



# ECT in Finland

## Results of Finnish ECT survey

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# Taysin erityisvastuualueen sairaanhoitopiirit ja kunnat vuonna 2013

Etelä-Pohjanmaan  
sairaanhoitopiiri  
19 kuntaa  
-199 000 asukasta

Pirkanmaan  
sairaanhoitopiiri  
23 kuntaa  
-514 500 asukasta

Päijät-Hämeen  
sosiaali- ja  
terveysyhtymä  
14 kuntaa  
-213 300 asukasta

Kanta-Hämeen  
sairaanhoitopiiri  
11 kuntaa  
-175 200 asukasta



# The Research Group

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# History

First remarks in Finland 1941

Percentage of patients receiving ECT in Pitkäniemi hospital

- 1944 14 %
- 1964 2 %
- 1997 2 %
- 2013 6 %

No significant anti-ECT -movement

# ECT research in Scandinavia

PubMed search: "ECT" or "Electroconvulsive therapy" and "humans" search (12128) + country:

- Denmark 76 publications
- Sweden 73 publications
- Finland 50 publications
- Norway 49 publications
- Iceland 4 publications
- Estonia 1 publication

# Methods

- An electronic survey was sent to the all ECT-units in Finland (n=29), 25 units responded
- Patients receiving ECT n=1023
- Patients receiving maintenance treatment ECT 301 (29.4 %)
- ECT sessions 10806 (10.6 /patient)
- ECT treated patients 23/100000 population (Sweden 41)



# Hospital districts, their populations and treated ECT patients



# ECT patients per population



# Announced indications of ECT

- Psychotic depression 21.6 %
- Unipolar depression 30.9 %
- Bipolar depression 10.2 %
- Schizophrenia 5.2 %
- Schizo-Affective dis. 3.0 %
- Delirium 0.3 %

# Patients – age and sex distribution

	Women	Men	
<18	8	0	0.9 %
18-64	320	298	68.4 %
>65	197	79	30.6 %
	525 (58,1%)	377 (41.9 %)	

# Legal aspects and availability

## Legal aspects

- Written information 86 %
- Compulsory ECT treatment 25 %
- Written informed consent not required

## Availability

- 75 % units report, that they can treat all patients who needs ECT
- Most ECT:s are given in recovery room of surgical unit  
1/3 has a separate ECT unit

# Methods and facilities

- ECT given mostly by a doctor, nurse gives ECT in three units (n=3)
- Most common electrode placement
  - *Bitemporal*      59 % (13)
  - *RUL*              36 % (8)
  - *Bifrontal*        5 % (1)
- Treatment dose adjustments
  - *Age based*              75 % (18)
  - *Seizure treshold*      21 % (5)
  - *Othres*                  4 % (1)

# Comparison of Nordic Surveys

Parameter/State	Finland	Sweden	Norway	Denmark
Year of the Study	2013	2013	2004	1999
Answer %	86	100	54	100
<i>Table 1. Table for comparison purposes.</i>				
Patients/100 000 Habitants	23	41	24	31
ECT -Patients (á)	370	3972	672	1 710
Treatment Sessions (á)	13 309	35 875	NA	16 306
Indication, Most Common	Unipolar Depression	Unipolar Depression	Depression	Depression
Indication, Sencondly Common	Psychotic Depression	Psychotic Depression	Bipolar Disorder	Delirium
Most Usual Electrode Positioning	Bitemporal	Unilateral	NA	Both Unilateral and Bilateral

# Conclusion

- ECT is available almost all over the country except one Hospital district
- There are a big differences of ECT usage over the country
- ECT is given in Finland slightly more than a half than in Sweden compared to population
- Bitemporal electrode placement remains still most common technique
- More patients are females



# Thank You !

