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| CHAPTER: 4   | SECTION: 44  | SUBJECT: <b>INDIVIDUAL CARE TO CONSUMERS</b> |
| TITLE: <b>ELECTRONCONVULSIVE THERAPY (ECT)</b>   |  |  |
| EFFECTIVE DATE:<br><b>1/21/2016</b>  | REVISED/REVIEWED DATE:<br><b>10/5/18, 5/21/20, 4/13/21, 10/27/22, 11/13/23</b> |  |
| ISSUED AND APPROVED BY:<br><br>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