

ECT (Electro Convulsive Therapy)

Definition of ECT: It is the type of treatment consisting of passing an electrical current through the skull between electrodes placed on temporal bone.

Types:

- i) Unilateral ECT.
 - Both electrodes placed on the same side.
- ii) Bilateral ECT:
 - Electrodes are placed at both temples.

Indication:

1. Schizophrenia
2. Depression.
3. Hysteria

Contraindication:

- 1) Systemic diseases involving heart, kidney, lung.
- 2) Pregnancy.
- 3) Osteomalasia and fracture.
- 4) Permanent pace maker.

5) Brain tumors.

Nursing responsibilities before ECT:

1. Explain to the pt. and reassurance
2. Physical examination (checked)
3. Stool/urine for routine examinations.
4. Blood for routine examinations.
5. ECG should be done
6. Chest X-ray and skull X-ray.
7. Light diet at night.
8. Evacuation of bladder and bowel.
9. NPO at morning for ECT date.
10. The temporal joints are cleaned well.
11. Wash the face and head by soap.
12. Clothing should be changed.
13. Artificial ring should be removed.
14. Neurological checked up must be done.
15. Written consent should be taken from the pt or relatives.
16. Artificial denture should be removed.

Nursing responsibilities during ECT:

1. Tight clothing should be lessened.
2. Patient should place on a trolley.
3. A piece of gauze is kept between teeth.
4. A soft gage kept between the teeth to prevent any damage.
5. The jaw is prevented from opening to avoid dislocation of mandible.
6. Then anesthesia given I/V thioperton sodium 150-200 mg.
7. Inj-suxamethonium bromide 250 mg I/V.
8. The electrode are moistened with electrolyte solution (150-200 valts ECT) ECT placed through the temporal lobes with 0.4cc
9. O2 inhalation if necessary.

Nursing responsibilities after ECT:

1. After ECT O2 s given to prevent respiratory distress.
2. Patient should be kept in a recovery room sometimes.
3. Mild analgesic may be prescribed.
4. Observed pt. carefully and reassurance given to return memory quickly.
5. Constant nursing care and observation especially at the midpoint of the treatment.

Complication:

1. Dislocation of jaw and shoulder joint.
2. Crush fracture in vertebral column.
3. Transient disturbance of memory and concentration.
4. Tongue biting
5. Muscles layer.
6. Bone fracture
7. Amnesia for a short time
8. Confusion/restless
9. Prolong aphonia