



BEHAVIORAL HEALTH ECT SERVICES

DEAR MEDICAL PROVIDER:

Your patient has decided to pursue a course of electroconvulsive therapy (ECT) for their mental health condition. In case you are not familiar with ECT, it involves a series of treatments (usually six to 18) in which the patient undergoes 10–15 minutes of general anesthesia at Ascension Saint Thomas Behavioral Health Hospital. Using a brief transcranial electrical stimulus, a brief seizure is induced, causing transient increases in BP and HR, for which short-acting beta blockers are used if indicated.

In order for us to move forward with treatments for your patient, we asked them to contact your office to obtain the items indicated below and your medical recommendation for any additional work-up the patient may need to optimize their health prior to ECT treatment.

LABS NEEDED (IF NOT ALREADY DONE):

- EKG with interpretation within the past year
- BMP within past 30 days
- CBC within past 30 days
- Other _____

HISTORY AND PHYSICAL NEEDED:

Completed in the past year (can be an addendum to prior history and physical completed in the past year). Be sure to include any updated diagnoses, a neurological exam, recommendations for adjusting diabetic medications when patient needs to be NPO, assessment of risk for ECT procedure based on medical history (i.e., low, moderate, high) and any other recommendations for additional work-up prior to procedure to mitigate risk.

Please fax all results to **(629) 228-7951**.

We appreciate your assistance in preparing your patient for ECT treatments. Please feel free to contact us at (615) 813-1880 with any questions or concerns.

Thank you,

*Ascension Saint Thomas Behavioral Health Hospital
Brain Stimulation-ECT Services*