

## Basic course in Electroconvulsive Therapy (ECT)

**Aika** Wednesday 4.12.2024 klo 9.45–17.00  
Thursday 5.12.2024 klo 8.30–15.00

**Paikka** Satasairaala, S-rakennus 1. krs, koulustila Dyyni  
Sairaalantie 3, 28500 Pori ([karttalinkki](#))  
**Ei etäyhteysmahdollisuutta.**  
Lentokenttä (1,4 km), matkakeskus (750m) ja rautatieasema (750m)  
ovat kävelyetäisyydellä sairaalasta.



**Historia, toimintamekanismit.**  
**Käyttöaiheet ja sivuvaikutukset.**  
**Tekniikka ja anestesia.**  
**Muut neuromodulaatioterapiat.**  
**Arviointi ja seuranta**  
**Uusiutumisen ehkäisy.**

**History, mechanism of action. Indications and side-effects**  
**Technique and anaesthesia.**  
**Other neuromodulation therapies**  
**Evaluation and follow-up**  
**Relapse prevention.**

**Kohderyhmä** ECT –potilaita hoitavien yksiköiden henkilökunta, psykiatrian lääkärit ja hoitajat, anestesia- ja lääkärit sekä muut asiasta kiinnostuneet terveydenhuollon ammattilaiset.

**Kouluttajat** Håkan Odeberg  
Kaija Järventausta  
Saana Karttunen  
Lauri Virtanen  
Benjamin Fischermann

**Ilmoittautuminen** **27.11.2024 mennessä;**

- ✓ Satakunnan hyvinvointialueen työntekijät:
  - Ilmoittautuminen [OSS-osaamisenhallintajärjestelmän](#) kautta.
  - Peruminen tapahtuu samasta paikasta kuin ilmoittautuminen.
- ✓ Ulkopuoliset:
  - Ilmoittautuminen Webropolin kautta. [Linkki ilmoittautumiseen.](#)
  - Voit perua ilmoittautumisen maksutta 26.11.2024 klo 23.59 mennessä sähköpostilla saadun vahvistuslinkin kautta, sen jälkeen ilmoita peruutus sähköpostitse: [koulutus@sata.fi](mailto:koulutus@sata.fi).
- ✓ **Koulutukseen mahtuu 50 henkilöä** ilmoittautumisjärjestyksessä.
- ✓ **Osallistumismaksu 350€ (+ alv 25,5%)**
- ✓ Jos peruminen tapahtuu 26.11. klo 23.59 jälkeen ja viimeistään ennen koulutuksen alkua, veloitetaan osallistumismaksusta 50 %. Jos ilmoittautunut jää saapumatta koulutukseen, veloitetaan osallistumismaksu kokonaisuudessaan.

**Kahvitarjoilu** Pyydämme ilmoittautumisen yhteydessä kertomaan mahdollisesta erityisruokavaliosta.

**Yhteyshenkilö** Lisätietoja koulutuksen sisällöstä antaa ylilääkäri Niko Seppälä  
puh. 044 707 4458 tai sähköposti [etunimi.sukunimi@sata.fi](mailto:etunimi.sukunimi@sata.fi)

## Basic course in Electroconvulsive Therapy (ECT)

**Aika** 4.12.2024 klo 9.45–17.00

### Ohjelma

9.45–10.30	Ilmoittautuminen ja kahvi
10.30–11.15	<b>The fundamentals of ECT</b> – Håkan Odeberg <ul style="list-style-type: none"><li>▪ History, use and ethics of Electro Convulsive Therapy</li><li>▪ Features and biological effects of the epileptic seizure.</li></ul>
11.15–12.00	<b>Indications for ECT</b> – Håkan Odeberg <ul style="list-style-type: none"><li>▪ Which patients should get ECT?</li><li>▪ When to avoid ECT?</li></ul>
12.00–12.45	Lounas (omakustanteinen)
12.45–13.30	<b>Tolerability:</b> Effects on cognition and memory - Håkan Odeberg
13.30-14.15	<b>Treatment planning and relapse prevention</b> – Håkan Odeberg <ul style="list-style-type: none"><li>▪ Number of treatments, Index and Maintenance ECT</li><li>▪ Relapse prevention and handling</li></ul>
14.15-14.45	Kahvi
14.45–15.30	<b>Principles of Stimulus dosing</b> – Håkan Odeberg <ul style="list-style-type: none"><li>▪ Characteristics of the ECT stimulus</li><li>▪ Titration method</li><li>▪ Age based dosing</li><li>▪ Recommendations</li></ul>
15.30-16.30	Documental film from ECT and discussion - Benjamin Fisherman
18.00?	Iltilaisuus Ajankohta ja ohjelma vielä avoin

**Koulutus on anottu erikoislääkärikoulutuksen teoreettiseksi kurssimuotoiseksi koulutukseksi kaikille erikoisaloille. Lisätiedot tulee myöhemmin.**



## Basic course in Electroconvulsive Therapy (ECT)

<b>Aika</b>	<b>5.12.2024 klo 8.30–15.00</b>
<b>Ohjelma</b>	
8.30–9.30	<b>Muut neuromodulaatiohoidot</b> – Kaija Järventausta
9.30–10.00	<b>Finnish ECT quality register</b> – Lauri Virtanen
10.00 –10.15	Kahvi
11.15–11.45	<b>Anesthesia and seizure quality and outcome</b> – Håkan Odeberg <ul style="list-style-type: none"><li>▪ Anaesthesia and medication influencing seizure quality</li><li>▪ Seizure evaluation and documentation</li></ul>
11.45–12.30	Lounas (omakustanteinen)
12.30-13.15	<b>Outcome evaluation</b> – Håkan Odeberg <ul style="list-style-type: none"><li>▪ Clinical monitoring during ECT – the MODE instrument<ul style="list-style-type: none"><li>○ Improvement</li><li>○ Side-effects</li></ul></li><li>▪ Interpretation of outcome</li><li>▪ The long-term perspective<ul style="list-style-type: none"><li>○ Medication</li><li>○ Continuation ECT</li></ul></li></ul>
13.15–14.00	<b>Neuromodulation treatments in Finland – results from National Survey</b> - Saana Karttunen, OYS
14.00-14.15	<b>Presentation for Finnish Neuromodulation Society</b> – Lauri Virtanen, TYKS
14.15–15.00	Kahvi ja mahdollisuus tutustua Satasairaalan uusiin tiloihin, neuromodulaatioyksikköön sekä ECT-laitteisiin – Satasairaalan neuromodulaatioyksikön henkilökunta

**This Hands-on course** is for all health professionals interested and working in the field of ECT. It is aimed for all doctors and nurses who want to learn how to administer the treatment. Although it deals with fundamental issues, it is also recommended for those who have considerable experience in the field. The lecture team strongly promotes the organisation of an ECT-team with nurses, assistants and doctors working together to build an experience and to be able to monitor and treat patients over time, and recommends coming to the course together. Anaesthesia personnel are extra welcome.

**The aim of the course** is to give participants thorough knowledge about the basic principles of ECT, understanding of indications and side-effects, how to handle the ECT machine and setting stimulus dose. It also emphasizes the importance of co-operation with the anaesthesiologist to give effective and a well-balanced treatment, and of follow-up treatments to prevent relapse. It is also organized to promote exchange of experience between treatment units.

**Håkan Odeberg** is with his life-long experience of ECT considered to be one of the foremost experts on the treatment in Sweden, also has high international regard. He has developed and led ECT units in small-town settings as well as in university clinics. For many years, one of his major areas of interest has been relapse prevention after a successful course of index ECT, and this has led to the development of a method called Integrated Maintenance ECT and Medication and a clinical tool for monitoring of clinical development, MODE, that will be presented in the course. For over a decade he has held highly appreciated "Hands-on" courses in his home town of Nyköping. This course is since 2018 adapted to Finnish conditions and held in English.

**Kaija Järventausta**, docent at Tampere University, is a leading expert in ECT and in other neuromodulation therapies in Finland, with numerous international publications. She has over 10 years of experience in leading an ECT unit in university hospital. Her research work is done in the field of ECT and treatment resistant depression, which have been the main focuses also in her clinical work. Promoting ECT to be well and individually administered and equally available for all patients in need of it, are the main goals of her present work.

**Niko Seppälä** has a long interest in treatment-resistant and difficult-to-treat schizophrenia and psychoses in both forensic and other psychiatric settings with major focuses on ECT, clozapine and cognitive behaviour therapy. He is one of the founders of the Finnish doctors and nurses ECT-network and also has experience in leading an ECT-unit and strong interest to develop ECT-training and standards of it in Finland, alongside with the other Nordic countries. Although major research topic of his is clozapine, he has recently activated in the field of ECT-research.

**Lauri Virtanen**, registered nurse and nurse specialist in ECT working in the neuromodulation unit of Turku university hospital. Lauri has worked with ECT-treatments for over 10 years and was the project coordinator of the Finnish national quality register for psychiatric neuromodulation treatments. He is an active member of Finnish ECT-society and is currently part of the psychiatric neuromodulation survey group.

**Saana Karttunen** works as a clinical psychiatrist and leading physician at the Neuromodulation unit of Oulu University Hospital. She has worked there for six years and has experience of ECT, rTMS, iv-ketamine and tDCS treatments. She started her PhD at the Research Unit of Population Health, University of Oulu, in 2022, and is co-leading a project, "Effectiveness and optimization of neuromodulation treatments" together with prof Erika Jääskeläinen. The project aims to analyze the use and real-world effectiveness of ECT and other neuromodulation therapies in the whole patient population of the Oulu University Hospital Neuromodulation unit. She is also leading a national neuromodulation survey project, which analyses the use of different neuromodulation treatments in Finland.

**Benjamin Fischermann** is a Danish documentary filmmaker and alumnus of the National Film and Television School. Further, he holds a degree from the Danish School of Media and Journalism. He has worked both independently and in the documentary department of the Danish Broadcasting Corporation (DR). His debut documentary film titled 'My War-Torn Family' was released and broadcast on the channels DR1 and DR2 as well as SVT, Sweden's national television station.

In all his work, Benjamin can get extraordinary access, and get very close to the people he is filming. As a result, the films are intimate and vulnerable with a strong emphasis on narrative. His latest short film 'Only in my Head' is an observational documentary taking place at the National Hospital in Copenhagen at the ECT (electroconvulsive therapy) clinic. The film premiered at CPH:DOX and won best short at Barnes Film Festival in London.

***Very Welcome to a unique course!***