NAMICon 2020
A Virtual Event • July 13-14
Together Toward Tomorrow
A Novel Approach to Treatment Resistant Depression: Esketamine

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Disclosures

• Dr. Ehret does not have financial or other relationship with the manufacturer(s) of any commercial product(s) or provider(s) of any commercial service(s) discussed in this activity

• This presentation will include discussion of off-label, experimental, and/or investigational use of drugs or devices: esketamine use for major depression with active suicidal ideation
Objectives

• List the current treatments that may be used to help individuals with treatment-resistant depression
• Describe the mechanism of action of esketamine
• Discuss the benefits, risks, and the appropriate use of esketamine
Treatment Resistant Depression (TRD)

Failure (≤25% decrease on Montgomery-Asberg Depression Rating Scale (MADRS))
≥2 antidepressant monotherapy trials
Adequate dose
Adequate duration (≥6 weeks)

MADRS Minimum Score
≥28 for Adults
≥24 for Geriatrics
Therapeutic Options for TRD

• Augmentation
  – Addition of a second medication
  – Lithium
  – Thyroid hormone
  – Second-generation antipsychotics
Therapeutic Options for TRD

- Stimulants
- Optimizing, combining, and switching classes of antidepressant pharmacotherapy
- Psychotherapy
Therapeutic Options for TRD

• Electroconvulsive Therapy
  – Best therapeutic option for TRD
• Repetitive Transcranial Magnetic Stimulation
• Vagus Nerve Stimulation
Novel Therapeutics for TRD

- Ketamine
- Psilocybin
  - Partial serotonin receptor agonist
Esketamine
Mechanism of Action

• Non-competitive N-methyl D-aspartate (NMDA) receptor antagonist

• S-enantiomer of racemic ketamine, a non-selective, non-competitive antagonist of the NMDA receptor, an ionotropic glutamate receptor
Formulary Process: Esketamine Nasal Spray

• Indication: Treatment-resistant depression; available only at a certified prescriber’s office or clinic

• New Drug Application to FDA Oct. 2019: Rapid reduction of depressive symptoms in adults with major depression with active suicidal ideation intent

Esketamine REMS

- Healthcare setting and administered to patients enrolled in the program
- Administered by patients under the direct observation of a healthcare provider
- Monitored for at least two hours after administration
Esketamine Contraindications

• Aneurysmal vascular disease (including thoracic and abdominal aorta, intracranial and peripheral arterial vessels arteriovenous malformation)
• History of intracerebral hemorrhage
• Hypersensitivity to esketamine, ketamine, or to any of the excipients
<table>
<thead>
<tr>
<th>Sedation &amp; Dissociation</th>
<th>Abuse and Misuse</th>
<th>Risk Evaluation and Mitigation Strategy (REMS)</th>
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<tr>
<td>• Patients must be monitored ≥2 hours after each treatment</td>
<td>• Assessment of risks and benefits</td>
<td>• Requires training and participation</td>
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<td>• Must be assessed as clinically stable and ready to leave</td>
<td>• Monitor during treatment</td>
<td>• Esketamine REMS</td>
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**Suicidal Thoughts and Behaviors**

**Not Approved in Pediatric Patients**
## Recommended Dosage for Esketamine

(Dosage adjustments should be made based on efficacy and tolerability)

<table>
<thead>
<tr>
<th>Adults</th>
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<tr>
<td><strong>Induction Phase†</strong></td>
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<td><strong>Maintenance Phase</strong></td>
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† Evidence of therapeutic benefit should be evaluated at the end of the induction phase to determine need for continued treatment

† Dosing frequency should be individualized to the lowest frequency to maintain remission/response.

Esketamine [Package Insert]. Janssen Pharmaceuticals Inc. Titusville, NJ; 3/19
Considerations for Use

• Inpatient versus outpatient
• Medical or pharmacy benefit
• Process for procurement and delivery to administration site
• Completion of REMS enrollment forms
• Location of administration
Logistics of the Clinic

• Prior Authorization
  – Induction
  – Maintenance
  – Continuation of treatment?
Checklist Prior to Scheduling

- Confirmed diagnosis of MDD
- At least 2 trials of antidepressants at max. tolerated dose and adequate duration
- Verified insurance coverage and payment
- Reviewed esketamine medication guide

- REMS enrollment form
- Development of spray and visit schedule with provider (8 weeks)
- Reminder phone calls
- Verify arranged transportation
- Pregnancy screening and prevention
- Urine drug screening
Drug Interactions

- CNS Depressants: may increase sedation
- Psychostimulants: may increase blood pressure
- Monoamine oxidase inhibitors: may increase blood pressure
Administration of Esketamine

• Should be administered in conjunction with an oral antidepressant

Under the supervision of a health care provider, patients will self-administer the following number of devices, with a 5-minute rest between use of each device

• 2 devices (for a 56 mg dose)
• 3 devices (for an 84 mg dose)
Considerations Prior to Initiating and During Therapy

• Blood pressure
  – >140/90- consideration of risks vs. benefits
  – After dosing, reassess blood pressure at ~40 minutes and subsequently as clinically warranted
  – If blood pressure is decreasing and patient appears clinically stable- patient can be discharged
Day of Administration

Food and Liquid Intake:

Because some patients may experience nausea and vomiting after administration of esketamine, advise patients to avoid food for at least 2 hours before administration and to avoid drinking liquids at least 30 minutes prior to administration.

Nasal Corticosteroid or Nasal Decongestant:

Patients who require a nasal corticosteroid or nasal decongestant on a dosing day should administer these medications at least 1 hour before esketamine.
Step 1: Get Ready

Before first device only:
- Instruct patient to blow nose before first device only.
- Confirm required number of devices.

56 mg = 2 devices
84 mg = 3 devices

Step 2: Prepare Device

Healthcare professional:
- Do not prime device. This will result in a loss of medication.
- Check that indicator shows 2 green dots. If not, dispose of device and get a new one.
- Hand device to patient.

Indicator
- One device contains 2 sprays. (1 spray for each nostril)
- 2 green dots (0 mg delivered)
- 1 green dot
- No green dots (28 mg delivered)
- Device full
- One spray delivered
- Device empty

Patient should:
- Hold device as shown with the thumb gently supporting the plunger.
- Do not press the plunger.

Patient should:
- Recline head at about 45 degrees during administration to keep medication inside the nose.

Step 3: Prepare Patient

Esketamine [Package Insert]. Janssen Pharmaceuticals Inc. Titusville, NJ; 3/19
Step 4: Patient Sprays Once into Each Nostril

Patient should:
- Insert tip straight into the first nostril.
- Nose rest should touch the skin between the nostrils.

Patient should:
- Close opposite nostril.
- Breathe in through nose while pushing plunger all the way up until it stops.

Patient should:
- Sniff gently after spraying to keep medication inside nose.

Patient should:
- Switch hands to insert tip into the second nostril.
- Repeat Step 4 to deliver second spray.

Esketamine [Package Insert]. Janssen Pharmaceuticals Inc. Titusville, NJ; 3/19
Step 5: Confirm Delivery and Rest

Healthcare professional:
• Take device from patient.
• Check that indicator shows no green dots. If you see a green dot, have patient spray again into the second nostril.
• Check indicator again to confirm device is empty.

Patient should:
• Rest in a comfortable position (preferably, semi-reclined) for 5 minutes after each device.
• If liquid drips out, dab nose with a tissue.
• Do not blow nose.

Next Device if Required

Healthcare professional:
Repeat Steps 2-5 for the next device.

IMPORTANT: Ensure that patient waits 5 minutes after each device to allow medication to absorb.

Disposal
Dispose of used device(s) per facility procedure for a Schedule III drug product and per applicable federal, state, and local regulations.
Post Administration

• During and after administration at each treatment session, the patient must be observed for at least 2 hours until the patient is safe to leave.
Missed Treatment Session

• Consider returning to the patient’s previous dosing schedule (i.e., every two weeks to once weekly, weekly to twice weekly)
• Consideration of returning to clinic
TRANSFORM-1 (3001), TRANSFORM-2 (3002) & TRANSFORM-3 (3005)

Short-Term Studies
TRANSFORM (3001$^1$, 3002$^2$, and 3005$^3$) Short-Term Study Design Overview

**MDD subjects**
(Non-response to ≥1 oral AD treatments in current depressive episode and currently taking a different oral AD for at least the previous 2 weeks, at or above minimum therapeutic dose)

**Continuation of Same Oral AD**

**Non-Responders**
Note: Responders were ineligible for randomization

**Esketamine Nasal Spray + New Oral OL AD$^b$**

**Active Comparator (New Oral OL AD$^b$) + Intranasal PBO**

**Response?$^c$**

**SUSTaIN-1 (3003)$^d$** or** SUSTaIN-2 (3004)$^d$** Or SoC without Esketamine or Follow-up Phase

**Follow-up Phase**

**MADRS assessed on Days 2 (3001/3002 Only), 8, 15, 22, and 28**

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**Screening/Prospective Observational Phase**
4 weeks (+ optional taper up to 3 weeks)

**Double-blind Induction Phase**
4 weeks
Intranasal dose frequency: 2x per week

**Follow-up Phase**
Up to 24 weeks
TRANSFORM 1&2

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AD, antidepressant; MADRS, Montgomery-Asberg depression Rating Scale; MDD, major depressive disorder; OL, open label; PBO, placebo.

a. Non-response at end of screening (3001 and 3002) = ≤ 25% improvement in MADRS total score from week 1 to week 4 and a MADRS total score ≥ 28 at weeks 2 and 4; Non-response at end of screening (3005) = ≤25% improvement in MADRS total score from week 1 to week 4 and a MADRS total score of ≥24 at weeks 2 and 4.

b. Oral antidepressants included: duloxetine, escitalopram, sertraline, or venlafaxine extended release [XR]

c. Responder = ≥ 50% reduction in the MADRS total score from baseline (day 1 pre-randomization) to the end of the double-blind phase.

d. Responders in TRANSFORM-1 (3001)/TRANSFORM-2 (3002) could enter SUSTaIN-1 (3003) or follow-up phase; Regardless of response in TRANSFORM-3 (3005) patients could enter SUSTaIN-2 (3004) or follow-up phase.

Both ESK + oral AD groups (ESK 56 mg and 84 mg) showed a clinically meaningful and numerically greater change from baseline to day 28 in mean MADRS total score compared to AD + PBO (–19.0 vs. –18.8 vs. –14.8, respectively).

However, statistical significance was not demonstrated with the 84 mg ESK + AD group (95% CI: –6.88, 0.45; P=0.088); therefore, 56 mg ESK + AD (95% CI: –7.67, -0.49; P=N/A), as well as other secondary endpoints, could not be formally evaluated.

**LS Mean Change in MADRS Total Score Over Time in Double-blind Phase**

**MADRS Total Score (Difference in LS Mean vs placebo at day 28):**

- Esketamine 56 mg + oral AD: -4.1
- Esketamine 84 mg + oral AD: -3.2

Response and remission rates were numerically greater with esketamine + oral AD (56 mg and 84 mg) groups vs oral AD plus placebo nasal spray.

Response: ≥50% improvement on MADRS from Baseline; Remission: MADRS Total Score ≤12
Primary Endpoint 3002

Esketamine + oral AD group showed a greater improvement from baseline to day 28 in mean MADRS total score compared to the oral AD + placebo group.

Most of esketamine’s treatment difference (compared to placebo) was observed at 24 hours ($P=0.321$).

Between 24 hours and Day 28, there was continued improvement in both treatment groups: the difference between the groups generally remained but did not appear to increase over time through Day 28.

At day 28, 67% of patients randomized to esketamine were on 84 mg.

### LS Mean Change in MADRS Total Score Over Time in Double-blind Phase

<table>
<thead>
<tr>
<th></th>
<th>Change from Baseline</th>
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<tbody>
<tr>
<td>Day 0 (B/L)</td>
<td>0</td>
</tr>
<tr>
<td>24 Hrs.</td>
<td>-10</td>
</tr>
<tr>
<td>Day 8</td>
<td>-15</td>
</tr>
<tr>
<td>Day 15</td>
<td>-20</td>
</tr>
<tr>
<td>Day 22</td>
<td>-25</td>
</tr>
<tr>
<td>Day 28</td>
<td>-30</td>
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</table>

**Note:** In this flexible-dose study, dosing was individualized based on efficacy and tolerability. Few subjects (<10%) had reduction in SPRAVATO™ dosage from 84 mg to 56 mg twice weekly.

### MADRS Total Score (LS Mean Change from Baseline to end of week 4):

**Esketamine (56 mg or 84 mg) + oral AD:** -19.8

**oral AD + Placebo Nasal Spray:** -15.8

**LS Mean difference:** **-4.0**

(95% CI: -7.3, -0.6)

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A greater proportion of patients treated with esketamine + oral AD demonstrated response and were in remission at the end of the 4-week double-blind induction phase than for oral AD plus placebo nasal spray.

Response: ≥50% improvement on MADRS from Baseline; Remission: MADRS Total Score ≤12
TRANSFORM-3 (3005) Study

Ochs-Ross R, et al. Poster presented at the 2018 Annual Meeting of the American Society of Clinical Psychopharmacology (ASCP); May 29-June 1, 2018; Miami FL.
Primary Endpoint-3005

While not statistically significant, the ESK + oral AD group showed a numerically greater improvement in the MADRS total score from baseline to day 28 compared to the oral AD + PBO group.

Median unbiased LS difference estimate between esketamine nasal spray + oral AD vs placebo nasal spray + oral AD at Day 28:

Total Study Population: -3.6 (P=0.059)
Overall response rates at day 28 favored the intranasal ESK + oral AD group (17 of 63 [27.0%] subjects) compared with the oral AD + PBO group (8 of 60 [13.3%] subjects).

At Day 28, 11 of 63 (17.5%) subjects in the ESK + oral AD group and 4 of 60 (6.7%) subjects in the oral AD + PBO group were in remission.
Summary

Short-Term Studies

✓ In study 3002 (18-64 years population), esketamine nasal spray (NS) plus a newly initiated oral antidepressant (AD) resulted in clinically meaningful\(^1\),\(^2\) and statistically significantly greater improvement in depressive symptoms compared with standard of care (oral AD) plus placebo. Adverse events were predominately seen on the day of dosing, were transient and the majority resolved within 90 minutes of dosing.\(^3\)

✓ In study 3001, fixed-doses of esketamine (56 mg and 84 mg) plus oral AD demonstrated a clinically meaningful\(^1\),\(^2\) treatment benefit in the improvement of depressive symptoms in adults with TRD compared to a new oral AD plus placebo, but did not reach statistical significance.\(^4\)

✓ In study 3005 (≥65 years population), a clinically meaningful treatment difference in MADRS total score change from baseline to the end of the 4-week induction phase favored esketamine plus a newly initiated oral AD compared with standard of care (oral AD) plus placebo. Safety profile was consistent with that observed in a younger adult population.\(^5\)
SUSTAIN-1 (3003) & SUSTAIN-2 (3004)

Long-Term Studies
SUSTAIN-1 (3003) Study Design

**Induction + Optimization Phases**
- 16 weeks

**Follow-Up Phase**
- 2 weeks

**Maintenance Phase**
- Variable Duration

**Esketamine Nasal Spray + Oral Antidepressant**
- Stable Remitters (N=176)
- Stable Responders (N=121)

**Placebo Nasal Spray + Oral Antidepressant**

**Stable Remitters**: MADRS total score ≤12 for at least 3 of the last 4 weeks of the optimization phase, with MADRS total score missing once or >12 at week 13 or 14 permitted, and ≤12 at weeks 15 and 16 required.

**Stable Responders**: ≥50% reduction in MADRS total score from baseline in the last 2 weeks of the optimization phase but who did not achieve stable remission criteria.

Stable remitters and stable responders were non-overlapping groups.

Esketamine Nasal Spray + Oral Antidepressant Significantly Delayed Relapse vs Oral Antidepressant + Placebo

**Patients Who Were Stable Remitters**

Relapse Event:
- ESK NS + Oral AD: 26.7%
- Oral AD + PBO NS: 45.3%

51% reduction
(HR: 0.49; 95% CI: 0.29, 0.84; \( P = 0.003 \))

Median Time to Relapse:
- ESK NS + Oral AD: Not Estimable
- Oral AD + PBO NS: 273 days

**Patients Who Were Stable Responders**

Relapse Event:
- ESK NS + Oral AD: 25.8%
- Oral AD + PBO NS: 57.6%

70% reduction
(HR: 0.30; 95% CI: 0.16, 0.55; \( P < 0.001 \))

Median Time to Relapse:
- ESK NS + Oral AD: 635 days
- Oral AD + PBO NS: 88 days

SUSTAIN-2 (3004) Study Design

**Direct-Entry Patients (n=691)**
- Moderate to severe MDD
- MADRS ≥ 22
- No response to ≥2 ADs in the current MDD episode

**Screening (Up to 4 weeks)**

**IND Phase (4 weeks)**

**OP/MAINT Phase (48 Weeks)**

**Transfered-Entry Patients (4-week phase 3 study) (n=111)**
- Elderly patients (≥65 years) with 4-week prior treatment in the DB induction phase

**Non-Responders**
- (n=88)

**Responders**
- (n=23)

**Esketamine Nasal Spray + Oral AD (n=779)**

**Esketamine Nasal Spray + Oral AD (n=603)**

**COMPLETED (n=150)**

**4-week Follow-Up Phase**

**OL Safety Extension Study**

Note: The esketamine nasal spray 28 mg dose was used only in patients ≥65 years of age. At entry to the present study, transferred-entry patients continued to receive the same oral AD initiated in the short-term phase 3 study. A new oral AD medication was initiated only in the direct-entry patients.

- Responders and non-responders were regardless of treatment group;
- Nonresponders from the IND phase, discontinued patients from both treatment phases, or patients who completed the OPT/MAINT phase entered the follow-up phase.

AD = antidepressant; IND = induction phase; MADRS, Montgomery-Asberg Depression Rating Scale; MDD = major depressive disorder; OL = open-label; OP/MAINT = optimization/maintenance phase.

Wajs E, et al. Poster presented at the European College of Neuropsychopharmacology (ECNP) Congress; October 7, 2018; Barcelona, Spain.
Response Increased During the Induction Phase and Remained Stable Over Time

Mean Montgomery-Asberg Depression Rating Scale Total Score Over Time
(full analysis set [IND and OP/MAINT]; observed case analysis)

IND Endpoint:
Responders: 78.4% (593/756)
Remitters: 47.2% (357/756)

OP/MAINT Endpoint:
Responders: 76.5% (461/603)
Remitters: 58.2% (351/603)

Responders (≥50% reduction in the MADRS total score); Remitters (MADRS total score ≤12)

Full analysis sets: All patients who received ≥1 dose of nasal spray study medication or oral antidepressant in the open-label IND or OP/MAINT phases.
AD = oral antidepressant; ESK = esketamine; IND = induction phase; MADRS = Montgomery-Asberg Depression Rating Scale; OP/MAINT = optimization/maintenance phase; SE = standard error.

Wajs E, et al. Poster presented at the European College of Neuropsychopharmacology (ECNP) Congress; October 7, 2018; Barcelona, Spain.
Summary

Long-Term Studies

- In study 3003, continued treatment with esketamine plus an oral AD demonstrated a statistically significantly longer time to relapse versus treatment with an oral AD plus placebo in patients who were in either stable remission or stable response after 16 weeks of treatment with esketamine plus an oral AD. The majority of AEs were mild to moderate, observed post dose on dosing days, and generally resolved in the same day.¹

- In study 3004, following a 4-week induction phase, long-term treatment with esketamine (weekly or biweekly dosing) together with a newly initiated oral AD was tolerable in adult patients with TRD including elderly (≥65 years) patients.²

Adverse Events of Interest

- Blood pressure increases²,⁴,⁵ and dissociative symptoms/perceptual changes¹⁵ began shortly after the start of esketamine dosing, peaked at 40 minutes, and generally resolved by 1.5 hours.

- In study 3004, there were no reported cases of interstitial or ulcerative cystitis.²
Use in Special Populations

- Not recommended during pregnancy
- Is present in human milk
- Safety and efficacy of esketamine in pediatric patients have not been evaluated
Drug Abuse Potential

- Schedule III controlled substance
- Individuals with a history of drug abuse or dependence may be at greater risk for abuse and misuse
- May produce a variety of symptoms: anxiety, dysphoria, disorientation, insomnia, flashback, hallucinations, and feelings of floating, detachment and to be spaced out
Dependence Potential

• Physical dependence reported with longterm use of ketamine
  – Withdrawal symptoms with intake of large doses of ketamine: craving, fatigue, poor appetite and anxiety

• No withdrawal captured up to 4 weeks after cessation of esketamine treatment
Lessons Learned

• Start early
• Do your homework
• Review and understand policies and procedures
• Have a back up plan
• Get to know the staff and clinic
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