

# Case report describes benefit of ketamine in child with PTSD

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(HealthDay)—Ketamine may be beneficial for children with posttraumatic stress disorder (PTSD) and episodes of severe aggression and emotional dysregulation, according to a case report published online Aug. 10 in *Pediatrics*.

Anna C. Donoghue, M.D., from the University of Minnesota in Minneapolis, and colleagues report on a case of a 7-year-old boy treated with ketamine for PTSD and episodes of severe aggression and emotional dysregulation. The episodes involved destruction of property and the symptoms were refractory to multiple medical and [behavioral interventions](#).

The authors note that the child demonstrated sustained remission from

symptoms (eight to 13 days) when exposed to ketamine on two occasions: when he underwent surgery for tonsillectomy and when he underwent sedated [magnetic resonance imaging](#). On both occasions the patient demonstrated a reduction in the intensity and frequency of aggressive behaviors and exhibited an ability to control his emotions.

"There is a growing literature supporting ketamine for treatment-resistant depression in adults and, more recently, PTSD," the authors write. "This case report suggests the need for future study using ketamine as a treatment option for children with a history of trauma and severe behavioral dysregulation who have not responded to first-line medication and behavioral therapy approaches."

**More information:** [Abstract](#)  
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