Spravato

Description

Spravato (esketamine) nasal spray

Background
Spravato (esketamine) is a non-competitive N-methyl D-aspartate (NMDA) receptor antagonist. Esketamine, the S-enantiomer of racemic ketamine, is a non-selective, non-competitive antagonist of the N-methyl-D-aspartate (NMDA) receptor, an ionotropic glutamate receptor. The mechanism by which Spravato exerts its antidepressant effect is unknown (1).

Regulatory Status
FDA approved indication: Spravato is indicated, in conjunction with an oral antidepressant, for the treatment of treatment-resistant depression (TRD) in adults (1).

Limitations of Use: Spravato is not approved as an anesthetic agent. The safety and effectiveness of Spravato as an anesthetic agent have not been established (1).

Spravato has a boxed warnings regarding (1):
1. Risk for sedation and dissociation after administration. Patients should be monitored for at least two hours after administration.
2. Potential for abuse and misuse. Consider the risks and benefits of prescribing Spravato prior to using in patients at higher risk of abuse. Patients should be monitored for signs and symptoms of abuse and misuse.
3. Spravato is only available through a restricted program called the Spravato REMS.
4. Increased risk of suicidal thoughts and behaviors in pediatric and young adult patients taking antidepressants. Antidepressant-treated patients should be closely monitored for clinical worsening and emergence of suicidal thoughts and behaviors.
Spravato may cause fetal harm when administered to pregnant women. Pregnant women should be advised of the potential risk to an infant exposed to Spravato in utero. Women of reproductive potential should be advised to consider pregnancy planning and prevention (1).

The safety and effectiveness of Spravato in pediatric patients less than 18 years of age have not been established (1).

Related policies

Policy

This policy statement applies to clinical review performed for pre-service (Prior Approval, Precertification, Advanced Benefit Determination, etc.) and/or post-service claims.

Spravato may be considered medically necessary in patients 18 years of age or older for treatment-resistant depression (TRD) and if the conditions indicated below are met.

Spravato therapy may be considered investigational in patient less than 18 years of age and for all other indications.

Prior-Approval Requirements

Age 18 years of age or older

Diagnosis

Patient must have the following:

Treatment-resistant depression

AND ALL of the following:

a. Depression was diagnosed using an approved scoring tool, such as the PHQ-9 (https://www.uspreventiveservicestaskforce.org/Home/GetFileByld/218)
b. Used in conjunction with an oral antidepressant
c. Administered under the supervision of a healthcare provider
d. Inadequate treatment response, intolerance, or contraindication to at least TWO different antidepressants
e. Blood pressure will be assessed prior to and after each administration
f. Prescriber agrees to monitor for sedation and dissociation for at least two hours after administration


g. Healthcare setting, pharmacy, and patient are registered with the REMS program


h. Prescriber agrees to monitor for clinical worsening and emergence of suicidal thoughts and behaviors

i. Prescriber agrees to advise pregnant females and females of reproductive potential about the risks for fetal harm

Prior – Approval Renewal Requirements

Age 18 years of age or older

Diagnosis

Patient must have the following:

Treatment-resistant depression

AND ALL of the following:

a. Patient has been evaluated for a positive response to therapy

b. Used in conjunction with an oral antidepressant

c. Administered under the supervision of a healthcare provider

d. Blood pressure will be assessed prior to and after each administration

e. Prescriber agrees to monitor for sedation and dissociation for at least two hours after administration

f. Prescriber agrees to monitor for clinical worsening and emergence of suicidal thoughts and behaviors

g. Prescriber agrees to advise pregnant females and females of reproductive potential about the risks for fetal harm

Policy Guidelines

Pre - PA Allowance

None

Prior - Approval Limits

Quantity
**Medication**

<table>
<thead>
<tr>
<th>Medication</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>56 mg dose kit (two 28 mg nasal sprays)</td>
<td></td>
</tr>
<tr>
<td>84 mg dose kit (three 28 mg nasal sprays)</td>
<td></td>
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<tr>
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<td>12 kits</td>
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</table>

**Duration**

56 days

**Prior – Approval Renewal Limits**

**Quantity**

<table>
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<tr>
<th>Medication</th>
<th>Dosing Interval</th>
<th>Quantity per 84 days</th>
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<tr>
<td>56 mg dose kit (two 28 mg nasal sprays) OR</td>
<td>Every one week</td>
<td>12 kits per 84 days</td>
</tr>
<tr>
<td>84 mg dose kit (three 28 mg nasal sprays)</td>
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<td></td>
</tr>
<tr>
<td>56 mg dose kit (two 28 mg nasal sprays) OR</td>
<td>Every two weeks</td>
<td>6 kits per 84 days</td>
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<td>84 mg dose kit (three 28 mg nasal sprays)</td>
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</table>

**Duration**

12 months

**Rationale**

**Summary**

Spravato (esketamine) is a non-competitive N-methyl D-aspartate (NMDA) receptor antagonist. Esketamine, the S-enantiomer of racemic ketamine, is a non-selective, non-competitive antagonist of the N-methyl-D-aspartate (NMDA) receptor, an ionotropic glutamate receptor. The mechanism by which Spravato exerts its antidepressant effect is unknown. The safety and effectiveness of Spravato in pediatric patients less than 18 years of age have not been established (1).
Prior approval is required to ensure the safe, clinically appropriate and cost effective use of Spravato while maintaining optimal therapeutic outcomes.

References

Policy History

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
</tr>
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<tbody>
<tr>
<td>March 2019</td>
<td>Addition to PA</td>
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<tr>
<td>June 2019</td>
<td>Annual review. Added requirement of scoring tool such as PHQ-9 per SME</td>
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Keywords

This policy was approved by the FEP® Pharmacy and Medical Policy Committee on June 20, 2019 and is effective on July 1, 2019.