

ECT Department St George's Park

Patient information leaflet

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Welcome to the ECT Department

Hello

This booklet is for you, your family and friends if you have been referred for/or considering Electroconvulsive Therapy (ECT).

ECT is a treatment for some types of severe mental illnesses that may not have responded to other treatments.

The thought of the treatment itself can be scary and difficult to comprehend, sometimes this is partly due to people not knowing what to expect. Your medical team will discuss the treatment with you and you will be provided with literature to help you understand and make an informed decision.

This booklet has been produced to try and allay your fears by provided pictorial information about the department and explain what will happen when you come for treatment.

Visits to the department prior to treatment are always welcome; however, we realise that some people are unable to do or may not want to – so, we hope this will help.

Waiting and clerking area



You will be escorted to the department by a member of staff who know you or a family member (if an outpatient) to ensure you feel comfortable and supported. When you arrive at the department you will be shown into the waiting and clerking-in area, where you will be welcomed by a member of the ECT nursing team.

Here you will be asked some simple questions about preparation prior to treatment, such as:

- When you last had something to eat or drink.
- Have you taken any medication?
- If you have any concerns.

You will also be asked the following orientation questions:

- Your full name.
- Your date of birth.
- The town or city you live in.
- The name of the hospital you are in.
- The date.

These questions will be asked again following treatment.

We will then take your temperature and pass all the information over to the team before taking you through to the treatment room.

You may be asked to take a Rapid Lateral Flow Test (LFT) at the ECT clinic. This would test for Covid 19. ECT staff will discuss this with you at the clinic, if required. The tests are quick, easy and painless.

The treatment room

This is the treatment room.



You will be shown into the treatment room and asked to remove any outerwear, so you can be monitored throughout the treatment. It might be best to wear a t-shirt or thin, long sleeved top under any cardigans or thick jumpers.

You will be asked to lie down on the bed and to try to relax. If you are particularly anxious, your escort nurse can come into the treatment room with you until you are asleep.

ECG stickers will be placed on the inside of your arms, a cuff around the top of your arm and a small probe on your finger. This allows us to monitor your breathing, heart and blood pressure throughout the treatment.

The ECT Nurse will clean your brow, temples and behind your ears with alcohol wipes before applying some EEG stickers to those areas.



This is to monitor the seizure.

The anaesthetist will insert a needle either in the back of your hand or in your arm.



Oxygen will be given through a face mask.



The anaesthetist will then administer the medication, which will make you go to sleep and relax your muscles.

This is only for a short time and you will be monitored throughout.

Following your treatment you will be recovered in the treatment room/recovery room for a period of 20 minutes or longer.

During this period you will receive oxygen through a mask, continue to have your physical health observations monitored and allowed time to rest and wake. Following this you might be taken to the post ECT recovery area.

Equipment you may see in the treatment room.

This is the ECT machine which will deliver the electric current.



This is the physical monitoring equipment.



The staff

Our team consists of the following:

- Team Manager
- Three Staff Nurses
- Three ECT Consultant Psychiatrists
- Lead Anaesthetist
- Operating Department Practitioner (Anaesthetic Assistant)

In the treatment room there will usually be at least four essential staff members:

- Consultant Psychiatrist – the doctor who administers the treatment.
- Consultant Anaesthetist – the doctor who administers the medication to help you go to sleep.
- Up to two ECT Nurses – who assist with administration of treatment and post ECT monitoring and recovery.
- Operating Department Practitioner (Anaesthetic Assistant) – assists the anaesthetist.

Sometimes a trainee doctor is present in the room. This is a qualified doctor who is gaining experience in ECT and may deliver your treatment under supervision of the consultant. Medical students may also be present and you will be asked at clerking if you don't want them to be present.

Staff may need to wear personal protective equipment (PPE) in the clinic. This is for your safety and their own. They might be dressed like this in the picture.



On very rare occasions, staff may need to wear additional items of personal protective equipment (PPE)

They may dress like this picture, so please don't be alarmed.



All staff will introduce themselves.

Post ECT Care

The recovery room



Patients may spend a short period of time being monitored post ECT in the recovery room. You will be cared for by an ECT Nurse who will check your physical observations at specific intervals and remove the needle out of your hand. The nurse will then ask you the orientation questions as well as observe you closely. Once you are recovered and feel able to get up you will be taken to the Post ECT refreshment area.

Post ECT Refreshment Area



This area has facilities for you to have a hot or cold drink and something to eat following treatment. This area is a small quiet room in which you have time to sit and recover a little more. You will be accompanied by your escorting nurse or family member in this room.

The ECT recovery nurse will be on hand to monitor and reassure you. If you are an inpatient you may be able return to the ward for refreshments.

When fully recovered you can return to your ward/home. As you have had a general anaesthetic you must remain in the company of a responsible adult for 24 hours and following all guidelines in Post Treatment Information for Patients receiving ECT leaflet.

As mentioned earlier we welcome visits to the department prior to treatment and this is easily arranged by speaking to the ECT staff – feel free to contact the department at any time.

Our contact details are:

Physical Treatment Centre
St Georges Park
Morpeth
Northumberland
NE61 2NU

Tel: 01670 501 759

Sessions are held on Tuesday and Friday from 8am to 1pm.

We hope this has been helpful and wish you a speedy recovery!

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.cntw.nhs.uk/contact/complaints/
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@cntw.nhs.uk

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/yourvoice
- complete a Your Voice survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience www.cntw.nhs.uk/yourfeedback

Patient Advice and Liaison Service (PALS)

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved ones care.

We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions. If necessary, we can also refer patients and families to specific local or national-based support agencies.

North of Tyne

Telephone: 0800 032 0202

Email: pals@nhct.nhs.uk

Post: FREEPOST PALS

9am – 4.30 pm, Monday to Friday. An answerphone is available at all times for you to leave a message. A member of the PALS team will aim to return your call as soon as possible.

Useful contacts

Care Quality Commission (CQC)

CQC National Customer Service Centre
City Gate
Gallowgate
Newcastle upon Tyne
NE1 4PA

Telephone: 03000 61 61 61

Email: enquiries@cqc.org.uk

Advocacy Services

Sometimes it can be difficult for people to speak up for themselves. An advocate is somebody who can work with you to help you have your say about things.

Northumberland

Adapt (North East)
Burn Lane
Hexham
Northumberland
NE46 3HN

Telephone: 01434 600 599

Fax: 01434 605 251

advocacy@adapt-tynedale.org.uk

www.adapt-ne.org.uk

North Tyneside

Independent Advocacy Service North East
Room B14, Linskill Centre
Linskill Terrace
North Shields
Tyne and Wear
NE30 2AY

Telephone: 0191 259 6662

Fax: 0191 296 3767

info@iane.org.uk

www.iane.org.uk



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

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