

 <p>Connecticut Valley Hospital Nursing Policy and Procedure</p>	<p>SECTION C: PHYSIOLOGICAL ADAPTATION</p> <p>CHAPTER 10: PSYCHIATRIC INTERVENTIONS AND SPECIAL PROCEDURES</p> <p>Policy and Procedure: 10.8 Electro-Convulsive Therapy</p>
<p>Authorization: Nursing Executive Committee</p>	<p>Date Effective: May 1, 2018 Scope: Connecticut Valley Hospital</p>

Standard of Practice:

The Registered Nurse will properly prepare the patient for Electro-Convulsive Therapy (ECT) and monitor the patient after ECT for any complications.

Standard of Care:

The patient can expect to be properly prepared for ECT and to receive supportive care throughout the procedure.

Policy:

The patient shall be prepared for ECT following the protocol dictated by Connecticut Valley Hospital in conjunction with the treating facility. A physician's order shall be written and informed consent from the patient or responsible party shall be obtained.

Procedure:

1. Refer to the CVH Operational Policy and Procedure, Electro-convulsive Therapy **2.19** which details medical staff responsibilities to assure ECT is used with adequate justification, documentation and regard for patient safety.
2. Nursing staff provide education regarding the procedure to help patients resolve any fears or questions that may arise.
3. Nursing staff prepare the patient for ECT as noted below:
 - a. Complete ECT-Patient Preparation Checklist. Original for treating facility; copy for Medical Records.
 - b. Based on MD order, maintain NPO status **and begin 1:1 or C/O status on night shift prior to appointment per MD Order.**
 - c. Follow specific treatment facility guidelines.
 - d. Assign nursing staff to accompany **and remain** with patients at treating facility. ECT-Patient Preparation Checklist and Consultation Form are brought with the

patient.

4. The RN follows post ECT treatment orders established by the Physician.
5. Provide reassurance and re-orientation to the patient as he/she may be confused or forgetful after an ECT treatment. The following guidelines may be helpful in assisting the patient.
 - a. A simply structured day may help. Offer frequent explanations as to what is happening and write this down for the patient.
 - b. If necessary, ensure that the patient is safe, particularly with ambulation, so the patient does not fall or get lost.
 - c. Patient may tolerate small groups better than large ones.