



ELECTROCONVULSIVE THERAPY (ECT) USE IN PSYCHIATRY

Scott Dewhirst, MD, Psychiatrist, Sansum Clinic

Much of the stigma attached to electroconvulsive therapy (ECT) is based on early treatments in which high doses of electricity were administered without anesthesia, leading to memory loss, fractured bones and other serious side effects. ECT is much safer today. In fact, ECT is among the safest and most effective treatments available for depression.

Electroconvulsive therapy can provide rapid, significant improvements in severe symptoms of several mental health conditions. ECT's effectiveness in treating severe mental illnesses is recognized by the American Psychiatric Association, the American Medical Association, the National Institute of Mental Health, and similar organizations in Canada, Great Britain and many other countries. Dr. Dewhirst's talk will cover a brief history of ECT and some of the stigma associated that led to a decline in the use of ECT across the United States. He will also review the indications and contraindications for use of ECT, including the efficacy of ECT, with particular focus on treatment of depression.

After attending this presentation participants will be able to:

1. Identify the history and stigma associated with ECT
2. Recognize the indications for treatment of mental illness with ECT
3. State the expected treatment course, efficacy and side effects of ECT

Dr. Dewhirst attended medical school at The University of New Mexico School of Medicine, then completed his internship in internal medicine at The University of New Mexico Hospital. He went on to finish residency in psychiatry at Johns Hopkins Hospital where he was chief resident in his final year. As chief resident, he focused on brain stimulation for the treatment of psychiatric illness. After completing residency in 2018, he joined Sansum Clinic, where he is currently working as a general outpatient psychiatrist.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its June 2019 presentation.

Wednesday, June 12, 2019

Noon to 1:30 PM

**Santa Barbara Cottage Hospital
Amphitheatre**

CONTINUING EDUCATION

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

Program Coordinators

Cynthia Manigault, RN, BSN

Carole Reynolds Ingraham,
LMFT

Education Consultant

Christine Block, MSN, RN, CNRN

Water and coffee will be offered.