

THE TREATMENT TEAM

ECT is performed by a specialty treatment team. The team includes a psychiatrist, anesthesiologist and nursing staff. The ECT treatment team will collaborate with the patient's inpatient and/or outpatient providers in the development of treatment and discharge plans. The ECT psychiatrist will determine length of treatment on a case-by-case basis.

Even if patients respond well to ECT, they may experience relapses of depression and require a taper treatment that lasts over several weeks to months. Many patients begin to notice an improvement in their symptoms after two or three treatments with ECT. Full improvement may take longer. No one knows for certain how ECT helps treat severe depression and other mental illnesses but it is clear that many aspects of brain function are changed during and after seizure activity caused by ECT. These changes may build upon one another which is why ECT is most effective in those who receive a full course of multiple treatments.

Although there has been a persistent fear that ECT might destroy brain cells, current research has indicated that ECT, like antidepressants, can actually stimulate new growth in certain parts of the brain.

HOURS OF OPERATION

Pembroke Hospital: Appointments are available on Monday, Wednesday and Friday, 7 a.m. to noon.

Arbour Hospital: Appointments are available on Monday, Wednesday and Friday, 8 a.m. to 1:30 p.m.

REFERRALS

External referrals for ECT at Arbour Hospital and Pembroke Hospital are to be made through the Arbour Health System intake department at 800-22-ACCES or 617-390-1320, 24 hours a day, 7 days a week. Review of all cases presented will be done by the ECT MD (and consulting MDs as appropriate) within 24 business hours of the referral and prior to patient acceptance.

ABOUT THE COVER

In all its beauty, the arbour is a symbol of comfort and hope, safety and shelter.



ELECTROCONVULSIVE (ECT) THERAPY

- ARBOUR HOSPITAL
- PEMBROKE HOSPITAL



Easy Access to Quality Mental Health Services

www.arbourhealth.com



ABOUT ECT SERVICES

Electroconvulsive Therapy (ECT) is available at Arbour Hospital and Pembroke Hospital on both an inpatient and outpatient basis.

ECT stimulates brain cells via a brief electrical pulse to the scalp while the patient is under anesthesia. ECT appears to cause changes in brain function that can quickly reverse symptoms of certain mental illnesses. ECT is commonly used to treat patients with severe or treatment resistant depression who have not responded to medications or who cannot tolerate medications' side effects. There are other clinical presentations that may benefit from ECT. ECT may cause some side effects in certain patients, but it is administered in a controlled setting to achieve the most benefit with the fewest possible risks.

TREATMENT PLANNING

Both inpatient and outpatient ECT services are administered on site at the main hospital location. Patients accepted for ECT will be those ages 18 and older. Those referred to ECT treatment will be evaluated by program staff to ensure that they are clinically appropriate for this treatment option. This assessment typically includes:

- Medical evaluation may specifically focus on updated history and physical examination including cardiovascular, pulmonary, and neurologic systems and identification of any risks for the induction of anesthesia including an oral examination.
- Evaluation of current medications the patient is taking since some medications may affect ECT.
- Laboratory studies may include an EKG, blood chemistries, electrolytes, CBC and a pregnancy test for females of childbearing age.

Psychiatric history and assessment will be completed to ensure that there is clear likelihood that the patient would benefit from ECT treatment including previous response to ECT if relevant.

Precertification/authorization of the ECT procedure with the insurance company will be obtained as required. Patients (and if available, their family or guardian) accepted for the program will receive thorough education on ECT risks and benefits.

ADMINISTERING ECT

ECT can be done while you are hospitalized, or as an outpatient procedure. The ECT procedure itself takes about 10 minutes, with added time for preparation and recovery. Close monitoring will be provided during and after treatment until the patient is fully recovered from anesthesia. The individual's clinical status is assessed following each ECT session, and cognitive function monitored on an ongoing basis. ECT treatments are generally given 2-3 times each week for 2-4 weeks either on an inpatient and/or outpatient basis. The number of treatments depends upon the severity of a patient's symptoms and how rapidly they improve.

THE ECT SUITE

The ECT suites are in newly renovated spaces easily accessible from the inpatient units and the lower floor of the hospitals. The suite includes a waiting room, consult room, preparation room, procedure room and recovery room.

