

Ramsay Clinic The Southport Private Hospital - Gold Coasts only ECT provider

Electroconvulsive Therapy (ECT)



What is ECT?

Electroconvulsive Therapy (ECT) is mainly used for severe depression, mania & psychosis. ECT is the use of a small electrical stimulus to cause a modified seizure for therapeutic purposes. This is performed whilst the client is under a brief General Anaesthetic. The value of the treatment is known internationally, and the method has been improved in recent years to obtain better results with fewer side effects. Modern ECT is safe for most people (exceptions are now rare). For some conditions, ECT is the best and safest treatment option.

An acute course of ECT treatment is usually 1 – 3 times per week, this consent is current for up to 3 months or 12 treatments. Maintenance (preventative treatment) is given at intervals between weekly and monthly for up to 12 treatments or 6 months.

Who can be treated?

ECT can be used on clients when other treatments or medications don't provide adequate benefit. It can also be effective on more severe illnesses that could be threatening or damaging, as it works more rapidly than medications and other therapies.

Strict Assessments & Guidelines must be followed and met prior to approval for treatment.

Who is not recommended to have ECT?

ECT is not recommended for children and adolescents. ECT for this age group must be approved by the Mental Health Review Tribunal (MHRT).

Pregnancy is not a contraindication, however it is not recommended during the 1st trimester of pregnancy, and it can be used safely in the 2nd & 3rd trimester.

ECT is not recommended for clients with cochlear implants due to possible damage that can be caused by the electrical current.

Common Side Effects

Headaches, confusion, nausea & drowsiness, muscle soreness & some memory loss that generally returns to normal levels within 2 – 4 weeks

Enquiries

For more information please contact the department of Neurostimulation 07 5671 8129 or The Southport Private Hospital Intake Co-ordinator 07 5671 8447

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**Ramsay
Mental Health**