



Leicestershire Partnership **NHS**
NHS Trust

ECT App

Dr G Kunigiri

Consultant Psychiatrist

Leicestershire Partnership NHS Trust

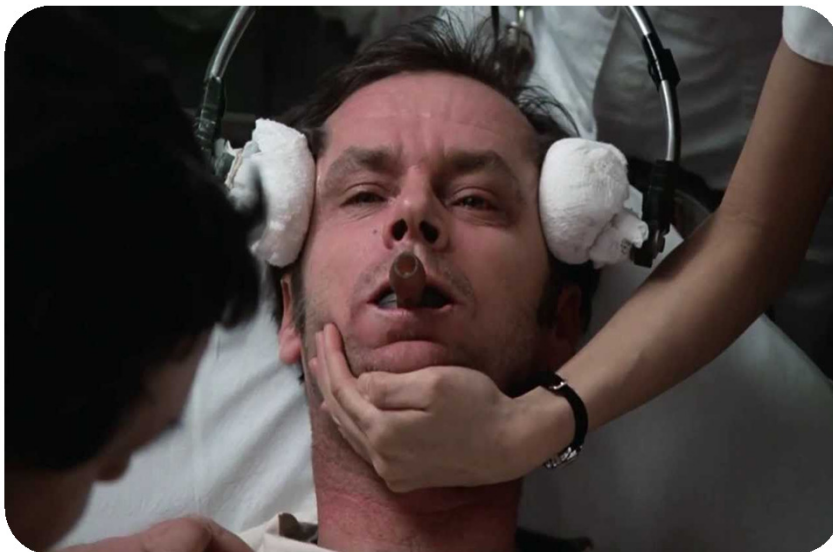
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What is ECT?



- Electroconvulsive therapy (ECT), is a treatment for severe depression
- Small dose of electric current is used to induce seizures
- Used for >75 years

ECT – a controversial treatment



One Flew Over The Cuckoo's Nest

- Treatment considered barbaric
- Memory problems
- Half of the patients treated lack capacity to consent
- Media shows an out dated view of the process

Mental illness is very disabling



- 1 in 4 suffer from mental health problems
- 3 in 100 will experience depression every year
- 4756 suicides in 2015
- Majority had depression

ECT – a life saving treatment?



Patients are carefully chosen under the following categories:

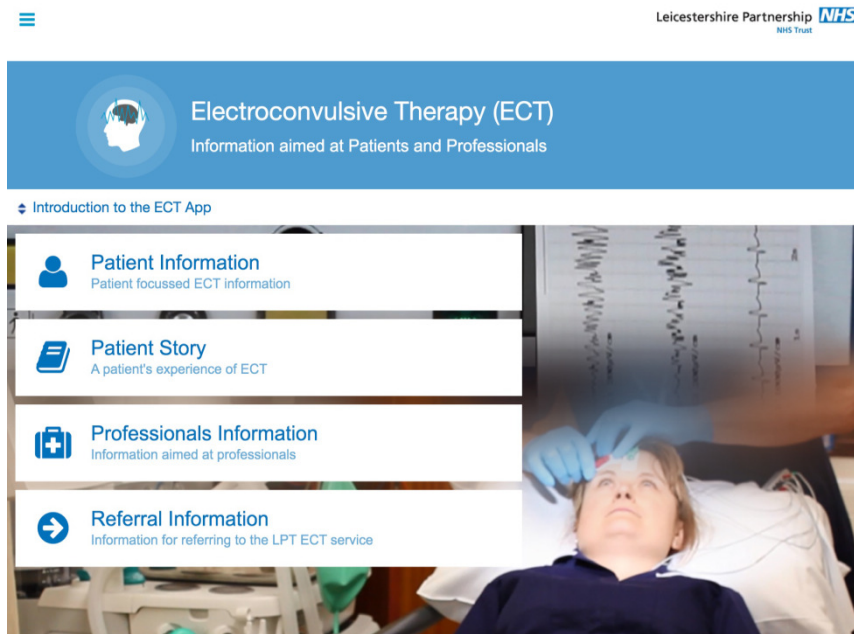
- Severe depression
 - High suicide risk
 - Not eating or drinking
- Catatonia
- Severe mania

ECT is not barbaric



- Given under general anaesthesia
- Use sophisticated machine
- Setting right dose
- EEG monitoring
- Less memory with unilateral treatment

Why develop an ECT App?



- Detailed information to patients to make informed choice
- Use of video to explain the procedure
- To reduce the stigma associated with ECT

How did we develop the App?

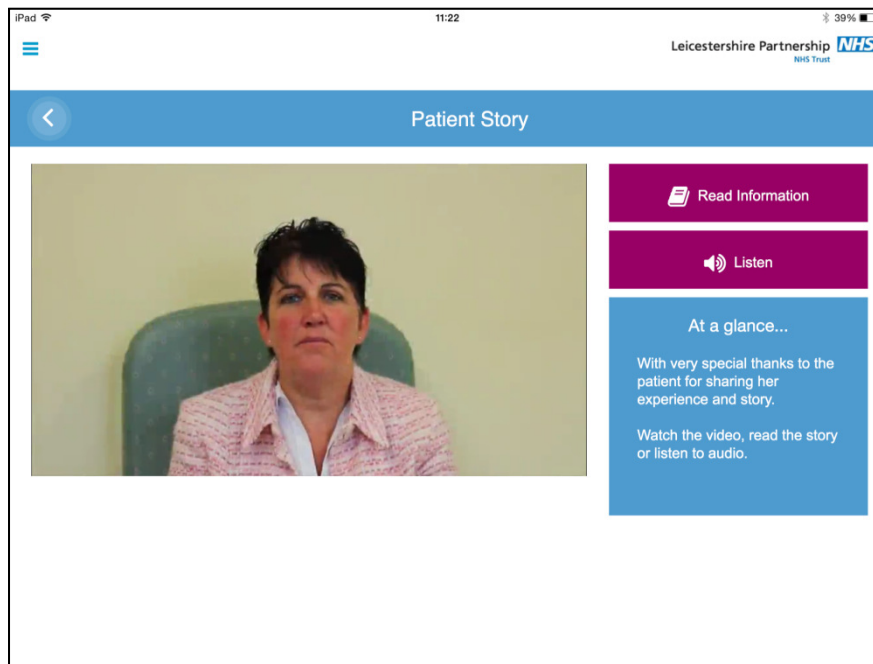


The App was created by the **NHS Leicestershire Health Informatics Service**

Working with the ECT Team at the Bradgate Unit, Glenfield Hospital, to film the video and audio content.

Have an idea for an App? Call us on: 0116 925 3500 option 7

Strengths of the ECT App

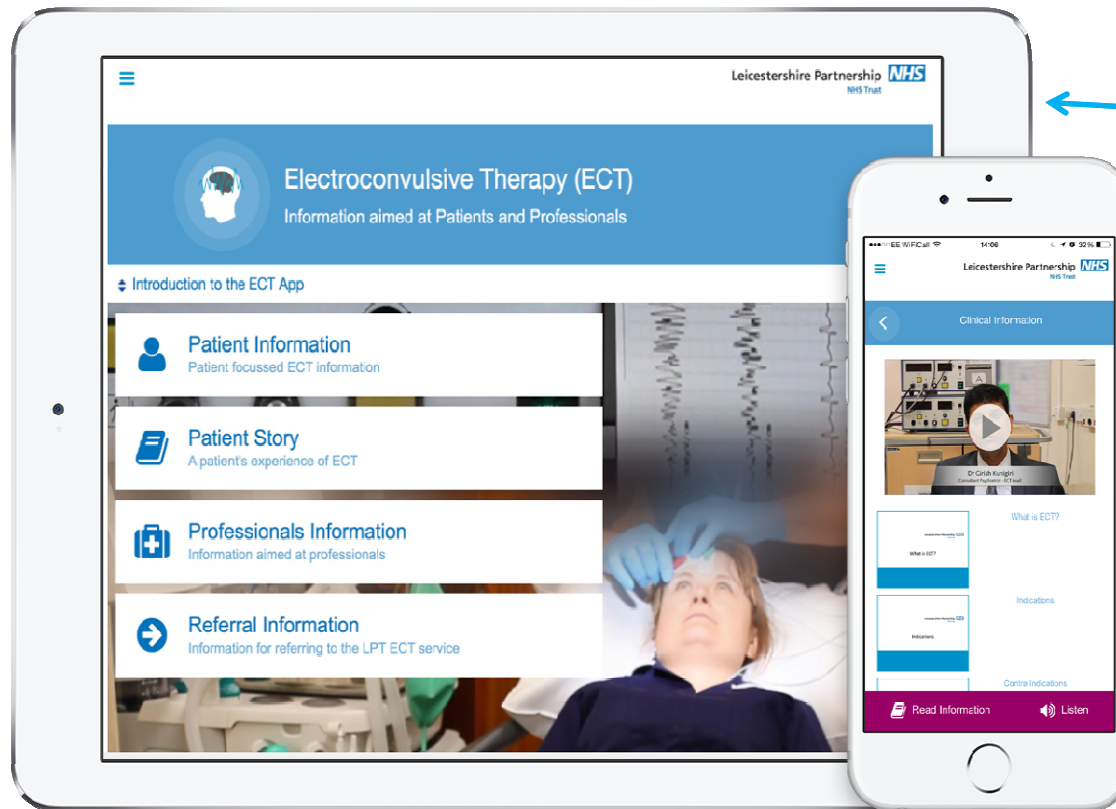


- First of its kind
- Developed by team of NHS experts
- Includes a patient interview: showing both sides of the process
- Demonstrates state-of-art technology

Benefits to patients and carers



- Simple and easy to use
- Option to view the content via video, audio or text
- Has complete patient journey from start to finish
- Option to 'ask the experts'



Free to
download on
any smart
phone/ tablet



Launch and Media Coverage



- Launched at College ECT Meeting November 2015
- Full centre page article in Leicester Mercury 15th February 2016
- BBC Radio Leicester 17th February 2016
- >100 downloads to date



Finally

The ECT App is not a marketing tool or designed to generate profit.

If the App can help to support saving lives, enhance life experience; inform and educate and benefit families and carers then we have accomplished our goals.



Thank You

www.leics-his.nhs.uk/ECTApp