Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

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B.S. in Nursing, May 2012, Central Methodist University

Visualizing Depressive Symptom Improvement:
Implementing the 17-Item Hamilton Depression Rating Scale

Date: July 8, 2022
Time: 8:00 a.m. to 8:45 a.m.
Place: South Campus Classroom Building Room 219B

Abstract
Problem
Depression, a mental health diagnosis, has affected about 18.5% of adults. Ketamine, a medication initially used as an anesthetic, has improved depressive symptoms in individuals struggling with treatment-resistant depression.

Method
This quality improvement (QI) project used the 17-item Hamilton Depression Rating Scale questionnaire to assess depressive symptom changes in patients receiving intramuscular ketamine for treatment-resistant depression. The questionnaire was administered to patients pre-and post-intramuscular ketamine administration. The data was collected on injections one, three, and six on each participant’s set schedule of injections and participation period. The primary outcomes measured were the questionnaire scores before and after the administration of ketamine intramuscularly and the sum of the depressed mood questions (1-3), insomnia questions (4-6), physical symptoms questions (9-11, 16), anxiety questions (9-11, 15), and insight question (17). Paired-samples t-testing analyses were performed on the collected data.

Results
The data showed that week one’s participants’ (n=14) scores significantly reduced the following categories: depressed mood and thought, anxiety, and physical symptoms. Week three’s (n=13) and week six’s (n=8) data showed a significant reduction in depressed mood and thought and anxiety categories.

Implications for Practice
This QI project provided encouraging data examining depression severity changes after the administration of intramuscular ketamine for patients with major depressive disorder or bipolar disorder. The results provide reassuring objective information for providers concerned about possible medication tolerance or misuse during treatment while ensuring providers that ketamine can be used to effectively improve depressive symptoms.

Defense of Dissertation Committee
Cathy Koetting, PhD, DNP, APRN, CPNP-PC, PMHS, FNP-C - Chairperson
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