

# ECHO Idaho: Behavioral Health in Primary Care

Electroconvulsive Therapy (ECT)

10/16/19

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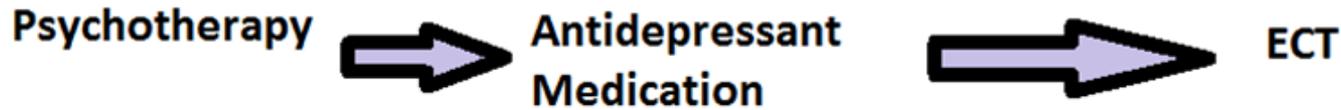
# Disclosures

- Co-Owner of North End Psychiatry & Associates

# Learning Objectives

- Understand what ECT is
- Understand the risks of ECT
- Learn the indications for ECT
- Learn where ECT should fall in your practice (when to refer)

# Treatments for Depression



# Severe Depression

ECT

Severe Depression

Disabling



Poor Self-Care

Urgent



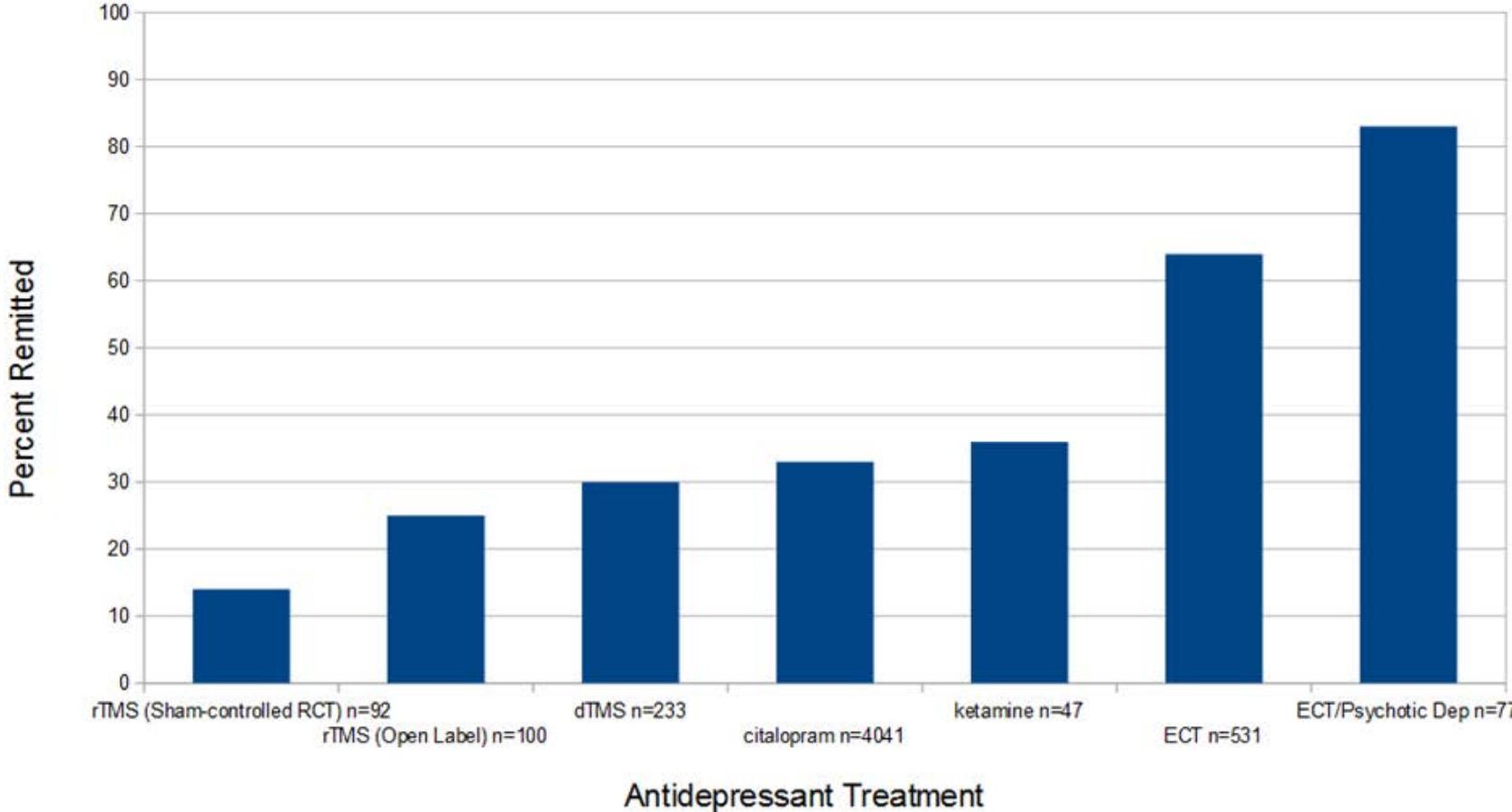
Suicidal

Emergency



Catatonia/NMS

# UNSURPASSED EFFICACY



# Choosing the Right Patient

- Severity
- Family History
- Episodicity
- Has severe depression, the right diagnosis, and failed at least two medications
- Don't wait until you've failed everything!

# The ECT Consultation

- Does the patient have an ECT-responsive illness?
- Does the patient have any medical conditions that increase risk?
- Is there appropriate consent?

# Indications for ECT

- Mood Disorders
  - Major Depressive Disorder
  - Bipolar Disorder
    - Manic or Depressed
- Movement Disorders
  - Catatonia
  - Neuroleptic Malignant Syndrome
  - Parkinson's Disease
- Psychotic Disorders
  - Schizophrenia
  - Schizoaffective Disorder
  - Secondary & Subst Related Psychoses
- Other Neuropsychiatric:
  - Status Epilepticus

# Adverse Reactions

- Acute confusional state
- Anterograde amnesia
- Retrograde amnesia
- Minor Side Effects
  - Headache
  - Muscle aches
  - Nausea/Vomiting

# Predictors of Response to MDD

- 95% response rate in psychotic depression (1)
- 90% response rate in geriatric depression (2)
- 50-60% -- medication non-responders (3)
- Catatonic symptoms
- No comorbid personality disorders

1. Petrides G et al., J ECT 2001
2. O'Connor MK et al., Am J Geriatr Psychiatry 2001 (n=253 pts)
3. Heijnen et al., J Clin Psychopharmacol 2010

# How Safe is ECT?

- Safest procedure with general anesthesia
- No increase in suicidal ideation
- Decreased mortality rate vs antidepressants
- No increased risk of treatment emergent hypomania/mania
- Safe in pregnancy

# Key Points

- Nothing is better than ECT for treatment of severe depression.
- ECT is safer than medication.
- ECT might be the best treatment in pregnancy.
- We do more outpatient than inpatient ECT.
- Don't wait until you've failed everything!

# References

- TED Talk about ECT:

[https://www.ted.com/talks/sherwin\\_nuland\\_on\\_electroshock\\_therapy](https://www.ted.com/talks/sherwin_nuland_on_electroshock_therapy)

- See ECT Performed:

<https://www.thevitalbeat.ca/news/treating-severe-depression-electroconvulsive-therapy-ect/>