Contents

Preface  page ix
List of Abbreviations  xi

1  Basic Concepts of ECT  1
   Basic Concepts  1
   Overview  1
   Theories of Mechanism of Action  3
   Basics of Electricity  7
   Medical Physiology  9

2  ECT: Patient Selection and Preparation  19
   Indications  19
   The ECT Consultation  21
   The ECT Consultation Note  23
   The Pre-ECT Evaluation  25
   ECT in Specific Medical Conditions  27
   Concurrent Medications  31
   Informed Consent  36

3  ECT Technique  49
   Electrode Placement  49
   Stimulus Dosing  53
   Practical Advice on Choosing the Stimulus Dose  57
   Electrode Site Preparation  57
   Physiological Monitoring  61
   Anesthetics and Muscular Relaxation  67
   Cardiovascular Agents  73
   Missed, Short, and Prolonged Seizures  75
   Treatment Procedure  79

4  ECT Treatment Course  87
   Treatment Schedule  87
   Clinical Monitoring  88
   Continuation/Maintenance ECT  89

5  Common Adverse Effects  95
   Cognition  95
   Headache, Muscle Aches, and Nausea  98

6  The ECT Service  101
   Staffing and Administration  101
   The ECT Suite  102
   Record Keeping  102

7  Special Issues  105
   Stigma  105
   Patient-Centered ECT  105
   Malpractice Litigation and Insurance  106
   Research  106

Index  109