



What is ECT?

Dr. Cuevas:

ECT is a safe therapy that we use in some cases, especially when there are catatonic signs. And it is a technique in which we apply an energy dose, which is an energy dose that's measured to fit each patient. And after that application, there will be a seizure — a very short seizure, about 15 to 20 seconds, which is at all times controlled by an anesthetist and psychiatry and nursery, especially with a mental health specialty.

After five minutes, the patient will wake up and normally they are in a state of wellbeing. So there are no side effects except for sometimes some cognitive effects that usually are remission during that time.