

EPUT



Essex Partnership University
NHS Foundation Trust

EPUT rTMS SERVICE *PATIENT INFORMATION LEAFLET*



EPUT

Welcome to the EPUT Neuromodulation Service

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This booklet aims to answer any questions you may have about Repetitive Transcranial Magnetic Stimulation (rTMS) at our EPUT Neuromodulation service. It is important that you read through this information carefully.

You are welcome to bring a family member or friend with you to help you make decisions. If you do decide to go ahead with the treatment, an appointment will be arranged for you to meet the consultant psychiatrist and rest of the EPUT Neuromodulation Team before the start of your treatment.



About rTMS

rTMS is a NICE (National Institute for Clinical Excellence) and FDA (Food and Drug Administration) approved treatment for major depression. It is now being increasingly considered for other disorders such as anxiety, some eating disorders, Obsessive Compulsive Disorder (OCD) and chronic pain.

Depression is a very debilitating illness, affecting a person's ability to function in life. It is also the leading cause of ill health and disability worldwide.

According to the WHO (World Health Organization), more than 300 million people live with depression. Treatments for depression include a range of psychological treatments and pharmacological treatments.

rTMS is recommended for people suffering from depression who either failed to improve with other treatments (such as medications and therapy) or if antidepressants are not suitable. To be eligible for the treatment, the person should have a diagnosis of depression or mixed anxiety and depression.

rTMS is a non-invasive treatment that does not require any needles or anesthetic and can be done without a stay in hospital.

It works by delivering series of magnetic pulses through a magnetic coil placed against the scalp. The magnetic field penetrates the scalp safely and without pain, creating a current in a targeted brain area. This results in stimulation of the areas of brain related to mood and produces changes in brain activity.

About the service

EPUT Neuromodulation Service is located in Brentwood Resource Centre in Brentwood, Essex. It is a service provided by Essex Partnership University NHS Foundation Trust (EPUT) for both the NHS and the private sector.

EPUT is proud to be one of the first providers of this groundbreaking, effective service in Essex.

We are registered with the CQC and our clinical practice is regulated by NHS governance policies, procedures and standards.

Frequently asked questions

When and where will I have rTMS?

rTMS treatment is provided in the Brentwood Resource Centre. The treatment is usually given as once daily treatments, Monday to Friday. The staff will arrange an appointment convenient for you.

How often will I receive rTMS and for how long?

A full course of treatment involves 20- 30 sessions. Each appointment lasts for one hour, but the actual treatment itself takes less than 40 minutes.

Can I have other treatments alongside rTMS?

Yes, you can have other forms of treatments such as therapy or medications along with rTMS.

Do I take my medications before rTMS?

You should take all your routine medications as prescribed, unless otherwise specified by your doctor.

Can I eat or drink?

rTMS does not require any anesthesia, so you can eat and drink.

What happens if I am unsure and change my mind?

You are always free to change your mind. We will facilitate all queries you have about rTMS to help you decide.

We will ask you to sign a consent form before we start the course of treatment. We will check with you before every session to make sure you are happy to continue and you are free to withdraw your consent at any time. If you do decide not to continue with the treatment, it is important to tell the doctor your reasons why and have a discussion about alternative treatments available to you.

Can I drive to my treatment?

Yes, you can drive, the treatment does not affect your ability to drive or use machinery.

What is the first step after I am referred?

We will book an appointment with the consultant psychiatrist who will do an initial assessment and also help you decide if rTMS is right for you.

We may request some blood tests to ensure rTMS is suitable for you. You will also be asked to fill in a screening questionnaire, along with other questionnaires to score the level of your depression. Some of the questionnaires will be repeated further along the treatment. This score will help us work out how much you have improved and ensure the treatment is right for you.

What is the cost of the treatment?

This service is provided free of charge with the NHS for people living in the Mid and South Essex area. Costing for private sector or outside this area can be provided on request. It is also possible to apply for funding if needed. It is recommended to bring along a friend or relative for support on the first treatment session.

What happens during the treatment?

Our team will assist you throughout the treatment. Your blood pressure, pulse and oxygen levels will be checked prior to starting the treatment.

You will need to remove jewelry, mobile phones, and debit/credit cards as these can be affected by the magnetic field. You will be given plenty of time to settle in and use the toilet if needed. You will be awake the entire time.

You will be seated on a comfortable chair for the treatment and the team will be present throughout the treatment. A member of our team will place a specially designed cap which helps identify the exact position for the coil to be placed. The dose of magnetic energy to be delivered will be determined by the doctor. During the treatment you will hear clicking sounds and will feel a tapping sensation on your head underneath the coil. To help with this, you will be asked to wear ear plugs. The rTMS nurse will monitor you during the treatment. You can stop a treatment at any time by asking a member of the team.

Will I experience any side effects or pain?

rTMS is non-invasive with minimal side effects. The most common side effect is headache and discomfort from the coil. These are mild and generally decrease over the course of the treatment. Some people take paracetamol 1-2 hours before the treatments.

There is also a very small chance of seizure with this treatment, but it is exceedingly low (1:30,000). So far, no long term risks have been shown.

Do I have to restrict any activity after the treatment?

No, you can return to your normal daily activities.

How long will the benefits last and what happens when I finish my course of treatment?

Patients experience significant improvement in their depressive symptoms when treated with rTMS and some recover completely. For others, some symptoms might return. This tends to vary from person to person.

If symptoms do return, which is usually after several months, a short course (3-4 sessions) of treatment may be recommended.

After completion of the course of treatment, a letter will be sent to your referring team with all the outcome scores. Your doctor will help you with your long term care and manage your medication.

What happens in case of emergency?

If you are experiencing a mental health crisis please call **NHS 111 option 2** or visit your nearest A&E.

Please do not use the clinic voicemail or email as there is no facility for out of hours or immediate response.

This information is to be used for information purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your medical team for advice about a specific medical condition.

Useful Websites:

NICE- [nice.org.uk/guidance/IPG542](https://www.nice.org.uk/guidance/IPG542)

FDA- [fda.gov/regulatory-information](https://www.fda.gov/regulatory-information)

Contact Us

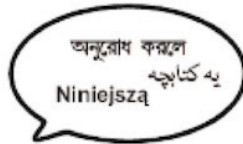
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Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to the Patient Advice and Liaison Service on **0800 085 7935** or you can email epunft.pals@nhs.net

This leaflet can be produced in large print, CD, Braille and other languages on request.



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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