

## IS ELECTROCONVULSIVE THERAPY THE END OF THE LINE?

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**Introduction:** Electroconvulsive therapy (ECT) was introduced in 1938 by Cerletti and Beni. This technique uses a small electrical current to produce a generalized seizure, under general anesthesia. In clinical practice, it is mainly used to treat refractory cases to previous treatment approaches. One of its main indications is major depressive episode, but it is also indicated for other conditions as severe manic phase, marked suicidal ideation, and schizophrenia.

**Objective:** To describe the case of a central hospital psychiatric inpatient and its comparison with the international available literature.

**Methods:** Retrospective analysis of clinical process.

**Case report:** Woman, 53 years old, psychiatric outpatient since she was 17, with a history of several hospitalizations since 2006, due to an affective disorder, transversely not clarified. She was functional until her last hospitalization for Major Depressive Episode. Over the last year, there was progressive worsening with delirious ideas of ruin and somatic plus almost total inability to daily living activities. These symptoms were refractory to all therapeutic approaches, both pharmacological and psychotherapeutic. She underwent ECT, in a reference center with remission of those symptoms, being the patient functional at this moment.

**Conclusion:** Although throughout history ECT is embroiled in controversy, according to international bibliography, this is a technique of great therapeutic relevance and precise indications. It is noteworthy, that has been shown to be an effective and safe treatment for many psychiatric disorders, especially in cases refractory to other treatments, as evidenced by this case report.