

NACT NORDIC ASSOCIATION FOR CONVULSIVE THERAPY



*"ECT- 80 years of experience"*  
**Park Inn by Radisson**  
**May 23-25 2018, Tallinn, Estonia**

## Background

- Started 2001 in Stockholm
- Initiativ by Donald Lillich and Björn Wahlund
- First inofficial meeting 2001 in Stockholm, Löwenströmska hospital
- Formally established 2003
- Based on contacts and inspiration from prof. Andrew Crystal, founder of ACT in the U.S.A.
- After that, several meetings in Sweden, Norway, Finland and Denmark, Estonia. Last congress in Finland, 2017.

## Number of participants has increased

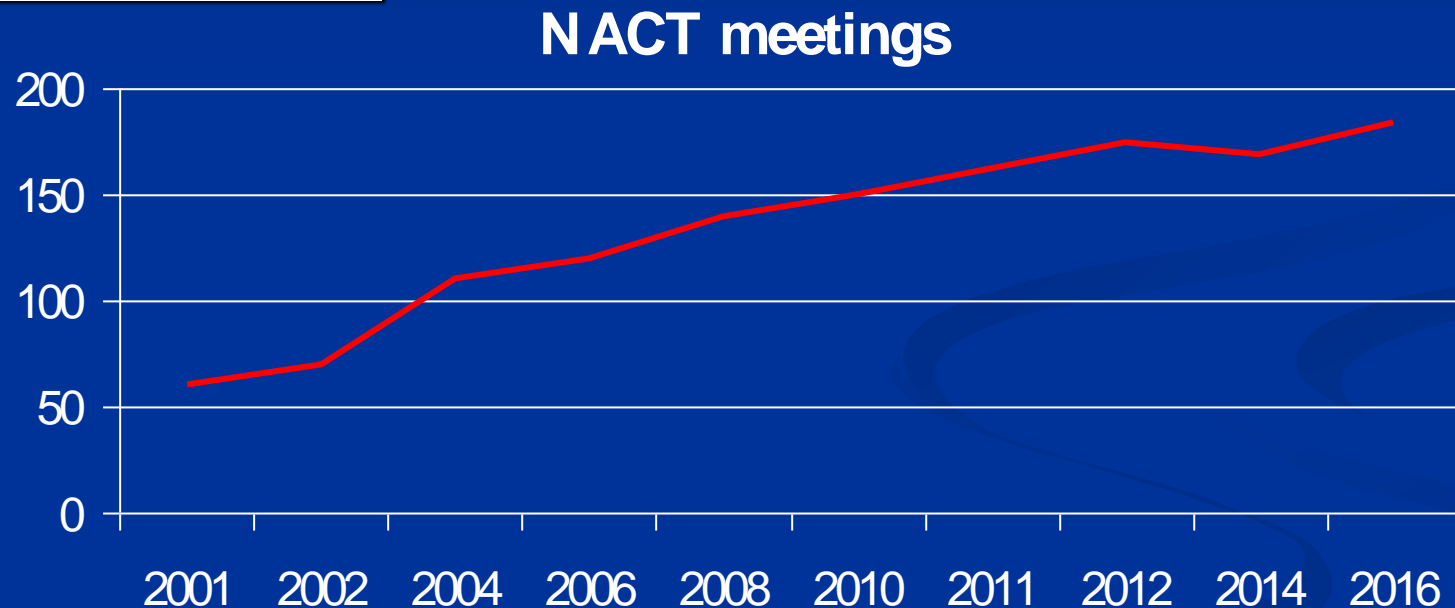


Fig. 1

The participants come from different parts of healthcare as doctors, nurses and ass. nurses. The delegats also come from clinics of anesthesia. Most of them come from Norway, Sweden, Denmark, Finland and Baltic countries. The lectureholders are all international.

## Meeting of the board

During approximately one year of activity, the board of NACT have about 4 to 6 meetings. Those meetings are mainly held at the location where the upcoming congresses are supposed to be hold.



## Finance

- The presentation of the budget happens every calendar year second to tax accliment to the Swedish tax authorities. This presentation is also open to all members at the annual experiance meetings.
- NACT has nowadays a budget in balance. We didn't have any money of our own until 2006. We have had great difficultis to control our budget since it almost only depends on what we get from the congresses but lately, thanks to our new cashier Cesar Sanhueza budget is under control. We don't have any standard sponsors. The income is very heterogenic from year to year.
- Anyway we see a trend of augmentation of the number of participant to our congresses and now at the last meeting in Tallinn, 2018 Estonia, we have about 160 participants.
- It's of great pleasure that we see such a great interest at our annual meetings. The participation from the actual working board is big. Especially when we get close to the congress period. We have before arranged almost everything ourselves but since tha last congress we have had great help from Per Karlsten, our congress manager.
- We have from the Swedish tax authority an agreement of tax deprivation. The last calculation of the budget showed a total movement of about 1,1 milj SEK (126 440 Euro, or 164 179 US drllars). The total profit in balance, anyway, where about 500.000 SEK. Further details will be presented at the annual meeting.

## Upcoming events and experience meetings

- Next meeting will be hold in Gjøvik, Norway already next year. At the end of the congress our Norwegian board member together with the rest of the board will present that. Further details will be presented to you all.
- Upcoming ERFA-meeting will also try to give more space to alternative treatments such as: rTMS and dTMS ( rep. And deep transcranial magnet stimulation), VNS (vagus nervus stimulation) and DBS (deep brain stimulation) PEMS (pulsating electromagnet stimulation) and the more upcoming neuromodulating treatment, at least in central Europe, MST (Magnetic Siezure Therapy) and tDCS (transcranial direct current stimulation. The board will actively in a very serious and engaged way, try to reclute famous lectureholders at an international level and patients who have, for instance, had themsselves ECT-treatment or other similar treatments, and therefore can tell us about the convulsive care in an objective way

## The present board of NACT

- Marco Nobis, chairman, senior psychiatrist at the outdoor unit of psychiatry, Køge, Denmark and SPC, Sweden
- Margus Lõokene , vice chairman, senior psychiatrist, psychiatric unit of Tallinn
- Håkan Odeberg, secretary, senior psychiatrist, ECT consultant for Piteå, Sunderbyn and Karlstad, Sweden
- Cesar Sanhueza, cashier, psychiatric nurse, Stavanger, Norway

## The present board of NACT

### Members

- Svein Martin Luth, senior psychiatrist, Norway
- Pia Merete Andersen, psychiatric nurse, unit for ECT, Vejle, Denmark
- Prof. Martin Balslev-Jørgensen, Rigshospitalet, Denmark
- Kaija Jarventausta, senior psychiatrist, Tampere, Finland
- Niko Seppälä, senior psychiatrist, Tampere, Finland



# **The present board of NACT**

## **Members of Honour**

- Prof. Emeritus Tom G. Bolwig, Denmark
- Prof. Emeritus Jan-Otto Ottosson, Sweden

## The present board of NACT

Associated members with no right to vote

- Per Gezelius (SYNMED COMPANY, MECTA)
- Per Dahlin (FBI-Germany, THYMATRON)
- Per Karlsten (NYKÖPINGSBUS  
KONFERENS)

Tere tulemast!

