

The University of Ottawa Simulation-Based ECT Course for Practitioners

Sunday, January 12, 2020

University of Ottawa, Skills and Simulation Centre , 725 Parkdale Ave, Ottawa, Ontario

Earn 11 RCPSC Section 3 hours!



Core and Advanced Concepts of ECT Practice: Foundations and Beyond



Bureau du développement
professionnel continu

Office of Continuing
Professional Development



COURSE INFORMATION

ABOUT THE PROGRAM

This is the first simulation-based ECT course proven to increase skills, knowledge and confidence for ECT practitioners in a randomized-controlled trial compared to traditional training methods. (J ECT 2013, 29(4):291-6)

The Ottawa Hospital and the Royal Ottawa Mental Health Centre deliver world-class care to their patients every day in affiliation with the University of Ottawa. Together, they work collaboratively to ensure a high standard of patient safety by training health-care providers such as physicians and nurses through education and research.

REGISTRATION

Registration Fee: \$1,000 + HST

[Click here](#) for more information and to register now.

Cancellation Policy: Refunds less \$75 administrative charge will be issued for cancellations received in writing by November 8, 2019. No refunds will be issued for cancellations received after that date. All refunds will be processed after the event.

ACCOMMODATIONS

The Novotel Ottawa Hotel (room rates starting at \$139/night)

The Novotel Ottawa Hotel is a trendy full-service 4-star hotel set in the heart of downtown Ottawa. Located just steps to the Byward Market and Rideau Canal, a short walk to Parliament and across the street from the Rideau Shopping Centre. Other hotel features include complimentary high-speed internet, indoor pool and fitness centre.

To book accommodations, please call **1-855-677-3033** and quoting the booking code **"876952"**. Rooms must be booked prior to December 12, 2019.

Les Suites Hotel Ottawa (room rates starting at \$145/night)

Relax in the home-like comfort of a condominium-sized suite with one or two bedrooms. All hotel suites feature 2 TV's with HD channels, fully equipped kitchens and ensuite laundry facilities. Other features include a heated indoor pool and 24-hr gym. Stay connected with complimentary wireless high-speed Internet access.

Reservations can be made by calling the hotel directly at 613-232-2200 or **1-800-267-1989** and quoting the group code **"210410"** for the course rates. Rooms must be booked prior to December 13, 2019.

ACCREDITATION

This activity is an Accredited Simulation Activity (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of 11.0 hours (credits are automatically calculated).

QUESTIONS?

Please contact the University of Ottawa, Office of Continuing Professional Development at cpd@toh.ca or 613-791-4480 x1.

TESTIMONIALS

"The University of Ottawa ECT course was an excellent review of both the theoretical and practical aspects of ECT for psychiatrists. The discussion among col-leagues was valuable in reviewing and understanding various approaches to challenges in ECT from the basic practical aspects of the procedure to ongoing challenges with access. The simulation centre on the second day of the course was very valuable to learn from others and practice this procedure with constructive feedback. I would highly recommend this well organized course for any practicing psychiatrist who has ECT as a component of their practice or is interested in prescribing ECT."

Dr. Vinay Lodha MD FRCP, Royal Ottawa Mental Health Centre

"I came to this course having previously done the Columbia course and practicing ECT in a community hospital setting. This was an excellent course for skill and knowledge enhancement in the delivery of ECT. The faculty provided richness of depth and breadth of experience. Discussions with faculty and colleagues were fruitful and meaningful. The opportunity for simulated practice was invaluable. It was time very well spent."

Dr. Azaad Kassam, MD FRCPC, Queensway Carleton Hospital

"The U of Ottawa SIM-ECT Course for Practitioners was outstanding. I have taken multiple ECT courses in the past but this one offered real hands on approaches, walking us through the procedures. The faculty members came from different settings, each providing a wealth of experience and knowledge. We had ample time for discussion and questions. The training surely helped me in standardizing my techniques and ensuring that the service I provide to my patients is of the highest standard."

Dr. Michele Tremblay MD FRCPC, Royal Ottawa Mental Health Centre

"This consolidated and concentrated course is the ideal preparation for providing ECT. It thoroughly covers from basic mechanisms to practical tips and how to approach the complex patient. Combined with simulated ECT and abundant time to debrief and discuss, all my questions were answered. I would recommend every resident do this course to start their ECT experience. In less than 2 days I consolidated more knowledge about ECT than my entire residency. The experienced ECT professional will enjoy the thorough updates and exploration of controversies with the well informed faculty."

Dr. Mark Kaluzienski MD FRCPC, The Ottawa Hospital

"I found this course an excellent review of many aspects of ECT. The Faculty were all experienced teachers and mentors. They were able to present and help with simulated ECT in a thoughtful and professional way, while also being able to follow the techniques of adult education. The participants were active and valued partners in a joint educational and learning experience."

Dr. Sharon Levine MDCM, MPH, FRCP, Royal Ottawa Mental Health Centre

NEW! ONLINE MODULES

Participants are required to complete the following online modules (lectures and quizzes) prior to attending the course. Instructions for accessing the modules will be provided as the course approaches.

1. Indications for Use: Patient Selection and Pre-ECT Evaluation - Dr. R. Antochi

Describe the main indications for ECT; Describe patient selection criteria; Summarize pre-ECT assessments

2. Electrical Aspects of ECT - Dr. E. Mikhail

Describe and draw the electrical waveform used in most contemporary ECT devices; Calculate the charge delivered during a stimulus in millicoulombs (mC); Recognize the distinct impact of each parameter of the ECT stimulus (pulse width, current, frequency, duration)

3. Praxis of ECT - Dr. L. McMurray

Summarize the current opinion on stimulate electrode placement and stimulus parameters, including ultra-brief pulse width; Demonstrate basic knowledge of the ictal EEG features and their use in determination of seizure quality

4. Patient Information/Consent and Management of Cognitive Adverse Effects - Dr. I. Lepadatu

Describe the essential elements of informed consent for ECT; Employ a standardized consent form with a patient; Translate risks and benefits of ECT into readily understood terms for colleagues and patients; Describe and manage the cognitive side-effects of ECT

5. Anesthesia Considerations in ECT and Management of Non-Cognitive Adverse Effects of ECT - Dr. V. Lodha

Describe the anesthesia evaluation for ECT; List medications used in anesthesia of ECT as well as advantages and disadvantages of these agents; Outline management of common non-cognitive adverse effects of ECT

6 and 7. Augmentation Strategies for Missed/Aborted Seizures, Prolonged Seizures and Status Epilepticus / Maintenance ECT (MECT) - Dr. B. Fortin-Langelier

Identify ways to determine adequacy of seizures and ways to augment them when missed or aborted; Identify ways to identify prolonged seizures and ways to manage them; Identify and initiate management of Status Epilepticus; Identify patients who may be appropriate for MECT and how to manage a course of MECT

8. Specific Electrical Dosing Strategies & Stimulation/Parameters Using Standardized Tables - Dr. L. McMurray

Describe preselected dosing and threshold-based dosing strategies; Illustrate commonly used electrode placements (bitemporal, d'Elia, bifrontal, LART); Recognize the necessity for suprathreshold stimulation in unilateral electrode placements; Describe ways to titrate the electrical dosing for different groups of patients to seizure threshold; Describe treatment schedules using appropriate standardized tables for electrical dosing

9. Managing the ECT Treatment Course in Collaboration with Prescribers - Dr. A. Khan

Plan and monitor a course of ECT, including selection of treatment frequency, assessment of efficacy, and monitoring of side effects; Choose and manage concomitant psychopharmacology; Decide when to stop an acute course of treatments and plan an appropriate post-ECT management strategy

COURSE AGENDA - SUNDAY, JANUARY 12, 2020

7:30AM - 8:00AM	Conference Registration, Mandatory Pre-Test and Breakfast	Small Conference Room
8:00AM - 10:00AM	Morning Lectures	
8:00AM - 8:05AM	Opening Remarks, Icebreaker and Faculty Introductions - Dr. L. McMurray	Large Conference Room
8:05AM - 8:25AM	Review of Basic Concepts <i>Consider indications; assess benefits vs. risk for patients being considered for ECT; Consider aspects of capacity and consent issues when offering ECT to patients; Consider the role of anesthetic agents, techniques, and medications in ECT outcomes</i>	Large Conference Room
8:25AM - 9:00AM	Panel Discussion	Large Conference Room
9:00AM - 9:20AM	Review of Advanced Concepts <i>Critically consider ECT for special populations; Optimize ECT techniques to obtain maximum safety and quality outcomes; Adopt standardized techniques of administering ECT and monitoring outcomes</i>	Large Conference Room
9:20AM - 10:00AM	Panel Discussion	Large Conference Room
10:00AM - 10:15AM	Refreshment Break & Transition	Small Conference Room
10:15AM - 10:30AM	Introduction: Training with Mannequin	Large Conference Room
10:30AM - 12:45PM	Training with Mannequin: Group A Training with Mannequin: Group B	<i>*candidates may take breaks as needed during this time*</i> <i>*candidates may take breaks as needed during this time*</i> SIM Room 3 SIM Room 4
12:45PM - 1:15PM	Lunch	Small Conference Room
1:15PM - 5:15PM	Workshops (1 hour blocks) <i>Candidates must complete all workshops. Your personalized schedule will be printed on the back of your name badge.</i>	
W1	Uncomplicated Titration - Dr. L. McMurray, Dr. V. Lodha, Dr. R. Antochi and Dr. A. Khan <i>Demonstrate routine skin and scalp preparation for ECT; Demonstrate 3 different electrode placements; Demonstrate titration method of stimulus dosing; Demonstrate principle of motor seizure monitoring; Demonstrate principle of EEG seizure monitoring</i>	SIM Room 3 or 4 (30 minute exam per candidate, followed by 30 min break)
W2	Inadequate and Prolonged Seizure - Dr. B. Fortin-Langelier <i>Describe features of Inadequate Seizure using motor and EEG monitoring techniques; List factors that contribute to seizure inadequacy; Demonstrate ways & means of improving seizure adequacy; Describe features of seizure using motor and EEG monitoring techniques; List factors that contribute to prolonged seizures; Demonstrate ways & means of managing prolonged seizures</i>	Debrief Room 2 (1 hour)
W3	Part 1: Pregnant Patient Receiving ECT - Dr. I. Lepadatu <i>Discuss pre ECT work-up including Obstetrics and Anesthesia consultations; Demonstrate awareness of risk for aspiration, fetal bradyarrhythmia, risk of premature contractions/labor; Discuss need for possible intubation, fetal heart monitoring, elevating right hip (to avoid aortocaval compression), tocodynamometry</i> Part 2: Uncontrolled Hypertension - Dr. I. Lepadatu <i>Discuss recognition of significant hypertension pre-ECT; Discuss management options with anesthesiologist; Discuss recommendations involving regular antihypertensive prior to next ECT; Describe possible adverse effects of common antihypertensive on seizure morphology</i>	SIM Room 1 (1 hour)
W4	Interpreting EEG Strips During ECT & Identification of Artifacts - Dr. E. Mikhail <i>Describe the EEG morphology of a typical seizures in ECT; Identify seizure termination accurately; Identify common EEG artifacts in ECT</i>	Debrief Room 1 (1 hour)
5:15PM - 5:45PM	Post-Test and Evaluation <i>*can be completed earlier only if candidate has completed all workshops *</i>	Large Conference Room