


CHAPTER: 4	SECTION: 44	SUBJECT: INDIVIDUAL CARE TO CONSUMERS
TITLE: ELECTRONCONVULSIVE THERAPY (ECT)		
EFFECTIVE DATE: 1/21/2016	REVISED/REVIEWED DATE: 10/5/18, 5/21/20, 4/13/21, 10/27/22	
ISSUED AND APPROVED BY:  EXECUTIVE DIRECTOR		

PURPOSE:

I. To ensure that the organization has a system in place to allow for eligible individuals to receive ECT services that are high quality, timely and clinically appropriate to their individual needs.

II. APPLICATION:

All Community Mental Health of Ottawa County (CMHOC) providers and contract providers as specified by contract.

III. DEFINITIONS:

Electroconvulsive Therapy (ECT)

ECT is a medical treatment performed only by a psychiatrist, who is a medical doctor trained in diagnosing and treating mental illnesses. A course of treatment usually consists of six to twelve treatments given three times a week for a month or less. The person is given general anesthesia and a muscle relaxant. When these have taken full effect, the person’s brain is stimulated, using electrodes placed at precise locations on the head, with a brief controlled series of electrical pulses. This stimulus causes a seizure within the brain, which lasts for approximately a minute. Because of the muscle relaxants and the anesthesia, the person feels no pain. The person awakens five to ten minutes, much as s/he would from minor surgery.

IV. POLICY:

It is the policy of CMHOC to make ECT services available to eligible individuals when clinically appropriate, based on medical necessity criteria.

V. PROCEDURES:

CMHOC staff will apply the ECT Operational Guideline when responding to requests for ECT services.

VI. ATTACHMENT:

[ECT Operational Guideline](#)

VII. REFERENCE:

None