

# Ketamine

## What is Ketamine?

Ketamine, also known as “Special K,” is a date rape drug that can be snorted, consumed in drinks, or injected into muscles. Ketamine was first clinically used in 1970 as a tranquilizer for animals; however it has been approved for use with humans as well. This drug is being abused because of its hallucinogenic properties.

## What is the problem with Ketamine?

The problem with Ketamine is that it acts as a general anesthetic and can cause individuals to feel not only detached from their surroundings, but detached from themselves as well. Individuals also experience loss of sensation or even lose the ability to move. It has even been proved that Ketamine is often used by sexual predators to weaken their intended victims. Ketamine is illegal in the United States, and if someone were to be caught with possession of the drug it can result in long prison terms.

## Facts:

- Vials usually contain about 10 cubic centimeters worth of Ketamine and sell for \$50-\$70. Depending on the purity, a vial holds enough of the drug to be used three to five times.
- At lower doses the person starts to daydream and is not attentive to their surroundings.
- When higher doses are consumed it is known as a “K-Hole” which is an “out of body” experience. The person will feel as if they are not attached to themselves, and as if they are rising over one’s body. Some people may find it spiritually significant, while others find it frightening.
- When people snort small lines of Ketamine for a mild, dreamy effect, the effect comes on within about 5 to 10 minutes.
- When liquid is injected into the muscle (Ketamine is never injected into the vein), the effect comes much quicker, after about 3 to 4 minutes, and less is needed to enter a “K-Hole.”
- If swallowed the effects do not come on until 10 to 20 minutes later.

- Ketamine causes blood pressure to rise about 25% and heart rate to increase by about 20%.
- If taken with alcohol, it is extremely dangerous because the person can lose consciousness, or breathing will become depressed.
- Frequent use of the drug can result in complications in consciousness over time and lead to several other mental disorders.
- Ketamine is a highly addictive drug that can cause an immense psychological dependence.

## Healthy People 2010: Statement of the Problem:

The use of Ketamine is an extremely large problem according to Healthy People 2010 because Ketamine is such a powerful drug that when taken, the individual will lose all their senses and will not be aware of anything going on around them.

- Healthy People 2010 consists of 467 science-based objectives and 10 Leading Health Indicators, which are used to define goals for Public Health programs and initiatives.
- The two major goals of Healthy People 2010 are to improve people's quality of life and eliminate health disparities.
- Ketamine falls under substance abuse, which is one of the top Leading Health Indicators.
- The purpose of the Leading Health Indicators is to motivate people to take control and improve their own health as well as everyone in their community so everyone can live a longer and better lifestyle.
- Schools and businesses are working with Healthy People 2010 to expand people's knowledge of substance abuse and to work with their communities to increase their quality of life.
- Ketamine is a focus area because governments and state officials are trying to decrease and help control drug use in specific areas today.

## Epidemiologic Picture:

- Ketamine has become popular among teenagers and adults at dance clubs and “raves.”
- According to the Drug Abuse Warning Network, in 2000, individuals in their late teens to early twenties have accounted for 74 percent of the Ketamine-related hospital emergency room episodes in the United States.
- Recent reports have indicated that a large amount of veterinarian clinics have been robbed specifically for their Ketamine stock.
- During the year 2002, the Narcotic Vice Unit officers spent \$288,361.00 on 4500 vials of Ketamine.
- According to annual economic costs of the United States, the costs from drug abuse were estimated to be \$110 billion.
- Since 1992, it has been reported that there were more than 500 reports of Ketamine being sold or used in schools by minors, on college campuses, and dance clubs.
- The Community of Epidemiology Work Group (CEWG) is a team of researchers who meet together and review and research information and specific problems dealing with this substance abuse.
- Specific areas that CEWG investigates include New York, Baltimore, Miami, and New Orleans.
- Caucasians, African Americans, and Hispanics use Ketamine the most.

## Solutions:

- Center for Substance Abuse Treatment (CSAT)

This center helps individuals with their substance abuse problem and provides them with guidelines to improve their way of living, without depending on drugs.

The Substance Abuse facility here helps people who abuse drugs in several different ways. They oversee 11,000 drug treatment plans, which include residential and non-residential treatment.

This is for both adolescents and adults.

- The Recovery Community Services Program (RCSP)

This program helps individuals admit to their problem of substance abuse and encourages peer to peer recovery support groups to help the addicts stay clean. This program also helps out family members cope with their relative's problem and understand what it going on.

This program consists of people who have recovered from the drug once before. It allows the person going for treatment to relate to someone who has experienced the same thing and it will make it easier for them to talk.

- The UCLA Integrated Substance Abuse Programs (ISAP)

These programs conduct a large amount of research to provide treatment for substance abuse disorders. They research the history of the drug, the treatment process, and the outcomes.

The researchers who work for this group are able to study the brain using special equipment to see what physiological changes happen when Ketamine is taken.

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