

If you have any further questions about the treatment or anaesthesia, please ask, and your care team will make sure that the psychiatrist or anaesthetist sees you to explain your treatment fully. You can refuse to have ECT or withdraw your consent for the treatment at any time. Withdrawal of your consent will not change your right to treatment with other available treatment options.

What if the hospital staff think I am unable to decide for myself?

The hospital staff may think that, because of your mental disorder, you are not able to decide for yourself whether to have ECT. An independent doctor will come and see you. If the independent doctor agrees that you are not able to decide for yourself, the independent doctor can agree to allow the hospital staff to give you ECT. Unless it is an emergency, you can only be given ECT if the independent doctor has agreed.

But the independent doctor cannot agree to allow the hospital staff to give you ECT if you have made a legally binding advance decision to refuse ECT under the Mental Capacity Act 2005, or someone else who is allowed to take decisions on your behalf under that Act has said that you should not have it. This could be someone to whom you have given a lasting power of attorney, a deputy appointed for you by the Court of Protection, or the Court of Protection itself. The hospital staff can give you more information about the Mental Capacity Act 2005 and access to advocacy.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেসায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુવી (CWP) ના સંપર્કમાં રહેવાનું છે. સંપર્ક માટે: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूवी (CWP) कर्मचारीयों के साथ बात कियीये, या ईमेल कियीये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to **PALS complaints and incidents**, Trust Headquarters Redesmere, Countess of Chester Health Park, Liverpool Rd Chester, CH1 2BQ.

For more information see www.cwps.nhs.uk

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The information in the leaflet was valid at the date of production **Aug 2016** and is due for review in **Aug 2018**

Leaflet code: **AB-ECT-06-006**



Information for service users

Name

A course of electro convulsive therapy (ECT) has been prescribed for you.

What is Electro Convulsive Therapy?

ECT is a treatment used for a small number of severe mental disorders, such as severe depression, mania and catatonia. During ECT, an electric current is passed briefly through the brain which causes a seizure (a “fit”).

ECT is given under a general anaesthetic and patients are also given drugs to relax their muscles to avoid hurting themselves during the fit. Usually, ECT is given in a course of six to twelve sessions by specially trained staff.

If your clinician thinks you would benefit from ECT, they will explain what it is and why they think you should have it.

Preparation for ECT

Here is a list of things we ask you to do in preparation for your treatment:

- Do not have anything to eat or drink from midnight the night before your treatment except for clear water which you can have up to 6am.
- Empty your bowels and bladder if possible immediately before treatment.
- Wear loose, comfortable clothes – avoid tight belts, restrictive clothing etc....
- Do not wear earrings, metal hairgrips, jewellery or contact lenses.
- Remove heavy make-up and nail varnish from fingernails.
- Avoid smoking or drinking before the treatment.

The treatment

You will be introduced to a nurse, who will remain with you throughout your treatment.

The nurse will accompany you to the ECT suite and will ask you to take out any removable dentures. Please tell the nurse if you have any loose or capped teeth.

You will be asked to remove your shoes, spectacles, wrist-watch, contact lenses, jewellery and any artificial body parts you may have (e.g. dentures). You will then be asked to lie down on a trolley. Your belongings will be stored in a safe place agreed with you.

A small clip will be put on one of your fingers to monitor the amount of oxygen in your blood during the treatment. Several stickers will be placed on your head to help to monitor brain activity.

An anaesthetic will then be given by injection in your arm or hand, and you may be asked to breathe some oxygen through a mask as you quickly drift off to sleep. While you are asleep, you will have the treatment.

After the treatment

Within five to ten minutes, you will wake up in the recovery room. Shortly afterwards you will be offered refreshments and escorted back to the ward.

You may find that you feel drowsy because of the anaesthetic. A reclining chair or a bed will be made available if you feel like having a sleep after your treatment. You may also have a headache and slight stiffness in your joints.

Benefits

ECT can bring significant and quick relief from severe symptoms. It can be helpful if you are unable to take medication because of the side effects.

Risks and side effects of ECT

There is a very small risk of damage to your teeth even though a mouth guard is used to protect them during treatment.

You may have difficulties remembering things that happened before and after your treatment for a week or two.

It would be a good idea before your treatment to make a list of things you need to do later in the day.

You may be a little confused, and your judgement may be impaired for some hours after the treatment.

You should not make any important decisions on the day of your treatment. You must not drive for 24 hours after the treatment.

If you are an out-patient, you must be seen by a doctor before you can go home. The doctor will decide when you have recovered sufficiently from the treatment and you are fit enough to go home. You must not leave the hospital unaccompanied.

If you have a headache after the treatment, please tell a nurse.

Further information

If you would like further information or are worried about the treatment, we are happy to discuss this with you. A leaflet about anaesthesia for ECT is also available – please ask a member of staff if you haven’t already been given it.

Alternatives to ECT

Medication can be used to treat depression or mania, and in some cases they are as effective as ECT.

Consent for ECT

Before you have your treatment, you will be asked to sign a consent form that shows you fully understand the treatment and anaesthetic and agree to them. It is important you have the answers to all your questions before you sign this form.