



PEAK VIEW
BEHAVIORAL HEALTH

ECT SERVICES

Electroconvulsive Therapy (ECT) can be an effective treatment option for patients who are severely depressed, suicidal or have bipolar disorder with depression/mania. Peak View offers ECT for patients who are 18 years and older and are:

- Unresponsive to other forms of treatment
- An immediate danger to themselves
- Not good candidates for antidepressants or mood stabilizer medication

ECT is a viable option after much discussion and exploration of other therapies is concluded. Patients receiving ECT services will also be given:

- Pre-ECT education for the patients and their families conducted by a registered nurse
- Coordination of all pre-ECT requirements including required medical appointments and insurance authorization
- Completion of the Montgomery-Asberg Depression Rating Scale (MADRS) by the patient before, during and after the ECT series to monitor progress
- Communication with the outpatient doctor of progress in treatment
- Follow up calls from a registered nurse to the patient after ECT treatments

Peak View offers ECT services on an outpatient and inpatient basis. ECT is performed under general anesthesia by a nurse anesthetist (CRNA) and a psychiatrist. Each patient typically receives a series of 8-12 treatments. Treatments usually begin three times per week and then taper to monthly based on the individual needs of the patient. Two psychiatrists must render separate opinions supporting the benefit of the treatment. Peak View has psychiatrists, experienced in ECT evaluation, available to render 2nd opinions. Additional information may also be found at:

www.mayoclinic.com/health/electroconvulsive-therapy.

To initiate the referral process for Electroconvulsive Therapy at Peak View, please contact Jessica Thomas, R.N., ECT Program Coordinator at 719-355-1035. Information should be faxed to 719-355-1048.