

# **National ECT guidelines Norway**

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# Conclusions

- **Do we have National ECT guidelines in Norway? No**
- **Will we get National ECT guidelines in Norway? Yes**
- **Do we need National ECT guidelines in Norway? Yes**
- **Do clinicians want National ECT guidelines in Norway? Probably**

# **Will we get National ECT guidelines in Norway? Yes**

- The Norwegian Directorate of Health has long been aware of the need for more knowledge and professional norms related to the use of electroconvulsive therapy (ECT) in Norway (Project plan for The Norwegian Directorate of Health, July 12)

# When do we get them? Deadlines

- Hearing Meeting on the project plan in April 2012
- Workgroup established by the end of June 12
- First meeting of the working group in August 2012
- Reports from the Knowledge Centre by Fall 2012
- The draft (National guidelines) in autumn 2013
- There will be ECT guidelines ready for use primo 2014

# Extent / appraisal (1)

There is a need to develop guidelines and recommendations related to the following overarching questions:

- at what indications may one recommend ECT?
- how should ECT be administered (practical performance)?
- what type of equipment and expertise should be available at hospitals offering ECT?
- what procedures should be available for information and consent when administering ECT?

# Extent / appraisal (2)

- The guidelines should also investigate ethical and legal issues, effects, side effects, long term efficacy and patient safety.
- It is important that the project maintains the **user perspective**. Summed user experiences will be clarified through a report from **The Norwegian Knowledge Centre for the Health Services ((NOKC))**

# **The Norwegian Knowledge Centre for the Health Services (NOKC) (1)**

- supports the development of quality in the health services by summarising research, promoting the use of research results, contributing to quality improvement, measuring the quality of health services, and working to improve patient safety
- The knowledge centre is organised under the Norwegian Directorate of Health but is scientifically and professionally independent.

# The Norwegian Knowledge Centre for the Health Services (NOKC) (2)

- The Knowledge Centre has since 2008 worked to summarize research on ECT in depression. They will in agreement with Cochrane Collaboration complete a previously scheduled Cochrane review.
- Review will summarize user experiences with ECT and memory problems as well as efficacy of ECT in depression.
- The project is very extensive and collaboration with the Cochrane Collaboration have resulted in delays. It is believed that the Review will be available in mid-2012. Projectleader at the Knowledge Center is a psychiatrist Kari Ann Leiknes.



# National registration

- There is a need to establish national systems for recording various aspects of ECT:
  - scope (the number of patients receiving ECT, and on what indications)
  - method of administration (procedures, equipment and expertise)
  - side effects (short and long term)
  - adverse effects
- It should be related to the guideline project to consider the types of national registration which will meet the need for data management and data that can support local and regional quality work.  
(Project plan for The Norwegian Directorate of Health, July 12)

# Do clinicians want National ECT guidelines in Norway?

- I did a qualitative study with focus group interviews with national experts at the NACT meeting in Ystad in Sweden 2009
- The focus group revealed that there is considerable variation in Norway, not just in terms of teaching, but also in relation to ECT procedures. There was agreement on the need to begin work on developing national guidelines

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