

RTI Release Notes

Purpose of release notes

The purpose of these release notes is to provide information regarding the use of electroconvulsive therapy (ECT).

- Modern ECT is a safe and effective treatment option for many conditions, including severe depression, bipolar disorder and some acute psychotic conditions.
- Decisions to use ECT are made very carefully by highly qualified clinical staff, based on a thorough assessment of the patient's clinical condition and the goal of delivering the best outcomes.
- ECT is a regulated treatment under the *Mental Health Act 2016* (MHA 2016) and can only be administered:
 - for a minor - with the approval of the Mental Health Review Tribunal; or
 - for an adult - with the adult's informed consent or the approval of Tribunal.
- ECT may also be administered in emergency circumstances to save a person's life or prevent the person suffering irreparable harm.
- The Mental Health Review Tribunal must appoint legal representation for all persons (at no cost to the person) in relation to all hearings where ECT is being considered.
- Queensland Health uses national and international evidence to inform practices relating to ECT, including the Royal Australian and New Zealand College of Psychiatrists (RANZCP) Position statement 74 Electroconvulsive Therapy available at [https://www.ranzcp.org/news-policy/policy-submissions-reports/document-library/electroconvulsive-therapy-\(ect\)](https://www.ranzcp.org/news-policy/policy-submissions-reports/document-library/electroconvulsive-therapy-(ect))
- The Queensland Guideline for the Administration of Electroconvulsive Therapy provides recommendations regarding best practice for the administration of ECT in Queensland authorised mental health services. The Guidelines is available at https://www.health.qld.gov.au/_data/assets/pdf_file/0028/444763/2018_Guideline-for-the-administration-of-Electroconvulsive-Therapy-v0.7.pdf
- Queensland Health highly regards and values the role consumers, carers and families play in treatment and care. Resources developed to provide information and assist include:
 - A Guide to Electroconvulsive Therapy (ECT) for Consumers and Carers https://www.health.qld.gov.au/_data/assets/pdf_file/0027/726606/ECT-Booklet-2018_v007.pdf
 - Information about Electroconvulsive Therapy (ECT) brochure https://www.health.qld.gov.au/_data/assets/pdf_file/0028/726607/ECT-brochure-2018_v007.pdf
 - Videos developed by the Gold Coast Hospital and Health Service
 - ECT - The Whole Story <https://www.youtube.com/watch?v=ljoS31JC0As>
 - The ECT Journey <https://www.youtube.com/watch?v=HEot7ow3yfk>
- Sensationalised reporting about ECT reinforces myths within the broader community and contributes negatively to stigma for those that have received or may be considering this treatment. There are a range of resources available to support responsible reporting about mental illness and treatments. These include:
 - Australian Government's Mindframe National Media Initiative at www.mindframe-media.info
 - SANE Media Centre at www.sane.org.

Admitted patient episodes of care, patients and total number of treatments for 'Electroconvulsive Therapy (ECT)' procedures, public and private hospitals, Queensland

Statistical Services Branch

| ECT procedures ³ | Urgency of admission as | | | Urgency of admission as | | | Urgency of admission as | | |
|---|-------------------------|------------------------|---------------------------------------|-------------------------|------------------------|---------------------------------------|-------------------------|------------------------|---------------------------------------|
| | TOTAL | Emergency ⁷ | Involuntary legal status ⁸ | TOTAL | Emergency ⁷ | Involuntary legal status ⁸ | TOTAL | Emergency ⁷ | Involuntary legal status ⁸ |
| | 2015/2016 | | | 2016/2017 | | | 2017/2018 | | |
| Episodes of Care | | | | | | | | | |
| Age groups | | | | | | | | | |
| 00-09 years | - | - | - | - | - | - | - | - | - |
| 10-15 years | 1 | 1 | - | - | - | - | - | - | - |
| 16-17 years | 26 | 3 | 8 | 3 | 2 | 2 | 5 | 2 | 2 |
| 18-65 years | 6,080 | 551 | 957 | 5,571 | 492 | 860 | 6,171 | 464 | 899 |
| 66-80 years | 1,439 | 124 | 248 | 1,180 | 89 | 172 | 1,066 | 74 | 154 |
| 81 years or more | 378 | 44 | 142 | 344 | 24 | 93 | 318 | 17 | 44 |
| Total Episodes - all ages | 7,924 | 723 | 1,355 | 7,098 | 607 | 1,127 | 7,560 | 557 | 1,099 |
| Distinct patients⁴ | | | | | | | | | |
| Age groups | | | | | | | | | |
| 00-09 years | - | - | - | - | - | - | - | - | - |
| 10-15 years | 1 | 1 | - | - | - | - | - | - | - |
| 16-17 years | 8 | 2 | 6 | 3 | 2 | 2 | 5 | 2 | 2 |
| 18-65 years | 1,319 | 416 | 424 | 1,097 | 345 | 346 | 1,149 | 341 | 335 |
| 66-80 years | 246 | 79 | 70 | 236 | 72 | 67 | 216 | 66 | 63 |
| 81 years or more | 77 | 32 | 34 | 68 | 21 | 27 | 60 | 17 | 17 |
| Total distinct patients - all ages⁵ | 1,642 | 528 | 531 | 1,396 | 440 | 441 | 1,424 | 426 | 415 |
| Total Number of treatments⁶ | | | | | | | | | |
| Age groups | | | | | | | | | |
| 00-09 years | - | - | - | - | - | - | - | - | - |
| 10-15 years | 7 | 7 | - | - | - | - | - | - | - |
| 16-17 years | 98 | 20 | 68 | 28 | 16 | 16 | 53 | 34 | 34 |
| 18-65 years | 16,544 | 3,231 | 4,166 | 14,279 | 3,025 | 3,446 | 15,107 | 2,808 | 3,318 |
| 66-80 years | 2,934 | 585 | 554 | 2,599 | 584 | 464 | 2,575 | 604 | 549 |
| 81 years or more | 929 | 229 | 332 | 819 | 166 | 217 | 806 | 176 | 142 |
| Total number of treatments - all ages | 20,512 | 4,072 | 5,120 | 17,725 | 3,791 | 4,143 | 18,541 | 3,622 | 4,043 |

Notes:

- Includes public acute, public psychiatric and private acute hospitals
- Excludes posthumous organ procurement and boarders.
- ECT procedures identified as ICD-10-AM block code 1907 - Electroconvulsive therapy.
- Number of patients are only distinct within the same hospital and age groups.
- Individual age groups cannot be cumulated to form a total 'all ages' as a change in age group category during the period will result in multiple counting.
- Total number of treatments are based on episodes of care multiplied by number of treatments per episode.
Number of treatments are identified as either the last 2 digits in the ICD code string for ECT or the number of anaesthesia codes in block 1910.
Different methods are applied over the period due to change in ICD-10-AM coding versions but has no impact on reported numbers.
- Urgency of admission - Emergency: An emergency admission is an admission of a patient for care or treatment which, in the opinion of the treating clinician, is necessary and which should occur within 24 hours.
Episodes with emergency admission indicator and undergoing ECT procedures have a designated psychiatric ward stay at some stage during the hospital stay, and of these approximately 95% have a principal diagnosis of a mental health disorder.
- Involuntary legal status - Provides an indication that a person was treated on an involuntary basis under the relevant state mental health legislation, at some point during the hospital stay. Involuntary patients are persons who are detained under mental health legislation for the purpose of assessment or provision of appropriate treatment or care.

Source: Queensland Hospital Admitted Patient Data Collection (QHAPDC), Statistical Services Branch, Department of Health, Queensland

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