Electro-Convulsive Therapy (ECT) is used to treat severe depression and other mental illnesses. ECT helps patients who cannot use medications or do not respond to medication and/or psychotherapy. ECT is administered by a team of trained medical professionals under the guidance of Roger Laroche, M.D. The procedure utilizes a state-of-the-art Thymatron DGX Machine, with stimulus and superior monitoring capabilities.

Patients who undergo ECT procedures are checked into the Post Anesthesia Care Unit (PACU) at Bradford Regional Medical Center. Post-ECT recovery usually takes about two hours, after which inpatients return to the Psychiatric Unit and day patients to the outpatient ECT recovery area.

The goal of ECT is to produce chemical changes in the brain that can assist with ameliorating depression, relieve symptoms related to other mental disorders, and treat illnesses that affect the ability to control movement.

**FACTS**
- Studies show that it is highly unlikely to have trouble forming new memories following ECT.
- Patients feel no discomfort during the ECT procedure.
- Body movement is normally very mild during ECT. Muscle relaxants are provided to prevent shaking, jerking, muscle strain or other side effects.

**REFERRAL PROCESS**
- Referrals can be made by calling 814.362.8511 on Monday through Friday from 8:00 a.m. to 4:00 p.m., or evenings and weekends by calling the Psychiatric Unit at 814.362.8319.
- Psychiatrist referral is required.

**ADMISSION REQUIREMENTS**
- A pre-requisite medical assessment is necessary. Assessment includes a thorough history and physical examination, brain MRI, thoracic spine x-ray, chest x-ray and lab work. An internal medicine physician or family physician then provides medical clearance in order for treatment to begin.
- 18 years of age or older

**INSURANCES**
- Behavioral Health Services is an approved provider for most commercial insurance plans, including Medicaid and Medicare.

**THERAPEUTIC TEAM**
- Psychiatrist
- Anesthesiologists
- Certified Registered Nurse Anesthetists
- Registered Psychiatric Nurses
- Registered Anesthesiology Nurses
- Certified Nursing Assistants

**THERAPEUTIC STRUCTURE**
- Administered Monday, Wednesday and Friday mornings
- Number of treatments vary from patient to patient

**FAMILY EDUCATION**
- Educational materials are available through an ECT Psychiatric Registered Nurse