

ECT Counselling



INTRODUCTION		
1	Introduces themselves	
2	Confirms patient details	
3	Checks patient's understanding of ECT	
EXPLANATION		
4	Explains why ECT is used (e.g. treatment resistant depression)	
5	Explains benefits of ECT	
6	Explains the ECT procedure	
7	Explains the length of treatment	
8	Explains the common side effects	
9	Explains the risks of ECT	
CLOSING THE CONSULTATION		
10	Summarises key points	
11	Provides an opportunity for the patient to ask questions	
12	Responses appropriately to patient concerns	
13	Provides information leaflet	
14	Arranges follow up	
15	Thanks patient	
KEY COMMUNICATION SKILLS		
16	Active listening	
17	Summarising	
18	Signposting	

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