

Ketamine sedation

Emergency Department

Introduction

Following your child's initial assessment in Emergency Department today, the clinician has considered your child may require Ketamine sedation as part of their treatment plan.

What is Ketamine?

Ketamine is a medicine we commonly use for children who need a short procedure which may be either painful or unpleasant. It will usually make your child drowsy and unaware of the procedure. Children can appear awake and often have twitching movements of their eyes called nystagmus. This is not dangerous.

They may move or respond to the painful part of the procedure but typically they do not remember what happened. It is possible for them to remember some parts of what happened.

Will I need to sign a parental consent form?

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to ask for more information. For this procedure written consent is usually taken.

The choice about which treatment is best for your child will be made together with your clinician. This will be based on the risks and benefits of the treatment and your child's circumstances.

What are the benefits?

Ketamine enables the clinician to complete procedures that would be too painful or too frightening, for the child, without it. Children do not need to be "starved" in the same way as they do for a general anaesthetic. This makes it suitable for use in the Emergency Department.

What are the risks and side effects?

Ketamine is commonly used for sedation as it is generally very safe.

- Some children have bad dreams during the procedure and while they are waking up. These can be distressing to watch. We try to keep your child as calm as possible before giving ketamine, as this reduces the risk of bad dreams

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- Around 1 in 100 children have some problems with their breathing and may require help with their breathing. Therefore, you will see the clinician put breathing equipment ready, just in case
- 1 in 500 children will require a general anaesthetic with a breathing tube placed in their windpipe
- Sometimes children also require further treatment such as a general anaesthetic to achieve the desired outcome. Ketamine sedation may be only the first step in some children's treatment
- Sometimes the clinician may be unable to complete the procedure successfully. This leaflet is about the sedation process. The procedure will be discussed separately, as well as the risks and benefits of the proposed procedure

What are the alternatives to Ketamine?

Sometimes children can cope with a procedure without ketamine. Other medicines we may use are "gas and air" (Entonox), strong pain relief medicines and local anaesthetics which are injections into the skin around the injured area or to the area to block the nerve supply to the injury site, to numb the area.

Some parents prefer for their child to be admitted into hospital and have a general anaesthetic to get the treatment completed.

We are happy to discuss all the available options for treatment with you and your child.

How is ketamine sedation done?

We will discuss the procedure with you and your child. We will answer any questions that you have. We will then ask someone with parental responsibility to sign the consent form.

We will not change any of your child's usual medication, but we will ask about any other conditions they have, in order to determine if it is safe for them to be sedated. We will ask you when your child last ate and drank but, this will not stop us being able to do sedation.

Your child will be moved to a cubicle with monitoring equipment available. We will try to keep the area as quiet as possible. There will always be a senior nurse and a senior clinician present throughout the procedure.

A cannula (small needle) will need to be inserted into your child's arm. The ketamine solution will then be attached to the cannula via a syringe. Your child will need to be connected to monitoring equipment to closely monitor their heart rate, blood pressure, carbon dioxide and oxygen levels. You can sit with them while this is done to provide reassurance and support.

Your child will be routinely given oxygen during the procedure by placing a mask on their face. We also often give an anti-sickness medicine to stop your child from feeling sick. This will be given as a solution in a syringe, using the cannula in their arm.

We will then wait for the ketamine to take effect before we start the procedure. If your child is not adequately sedated, we will discuss the next steps with you. This means we will need to do the procedure in a different way, for example, using a general anaesthetic.

Once your child is sedated you may choose to stay or go to the parent's room which is next to where the procedure will be done. Some parents find it difficult to watch.

What if my child is afraid of injections (needle phobia)?

Please ensure where possible you alert staff of any phobias your child may have. Distraction techniques can also be used to help your child cope with treatment.

What happens after the procedure?

You can stay with your child as they are waking up. Most children wake up within 90 minutes of giving ketamine. A nurse will be taking regular observations including heart rate, blood pressure and oxygen levels during this period. Once your child is awake, they may require further investigations such as X-rays to confirm the procedure has been successful.

Your child can go home once they can drink and walk or have returned their usual mobility level. If your child requires further treatment after the initial treatment using ketamine, they may be admitted or they may be asked to return the next morning to the ward, depending on the injury.

What should I do when I get home?

Your child should be closely monitored for 8 hours after receiving ketamine.

For the first 24 hours they must not do anything that requires co-ordination as ketamine makes children clumsier. Your child may also be a little bit confused. Be mindful of handling or making hot drinks, taking a bath or doing sporting activities

Ketamine can make children sleep more than usual. This is normal and they are allowed to sleep.

If your child feels sick, try giving small sips of fluid and wait for the sickness to settle. If sickness is severe, please return to the emergency department. If you have other concerns please ring for advice or return to the Emergency Department.

Contacts

If your child has problems after sedation, please ring 01902 307999 Ext 88656 / 88657 (24 hours a day) or 88544 (9-5pm)

You can always return to the Emergency Department if you are concerned.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。