

# Ketamine Agenda

## Learning Objectives, Agenda & Capability Framework Alignment

A 3-hour online course focusing on ketamine, its effects, harm reduction and ways of working with this client group

**Trainer:** Tony D'Agostino

**Company:** TD Consultancy

**Delivery:** Online — 3 hours

**Edition:** 2026

### Aims & Objectives of the Course

- Increase knowledge and awareness of the issues relating to ketamine use
- Increase knowledge of how ketamine is used and its effects upon an individual's physiology and neurology
- Understand the possible effects on health, including urological, psychological and mental health risks
- Understand current evidence for harm reduction and treatment approaches
- Increase confidence and capability development in working with this client group

### Session Agenda

#### Ketamine: Context, Pharmacology, Harm Reduction & Treatment

- 10:00am** Start — Welcome & Course Overview
- 10:10am** Different forms of ketamine — powder, liquid, crystal
- 10:30am** Routes of use — intranasal, oral, injection
- 10:50am** Patterns of use — recreational, dependent, polydrug use
- 11:15am** Break (15 minutes)
- 11:30am** How ketamine works — pharmacology & neuroscience
- 12:00pm** Health & psychiatric implications — urological, psychological, dissociation
- 12:30pm** Harm reduction & treatment approaches
- 1:00pm** Close & Q&A

### Capability Framework Alignment

*This course aligns with the Capability Framework for the Drug and Alcohol Treatment and Recovery Workforce (NHS England/OHID, 2024), which underpins the 10-Year Strategic Plan for the Drug and Alcohol Treatment and Recovery Workforce 2024–2034.*

| Capability Domain (NHS England / OHID, 2024)                                                                                                                                         | Framework Section                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Knowledge of the harm associated with the physical and psychological effects of ketamine, including urological damage, bladder dysfunction, dissociative states and dependence       | <i>Drug and Alcohol Worker: Application of Knowledge</i>               |
| Knowledge of the nature, prevalence and patterns of ketamine use in the UK, including recreational use, veterinary diversion and emerging trends among younger users                 | <i>Drug and Alcohol Worker: Application of Knowledge</i>               |
| Ability to provide evidence-based harm reduction advice for ketamine users, including guidance on reducing frequency, dosing, routes of administration and bladder health monitoring | <i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i> |
| Ability to personalise care for people from different groups, including those from younger demographics, festival/nightlife settings and ethnic minority backgrounds                 | <i>Drug and Alcohol Worker: Harm Reduction, Treatment and Recovery</i> |
| Recovery-oriented approach — working with individuals to build personal, social and community recovery capital                                                                       | <i>Underpinning Principle: All Roles</i>                               |
| Challenging stigma — being alert to the ways negative perceptions can influence practice                                                                                             | <i>Underpinning Principle: All Roles</i>                               |

### Underpinning Principles Embedded in This Course

*Trauma-informed care • Recovery-oriented approach • Evidence-based practice • Person-centred working • Forming a working alliance • Therapeutic optimism • Challenging stigma • Co-occurring needs and multidisciplinary working*

*Note: National Occupational Standards (DANOS/NOS) are retained within the National Occupational Standards library but are no longer the primary workforce development reference for the drug and alcohol treatment and recovery sector. This course uses the NHS England / OHID Capability Framework (2024) as its primary alignment standard.*