Instructions to complete this form

- This form may be used to obtain informed consent to the performance of ECT on a person at a designated mental health service (see notes over page for additional information).

**Part A: Details of course of ECT**

<table>
<thead>
<tr>
<th>The number of treatments in the course of ECT is:</th>
<th>treatments (maximum number is 12 treatments)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The duration of the course of ECT is:</td>
<td>weeks (maximum duration is 26 weeks)</td>
</tr>
</tbody>
</table>

**Part B: Details of registered medical practitioner obtaining informed consent**

<table>
<thead>
<tr>
<th>Signature:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Given Names:</td>
<td>Family Name:</td>
</tr>
</tbody>
</table>

**Part C: Statement by person giving informed consent**

Please read the information carefully and tick □ each box to show you understand and agree:

- The doctor has explained my diagnosis for which ECT is proposed.
- The doctor has explained ECT, how it is done and how it will benefit my condition.
- I understand that ECT is given under a general anaesthetic and with a muscle relaxant. The doctor has explained their purpose and how they are given.
- The doctor has explained the risks and possible side effects of ECT, the general anaesthetic and the muscle relaxant.
- The doctor has explained other possible treatment options for my condition, including the advantages, disadvantages and risks of each option and the risks if I do not have treatment.
- I have been given the statement of rights *Electroconvulsive treatment* and the information has been explained to me.
- I have had an opportunity to ask questions about ECT and other treatment options and my questions have been answered.
- I understand the information I have been given.
- I have had an opportunity to get other advice or help to make the decision.
- I understand that the results of ECT cannot be guaranteed. If changes to my ECT treatment are needed that affect my consent, these will be discussed with me and a doctor will seek my informed consent to the changes.
- I have had enough time to make my decision.
- I understand that I can withdraw my consent to ECT at any time, even after the course of ECT has started.

I agree to have the specified course of electroconvulsive treatment (ECT), the general anaesthetic and the muscle relaxant.

<table>
<thead>
<tr>
<th>Signature:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Given Names:</td>
<td>Family Name:</td>
</tr>
</tbody>
</table>
Notes

1. If the person giving informed consent to electroconvulsive treatment (ECT) is under 18 years of age, the authorised psychiatrist must also make an application to the Mental Health Tribunal for approval to perform the ECT.
   b) ECT cannot be performed on any person under 18 years of age unless the Tribunal has approved.

2. The duration of the course of ECT commences on the date this form is signed by the person giving informed consent, not the date the first treatment is given.

Meaning of informed consent

3. A person gives informed consent if the person:
   a) has the capacity to give informed consent to the ECT (see note 4); and
   b) has been given adequate information to enable the person to make an informed decision (see note 5); and
   c) has been given a reasonable opportunity to make the decision (see note 6); and
   d) has given consent freely without undue pressure or coercion by any other person; and
   e) has not withdrawn consent or indicated any intention to withdraw consent.

4. A person has the capacity to give informed consent under the Mental Health Act 2014 if the person:
   a) understands the information he or she is given that is relevant to the decision; and
   b) is able to remember the information that is relevant to the decision; and
   c) is able to use or weigh information that is relevant to the decision; and
   d) is able to communicate the decision he or she makes by speech, gestures or any other means.

5. A person has been given adequate information to make an informed decision if the person has been given:
   a) an explanation of the ECT including:
      i) the purpose of the ECT; and
      ii) the type, method and likely duration of the ECT; and
   b) an explanation of the advantages and disadvantages of the ECT, including information about the associated discomfort, risks and common or expected side effects; and
   c) an explanation of any beneficial alternative treatments that are reasonably available, including any information about the advantages and disadvantages of these alternatives; and
   d) answers to any relevant questions that the person has asked; and
   e) any other relevant information that is likely to influence the decision of the person; and
   f) the statement of rights Electroconvulsive Treatment and the information explained.

6. A person has been given a reasonable opportunity to make a decision if, in the circumstances, the person has been given a reasonable:
   a) period of time in which to consider the matters involved in the decision; and
   b) opportunity to discuss those matters with the registered medical practitioner who is proposing the ECT; and
   c) amount of support to make the decision; and
   d) opportunity to obtain any other advice or assistance in relation to the decision.