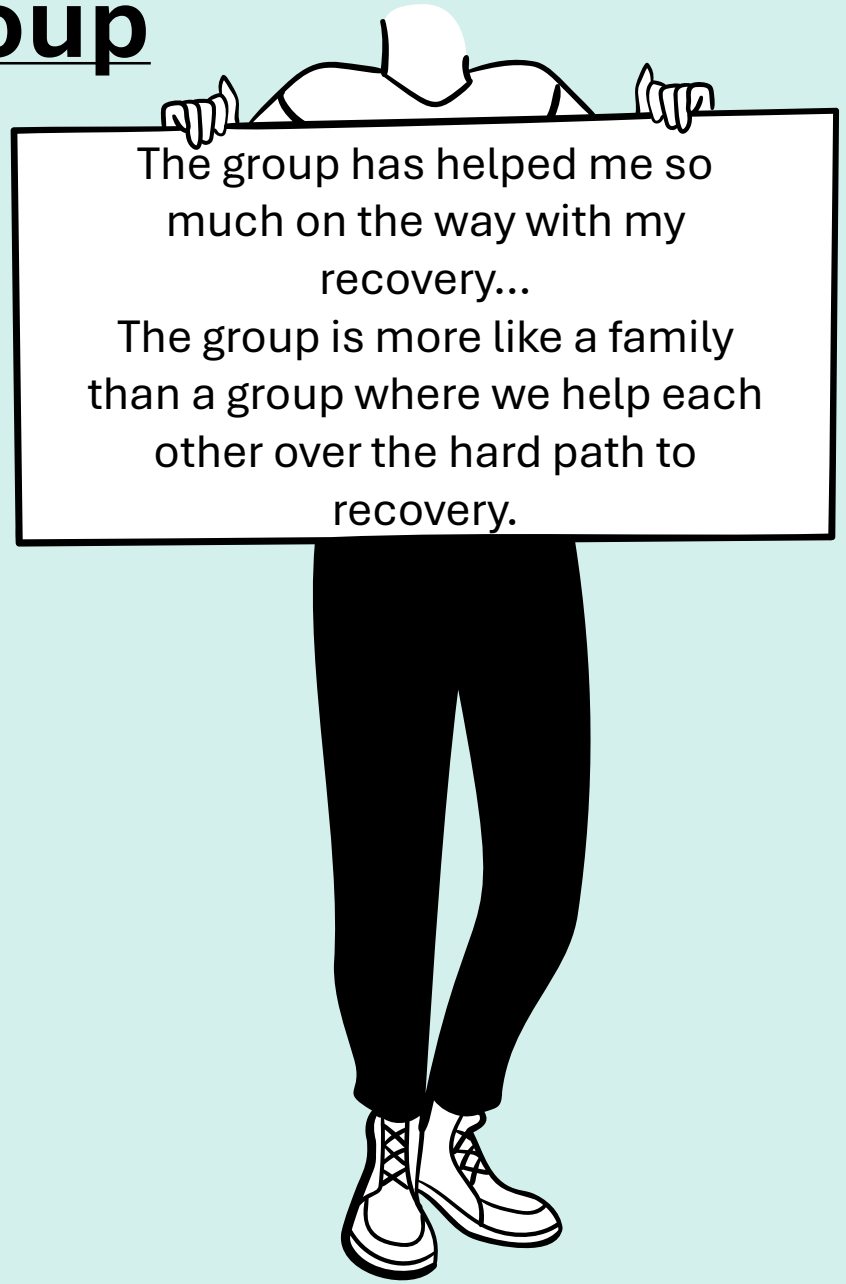
- Peer led
- Strong Recovery Connections
- Positive Community

Attendance:

- Anyone can attend either of the sessions
- I can give them an introduction call or meet with them individually to discuss

TOP TIP:

- Book individuals in at 4pm Tues/Thurs to encourage attendance
- RNs are more than welcome to support client's first session if needed.



BARNSLEY RECOVERY STEPS



BARNSLEY RECOVERY STEPS

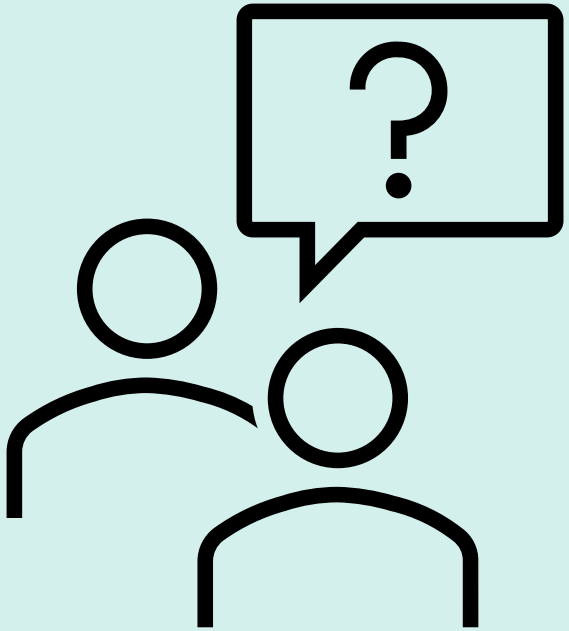
I still get asked if I want a key and you have to step back and realise what you have in life.

I thought I was lucky and had not suffered from physical health problems for the first three years, all of a sudden it started to take its tole on my organs, not just my bladder but my kidneys and liver.



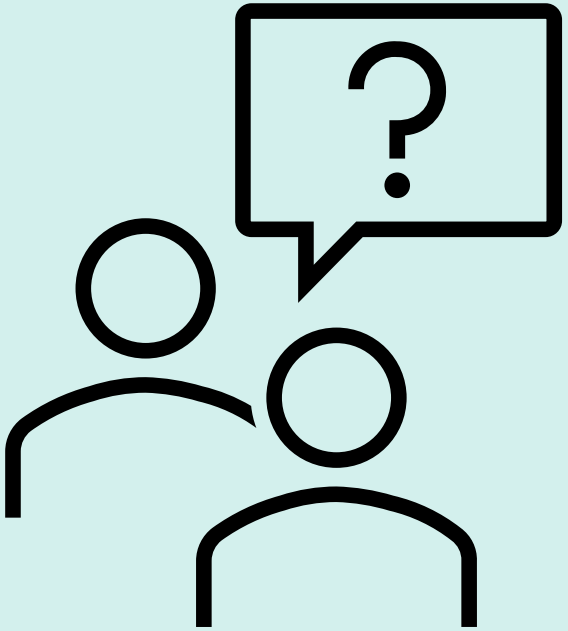
I used ketamine with friends, socialising and partying and then now to stop the physical pain it caused and to numb emotions and because I couldn't stop even when I wanted to.

Last but not least I got kidney disease which I now need dialysis for – for life unless I get a transplant. Years of hospital appointments and admissions. Drs appointments



Thank you

Any questions?



BARNSLEY RECOVERY STEPS