



## Publication Summary

# Scottish ECT Accreditation Network Annual Report

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## About this Release

This report summarises data collected from all Electroconvulsive Therapy (ECT) treatment clinics in Scotland for 2012. Data are presented in relation to patient characteristics, legal status, diagnosis, interventions and clinical outcomes.

## Key Points

- In 2012 there were 362 patients who received ECT, relating to 434 episodes of treatment.
- The most prevalent *primary diagnosis* for patients starting an episode of ECT was a depressive episode without psychosis (44%).
- The most common *indication* for treatment was medication resistance to antidepressants (61%). In a total of 9% of episodes, patients received ECT as a life-saving procedure.
- The majority (68%) of episodes involved patients who were capable of giving informed consent.
- Overall, 67% of patients showed a definite improvement after completing an episode of ECT.
- The proportion of patients who showed a definite improvement after an episode of ECT was slightly higher for patients without capacity (i.e. unable to give informed consent) (74%), than with capacity (57%), possibly reflecting more serious illness in the former group.
- The most frequently recorded side effect was headache (31%).
- Critical incidents occurred in five (0.1%) treatments.
- The majority of patients (70%) treated since the current SEAN audit began (2005) have received ECT treatment only once.

## Background

The Scottish Electroconvulsive Therapy (ECT) Accreditation Network (SEAN) is a national clinical accreditation network with membership which includes Consultant Psychiatrists, Consultant Anaesthetists, ECT Nurses, Operating Department Practitioners and Recovery Nurses. The Steering Group in addition has representatives from the Scottish Government and the Mental Welfare Commission for Scotland. There is also a SEAN Reference Group consisting of service users, carers & service users agencies which provides feedback and advice on care and treatment from the patient and carer's perspective. The CONECTS sub-group (Committee Of Nurses at ECT in Scotland), for nurses involved with the delivery of ECT, aims to enhance the quality of care through continual education.

SEAN strives to deliver the three Quality Ambitions outlined in the Healthcare Quality Strategy for NHS Scotland; **patient-centred**, **safe** and **effective** care. As well as reporting annually on data collected from ECT clinics, SEAN continues its original remit to audit and provide accreditation to ECT services in Scotland.

## Contacts

Dr Grace Fergusson  
SEAN Chairman  
[Grace.fergusson@nhs.net](mailto:Grace.fergusson@nhs.net)  
01546-604908

Mrs Linda Cullen  
SEAN Clinical co-ordinator  
[Linda.cullen2@nhs.net](mailto:Linda.cullen2@nhs.net)  
0131-275-6382

Mr David Murphy  
Senior Information Analyst  
[david.murphy2@nhs.net](mailto:david.murphy2@nhs.net)  
0131-275-6624

## Further Information

Further information can be found in the [full report](#)  [1.2Mb], on the [SEAN website](#) or on the [ISD website](#).

### About ISD

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