



## PUTTING YOU FIRST

At TPH we are committed to delivering excellence in psychiatric care and quality services that promote mental health and wellbeing. Our professional team will support you through every step of your treatment program and offer genuine compassion and care.

We are a family-owned private hospital certified to the ISO 9001 Quality Management Systems Standard, the National Safety and Quality Health Service Standards and the National Accreditation Standards for Trauma Recovery (Posttraumatic Stress Disorder) Programs.

Our treatment and services are designed to demonstrate respect, understanding and focus on you as an individual. Each specialised program is delivered by experienced mental health practitioners including psychiatrists, senior psychiatry registrars, psychologists, registered and enrolled nurses, occupational therapists and social workers.

Every detail at TPH has been considered to ensure you feel safe, comfortable and experience a positive treatment environment.

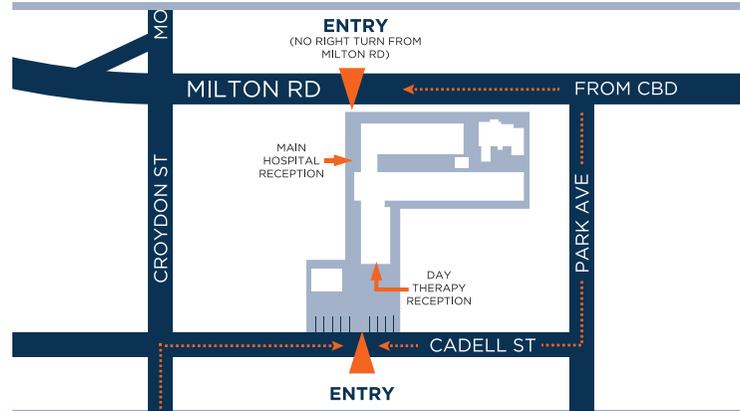


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At TPH we provide a range of programs tailored to meet the needs of patients including:

- Employment Related Trauma Recovery Program
- Cognitive Behavioural Therapy (CBT) Anxiety Program
- CBT Mood Disorders Program
- Tailored Therapy Program
- Repetitive Transcranial Magnetic Stimulation
- Electroconvulsive Therapy
- Assertive Community Treatment Program
- Mobile Recovery Support Service - Pilot Program

We also offer specialised treatment for military and ex-military personnel including:

- Trauma Recovery Program
- Trauma Relapse Prevention Program
- Anger Management Program
- Alcohol Day Treatment Program

The information in this brochure is not intended as a substitute for professional medical advice, diagnosis or treatment.



# ELECTROCONVULSIVE THERAPY



NSQHS



TRPS



Quality ISO 9001



## ADDITIONAL THERAPY OPTION TO HELP TREAT PEOPLE WITH SEVERE DEPRESSION, MANIA AND SCHIZOPHRENIA

Toowong Private Hospital (TPH) offers Electroconvulsive Therapy (ECT), a form of brain stimulation, to treat severe clinical depression, and sometimes other conditions such as mania and schizophrenia.

ECT is commonly used to treat people who are at high risk because of their mental illness, find their mental illness disabling or distressing and have not responded to other treatments, or have found ECT to be an effective treatment in the past.

At TPH we only provide ECT at the request of your referring psychiatrist and with your informed consent. This means you must be able to understand, remember and weigh up the information given to you before making and sharing your decision. Occasionally patients who cannot provide informed consent may require ECT. In this rare circumstance, a second opinion is arranged from an independent, expertly advised legal tribunal called the Mental Health Review Tribunal (MHRT); ECT treatment will only proceed with MHRT approval.

This brochure is a summary only. You will be provided with comprehensive information on the benefits, risks and side effects of ECT by your psychiatrist and our staff. We will also provide printed material, an informational video and links to online information to help you make your decision.

### Electroconvulsive Therapy

TPH's medical and nursing staff are trained to provide specialised expert care to you during ECT treatment.

Before each ECT treatment session you will be given a general anaesthetic and muscle relaxant before a small and carefully controlled dose of electrical stimulation is applied to specific areas of your brain to produce a controlled seizure. During treatment, you will be monitored closely including your brain, heart and respiratory function so we can optimise your treatment. The whole process will only take a few minutes.



After a few minutes, you will wake up in our Recovery Suite where you will be monitored and have some light refreshments. Side effects of ECT are mild and tend to resolve within a couple of hours. They may include headache, sore muscles, nausea and/or confusion. A few people find they may need some medicine to help with the headaches or nausea.

After your recovery time you can return to the ward or home (depending on whether you are an inpatient or day patient). Because of the general anaesthetic, you should stay with a responsible person until the next day and avoid doing the following activities for 24 hours:

- Drive a vehicle or operate machinery
- Make important financial decisions or sign legal documents
- Attend work
- Take alcohol or other drugs (except as prescribed).

You might have some concerns about ECT and its effect on memory. Short-lived memory effects are expected and your memory of the ECT treatment is likely to be patchy. More significant problems with memory have been reduced with modern ECT treatment; problems rarely extend beyond the treatment period. Any difficulty forming new memories generally resolves within a few days of completing treatment and longer lasting memory problems are very uncommon.

