

ELECTROCONVULSIVE THERAPY (ECT)

CenterPointe Hospital provides comprehensive treatment services that expand and enhance the Hospital's inpatient and outpatient continuum of care by offering additional treatment options for psychiatric disorders.

CenterPointe's electroconvulsive therapy (ECT) suite is designed to augment inpatient or outpatient treatment for adults experiencing severe depression, medication-resistant depression, or other psychiatric disorders.

ECT has been shown to provide safe, rapid, and significant improvement of severe symptoms, and restore a higher quality of life. In our controlled setting, patients receiving ECT treatments achieve therapeutic benefits with few risks. The decision to use ECT is made by the patient and psychiatrist after discussing the risks and benefits of treatment.

Treatment

The ECT procedure involves the brief application of an electric stimulus to create a seizure. The seizure affects the entire brain, including the parts that control mood, appetite and sleep.

ECT is given in a series of treatments, usually 6-12 sessions and may be followed by maintenance treatment, depending on the severity of the illness. Treatments are most often given 3 times per week, and may be done for those who are in inpatient care at Center-Pointe Hospital or as an outpatient.

Treatment Team

All ECT services are provided under the direction of the attending psychiatrist. Our treatment team includes anesthesiologists, psychiatrists and nurses, all experienced in performing ECT treatments.

The treating psychiatrist performs the ECT treatment, while the anesthesiologist administers safe anesthesia and supervises the recovery period. The ECT nurse assists the treating psychiatrist and anesthesiologist as necessary during the ECT treatment and monitors patients during the post-treatment recovery period.

STEPS TO TAKE TO PREPARE OUTPATIENTS FOR ECT TREATMENTS:

- Obtain/write order for ECT including the frequency and plan of duration
- Encourage patient to watch the video detailing what to expect from ECT treatments. Appointments to watch the ECT video are scheduled on Monday, Wednesday or Friday after 2:00 pm. Patients should call 636-477-2147 to set up an appointment.
- Write orders for the following pre-procedure work-up needs.
 - ✓ **Medical H&P stating medical clearance for ECT treatment**
 - ✓ **Labs: CBC and CMP**
 - ✓ **Urinalysis, Pregnancy test (if applicable)**
 - ✓ **EKG**
 - ✓ **Chest x-ray, if indicated based on current pulmonary disease**
- Copy of a recent Psychiatric Evaluation
- Face sheet or copy of insurance card
- Insurance certification obtained by the referring psychiatrist's office

All of the above documentation should be **faxed to the ECT office at 636-477-2149** before the patient can be scheduled for treatment.

The ECT staff will obtain insurance authorization for the treatment. If applicable, and review the faxed information with the anesthesiologist.

For more information, patients or referring psychiatric offices can **call the ECT suite at 636-477-2147**.

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