SIDE-EFFECTS

- Headaches, pain/discomfort at the site of stimulation
- No severe adverse events have been reported

REFERENCES:


This method involves the use of this innovative technology that is CE marked for this purpose. Non-invasive navigated transcranial magnetic stimulation (TMS) is a magnetic field that induces an electric field in the brain leading to neuronal activation. The electric field is modelled and targeted with an MRI-based 3D navigation system. NICE (National Institute of Clinical Excellence) appraised this technology and have approved its use in the UK for people with resistant depression.

According to latest research, navigated repetitive TMS (rTMS) has shown significantly higher improvement rates for treating depression that has not responded to other methods.

SAFETY OF NAVIGATED TMS
- 199 subjects
- Less than 3000 NBT delivery sessions
- No device related Serious Adverse Events
- NBT therapy well tolerated
- Independent Data and Safety Monitoring Board identified no safety issues

Rossi (et al 2009) reviewed number of studies in a review (298 subjects) and concluded that risk of epilepsy/seizures is extremely rare which is considered to be the most serious complication of TMS.

PROTOCOL FOR THIS TREATMENT

**MRI**
- Each patient requires an MRI of the brain within 3 weeks of commencing treatment

**INITIAL CONSULTATION**
- Meet with consultant to discuss proposed treatment and answer any questions
- Discuss all relevant safety issues relating to the health of the person to receive treatment
- Determine the area of the brain to be stimulated and design a bespoke treatment plan of TMS therapy based on the information gained from the client and their medical history
- Discuss the aims of the treatment and set client focused goals
- Gain consent for treatment and discuss the number of treatment sessions required
- Inform client of how data will be used to improve TMS therapy and gain consent for this
- Set a diary for treatment and therapy sessions

**TREATMENT SESSIONS**
- 3 treatment sessions per week for 2-6 weeks
- Each session of Navigated TMS will last for 37 minutes
- For long term treatment of depression follow-up sessions with a Psychiatrist may be required to ensure the monitoring of therapy aims