Freedom of Information Request

Reference Number: EPUT.FOI.18.711
Date Received: 13 August 2018

*Note to Applicant: As of 1 April 2017, North Essex Partnership University NHS Foundation Trust (NEP) and South Essex Partnership University NHS Foundation Trust (SEPT) merged to form one new organisation known as Essex Partnership University NHS Foundation Trust (EPUT).

Information Requested:

Under freedom of information legislation, I am seeking the following information all in relation to Electroconvulsive Therapy (ECT):

1. How many people have received ECT through your trust in the last 2 years?
   - 04/2016 - 04/2017 = 56 Patients (301 Treatments)
   - 04/2017 - 04/2018 = 39 Patients (288 Treatments)

2. What is the age of the youngest person to have been given ECT through your trust in the last 2 years?
   - 24yrs old

3. What is the age of the oldest person to have been given ECT through your trust in the last 2 years?
   - 91 years old

4. How much does it cost your trust to offer ECT to one person in standard blocks of therapy, such as 10 rounds of being given ECT? A current rate/cost today.
   - The cost of treatment per day is £600. Therefore the total cost of 10 treatment days is £6000

5. How much does it cost your trust to offer psychotherapy to one person in standard blocks of therapy, such as 10 sessions of psychotherapy? A current rate/cost today.
   - The Trust requested clarification from you regarding this question because we are unclear what you mean by “psychotherapy” and for what purpose. We offer a range of psychological interventions that differ in length and level of expertise, which affects cost. So it would depend on the complexity of the problem being addressed, the type of psychological therapy being provided (individual, structured, group, family, etc.) and the level of qualification of the therapist (Medical Psychotherapists are a great deal more expensive per hour than High intensity workers or behavioural therapists).

   After our request for clarification you asked to speak to someone regarding this query.

   Our Clinical Director of Psychological Services has confirmed that he tried to contact you on the telephone number provided a number of times but was not able to get a response.

   We are therefore providing (without any context of the query being made) a very broad estimate of costs for psychological input provided by a band 8a qualified Clinical Psychologist or Psychotherapist. The overall costs would depend on the therapy provided and therefore length of time taken, but on average we usually provide evidence-based therapies ranging from 16 to 24 hourly 1:1 sessions:
6. How many patients in the last 2 years receiving treatment of ECT through your trust have been given rehabilitation for their brain injuries induced by the ECT?
   None

7. How many patients within the last two years have reported memory loss after undergoing ECT?
   None

8. What cognitive function testing does the trust advocate and carry out on ECT patients and with what frequency?
   The referring team completes CGI (Clinical Global Impression). This is completed once prior to treatment. At the beginning of ECT, the ECT team completes MOCA (Montreal Cognitive Assessment). This is completed at the beginning, in the middle and at the end of treatment.