

# ECTAS Newsletter

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Edited by Nicola Scanlon



COLLEGE CENTRE FOR QUALITY IMPROVEMENT

Hello and welcome to the eighth edition of the ECT Accreditation Service newsletter. ECTAS is member-led and promotes an inclusive, interactive approach to quality improvement. If you would like to write an article in our next newsletter please get in touch (details on p3)

## NEWS

### The ECTAS Team

For those of you who have recently joined us, here's an overview of the ECTAS team and our roles:

**Joanne Cresswell:** Jo is our Programme Manager and Nurse Adviser. She is currently a part-time ECT nurse for SLaM NHS Trust, and also manages the AIMS project

**Chloë Hood:** Chloë is the Deputy Programme Manager, and also works on the AIMS project.

**Nicola Scanlon:** Nicola is the Quality Improvement Worker for ECTAS. She monitors the discussion group and will normally be your first point of contact for general ECTAS queries.

### Update

ECTAS currently has 97 member clinics. Many of our clinics have been through a second ECTAS cycle, with 32 being reaccredited. 11 of these progressed to excellence during cycle 2.

### NALNECT Conference

Nicola and Jo attended the NALNECT conference, and Jo presented on behalf of ECTAS. We enjoyed meeting staff from some of our member clinics, and hope you enjoyed the day.

### NALNECT Nurse Award Update

The closing date for applications for this award has been brought forward to 26th September to allow for the judging panel to include the NALNECT Chair, a Service User, a Senior Representative from the RCN and a Lead ECT Consultant. For further information please email [rebeccaauton@aol.com](mailto:rebeccaauton@aol.com).

### Competencies and nurse training

Preparations for the ECT nurse training course are well underway. There will be three courses, two in London and one in Leeds. The flyers can be downloaded from our website, [www.ectas.org.uk](http://www.ectas.org.uk).

Psychiatrist competencies have been circulated, and we have received some useful feedback. Competencies for other ECT specialties are being developed and will be circulated shortly.

### Memory testing and ECT

Chris Freeman circulated a summary about memory testing and ECT, and recommended that clinics should be using the AMI-SF and the modified MMSE after the ECT course and during follow-up appointments. The AMI is currently being piloted in various member clinics in the UK and further recommendations will be made based upon the results of this pilot stage. ECTAS would be interested to hear what you and your patients think about the memory tools.

### Protocols

Many of you have been asking about sample protocols. Most of these have been devised and will be available to download from the ECTAS/NALNECT website shortly.

### Second National Report

The second ECTAS National report has now been published. The report compares performance between the first and second cycles and looks at amalgamation of units and the patient experience. The report is available to download from [www.ectas.org.uk](http://www.ectas.org.uk).

## The Plymouth ECT Information and Support Group, by David Hay

David was kind enough to tell us about the work that the Plymouth support group has been doing in Glenbourne.

### **Background**

The Plymouth Information & Support Group was set up in August 2006 at the Glenbourne Unit. It was given a £1000 grant by CSIP to help with running costs.

### **Who's Involved?**

The Support group is a voluntary service. It is run by service users and includes a service user who has had first-hand experience of ECT. The service was set up with the support of The Glenbourne Unit Acute Care Forum and Plymouth & District MIND association.

### **What does the service provide**

We offer information and support to all patients who are considering or currently having ECT at Glenbourne Unit, and produce up-to-date information on the treatment of ECT and discuss any issues that

may arise with patients. The information is not only about ECT but also any alternatives available. Support is offered to the patients if needed. We aim to empower service users by making sure that they have every opportunity to fully discuss the treatment of ECT, and are supported in whatever decision they make.

### **What's happened so far?**

The service has provided information and support to inpatients at Glenbourne, including helping a patient undertaking ECT to discuss concerns with their consultant, and chatting to patients considering ECT. We have established a good relationship with the staff at Glenbourne and Bodmin. Through Andy Jago at Bodmin we have been able to attend and present at the SW Nurses Conference. We attended the NALNECT conference in Leicester and got the chance to inform people about our service. We hope to carry on with the good work and hopefully see more patients who need information and support with regard to ECT.

## Email Discussion Group Update

The ECTAS email discussion group has been very active in the last few months.

We encourage members to post queries, exchange ideas on current practice and offer their opinion on contentious issues. We also welcome comments and questions about the ECTAS standards and all aspects of the accreditation process ([www.ECTAS.org.uk](http://www.ECTAS.org.uk))

### Recent Queries and Debate

#### **Driving Insurance**

Dr Shaun Kerwick queried the implications of ECT for driving insurance. The current ECTAS standard specifying 24 hours relates to the after effects of anaesthesia, rather than the implications of ECT and the patient's illness on driving insurance. Chris Freeman responded that patients should not drive during the ECT course, but asked when should patients begin to drive after a course of ECT. The Special Committee contacted the DVLA, which says that all patients with psychosis including psychotic depression must not drive until 3 months after recovery. Patients with moderate and severe depression should also not drive until 3 months after recovery. Given this it seems highly likely that nearly all patients ill enough to have ECT will meet the DVLA threshold for not driving. ECTAS will consider incorporating DVLA guidance into their standards.

#### **Tendon Repair**

Pip Wilson asked about ECT for a patient with a recent tendon repair to their wrist. Ross Clark responded that the anaesthetist should consider giving a larger dose of muscle relaxant, and other respondents agreed.

#### **ECT DVD**

Dr Rupert McShane's offer to share the Oxford ECT DVD prompted an influx of DVD requests. If you do have a copy, please send your feedback to Dr McShane. We still have a few copies here in the ECTAS office, so email us if you would like one.

#### **Choice of anaesthetic**

John Leyden asked about choice of anaesthetic, and for recent literature comparing methohexitone and propofol. George Kirov outlined various studies, and Declan Mcloughlin circulated the abstract of his paper comparing methohexitone, propofol and etomidate, which found that propofol was associated with a longer seizure duration and a longer treatment course.

Another anaesthesia related question came from Vimal Sivasanker who asked about dedicated sessional time for the anaesthetist and what drugs are needed in the clinic. John Bowley responded by pointing out that if the consultant anaesthetist was in regular attendance there would be less dispute over the drugs needed in the clinic. Simon Turner outlined the situation in Cumbria, where the clinic failed to achieve ECTAS accreditation because of their anaesthetic provision.

# ECTAS Member Clinics

Member clinics that have not yet been accredited/re-accredited and are currently in the process of self- or peer-review

Addenbrookes Hospital, Cambridge  
Broadmoor, Berkshire  
Bradgate Unit, Leicestershire  
Brandon Unit, Leicestershire  
Chatterton House, West Norfolk  
Fairfield Hospital, Bury (Dormant)  
The Gables, Peterborough  
Harplands ECT Clinic, Stoke-on-Trent  
Huntingdon ECT Clinic  
John Connolly, West London  
John Elliot Clinic, Birch Hill Hospital (Dormant)

Julian ECT Clinic, Norfolk  
Kinwell Treatment Centre, Kettering  
Minsmere House, Ipswich  
Northgate Clinic, Carlton Court, Lowestoft  
Pendle View, Royal Blackburn Hospital  
Princess Grace Hospital, London  
Queen Elizabeth Psychiatric Hospital, Birmingham  
St Georges Hospital, Staffordshire  
Wedgwood Clinic, Bury St Edmonds  
Wellsprings ECT Clinic, Somerset  
Woodbury Unit, London

## Accredited Clinics (\* =with excellence)

Ablett Unit, Debigshire  
Airedale Hospital, West Yorkshire  
Arundel ECT Suite, Middlesbrough\*  
Barnes Hospital, London  
Becklin Centre, Leeds  
Bethlem Royal Hospital, London  
Bodmin Hospital, Cornwall\*  
Briary Wing, Harrogate  
Broadoak Unit, Broadgreen Hospital, Liverpool\*  
Bushey Fields Hospital, Dudley\*  
Calderdale Hospital, Halifax\*  
Callington Road Hospital, Bristol  
Carol Foster Unit, Oxleas, Sudcup  
Cefn Coed ECT Suite, Swansea  
Charlton Lane  
Chase Farm, London  
Cheadle Royal Hospital, Cheadle  
Cherry Knowle, Sunderland\*  
Clatterbridge Hospital, Wirral  
Coity Hospital, Bridgend  
Dorothy Pattison Hospital, Walsall\*  
Downshire Hospital, Downpatrick\*  
Edward Street Hospital, West Bromwich  
Elm Mount\*  
Farnham Road Hospital  
Fieldhead Treatment Centre, Wakefield\*  
Forston Clinic, Dorset  
Galway, Ireland  
Glenbourne Unit, Plymouth\*  
Grafton Treatment Centre, Worcester\*  
Green Lane, Devizes  
Hadrian Clinic, Newcastle General Hospital  
Hafan Derwen ECT Clinic, Camarthenshire\*  
Hartington Unit, Chesterfield  
Ladywell Mental Health Unit, Lewisham  
Lagan Valley Hospital, Lisburn\*  
Lakeview Clinic, Coventry

Longley Centre, Sheffield  
Maudsley Hospital, London \*  
Millbrook Hospital, Nottingham  
Miranda House, Hull  
Morecambe Bay  
Needham Suite, York  
Park House Hospital, Manchester  
Parkwood ECT suite, Blackpool\*  
Princess Marina Hospital, Nottingham  
Priory Hospital, Roehampton  
Prospect Park Hospital, Reading\*  
Purbeck Suite, Poole\*  
Queens Medical Centre, Nottingham  
The Riverside Clinic, Uxbridge  
Royal Oldham Hospital  
Royal Preston Hospital  
Saffron Suite, Wolverhampton  
Sevenacres, St Mary's Hospital, Isle of Wight\*  
Shelton Hospital, Shrewsbury  
Springfield Hospital, London  
St Patrick's Hospital, Dublin  
Stepping Hill, Stockport  
St Georges Hospital, Morpeth\*  
Stonebow Unit, Hereford  
Sutton Hospital, London  
Tameside Hospital, Ashton-under-lyne  
The Mount, Leeds  
Torbay Hospital  
Warneford Clinic, Oxford  
Waterford Regional Hospital  
West Park, Darlington  
Whiston Hospital, Prescot\*  
Whitchurch Hospital, Cardiff  
Wigan & Leigh Hospital  
Worthing ECT Unit\*  
Wrexham ECT Unit  
Wotton Lawn, Stroud

## ECTAS

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