

The contribution of electroconvulsive therapy in the treatment of the sliding syndrome in the elderly : A review of the literature

Skini Manel (1)

Dhakoueni Senda (2)

(1) Residency in general medicine

(2) Residency in psychiatry

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ABSTRACT

Introduction: The sliding syndrome is a specific pathology of the elderly subject. The depressive component is one of the characteristics of this syndrome. Considering the frequency of this disease and its serious evolution, adequate and effective management must be made and among the means which finds their great indication, we mention the ECT.

Materials and methods: This is a review of the literature based on Science Direct and PubMed. The keywords used are: sliding, depression, electric convulsive therapy.

Results: The sliding syndrome is a pathological state that is often seen in people over ninety years of age following a triggering factor and after an interval of a few days. It is manifested by physical but especially psychological disorders such as depression. This depression can be treated by electric convulsive therapy, which is a very effective and well-tolerated treatment in the management of the sliding syndrome. And this, by reducing the cerebral hyperconnectivity in the area of the dorsolateral prefrontal cortex gives a significant reduction of the depressive symptoms. ECT has been shown to be effective in moderate and severe depression in the short term as

well as in the long term and is probably more effective than pharmacotherapy in this case. ECT is an interesting alternative not only because of its effectiveness but also because of the few side effects it causes and its rapidity of action.

Conclusion: The treatment of the sliding syndrome in the elderly by electroconvulsive therapy represents currently a challenge especially as we are in front of a category of patients with organic comorbidities and with risk of drug interactions. In this way, several areas of research are necessary to study the effectiveness of ECT in order to generalize this technique.