

Outpatient TMS

Information for GPs

Transcranial Magnetic Stimulation



Transcranial Magnetic Stimulation (TMS) is a procedure that involves the focused application of a magnetic field to superficial regions of the brain, changing the activity level of cells in the stimulated areas. During a TMS procedure, an electrical current passes through a small coil placed against the scalp, this current induces a magnetic field.

The magnetic field is applied in pulses that can pass into the brain without resistance. If the magnetic field is of sufficient strength it will stimulate electrical activity in neurons below the coil, causing them to activate. TMS can be applied in differing ways.

Who can have Transcranial Magnetic Stimulation?

TMS involves magnetic energy, some people may be unable to have TMS including those with:

- A cardiac pacemaker or defibrillator (some exceptions can be made depending on consultation with psychiatrist, manufacturer and cardiologist.)
- History of previous head or brain surgery
- Cochlear implants
- Brain aneurysm clips
- History of seizures, fits, epilepsy or stroke
- A neurostimulator or bio stimulator
- Or a significant neurological disorder (e.g. MS, cerebral lupus, brain tumour, etc.)

TMS is not recommended during pregnancy. People with dental fillings/braces are able to receive TMS. Your patients will be asked to complete and sign a Safety Checklist prior to receiving TMS.

TMS indications

Studies have been evaluating the role of TMS in **depression** for over 20 years and have shown that TMS can relieve symptoms of depression in a proportion of individuals suffering from this condition, by changing activity in areas of the brain that are abnormally inactive in patients with depression.

Research evaluating how well deep TMS works for treating **OCD** has found that over 50% of patients have reduced OCD symptoms at one month following treatment.

Several randomised controlled trials have found that TMS can lead to significant reductions in **PTSD** symptoms in some individuals, with many reporting a decrease in flashbacks, nightmares, and anxiety. Additionally, there is evidence that TMS can be well tolerated by patients, with minimal side effects reported

TMS treatment has progressively become more available in clinical practice and is endorsed by the Royal Australian and New Zealand College of Psychiatrists.



What happens during a Transcranial Magnetic Stimulation session?

During the session patients are seated in a comfortable chair. They are fully conscious and responsive. There are no medications involved in the treatment.

The TMS nurse rests the magnet over the appropriate area of the scalp and activates the magnet. During the prescribed treatment patients may talk with the nurse, rest or meditate as they see fit.

Do your patients need to be in hospital to have TMS?

NO, patients are now able to access TMS treatment through Self-Funding options as an outpatient.

How is a patient referred for TMS?

A patient who would like to have TMS as a treatment at Sydney Southwest Private Hospital will need to be referred to one of our credentialed specialists.

You can address your patient referrals to “Dear Doctor” and our TMS team will arrange pre-treatment screening.

How can your patient access outpatient TMS?

Patients wishing to have TMS as an outpatient may do so through self-funding. Patients can also access Outpatient TMS via DVA, Workcover and TAC. Prior approvals are required.

Packages are available from Sydney Southwest Private Hospital for Outpatient TMS for patients who have already had TMS before, or utilised MBS funding. Estimates can be provided from our billing departments, and an official quote provided after consultation with a credentialed psychiatrist and prescription of treatment outlined.

How do I refer my patient?

All referrals can be sent to our TMS Intake team. Please stipulate patient is to be reviewed for **Outpatient TMS**, this will allow our Intake team to fast track and triage appropriately.

Send your TMS referrals:

Email: swc.info@healthscope.com.au

Phone: 02 9600 4278