

**FOR
YOUNG
PEOPLE**

rTMS stimulates brain tissue with an electromagnetic device that sits on the scalp to change brain activity levels in the area stimulated.

WHAT DOES IT INVOLVE?

An rTMS treatment course at Orygen is usually made up of daily, Monday to Friday, treatments for four weeks. Each treatment generally lasts 30–40 minutes.

At the initial appointment, a clinician will undertake a few assessments, such as measuring the patient's head and assessing their depressive symptoms and resting motor threshold.

Assessing the patient's resting motor threshold is done to determine how strong the electromagnetic pulses from the device need to be to effectively deliver the rTMS treatment.

The treatment is delivered by a trained clinician who stays in the room with the patient for the entire treatment.

During treatment, patients are seated in a chair and are awake and alert. Patients are generally able to engage in other activities immediately after treatment.

Patients do not need to change the treatment they're already receiving to undergo rTMS treatment.

This means, ideally, patients will not change or start taking medications in the four weeks before starting rTMS, or during the rTMS treatment course.

There is currently no cost for receiving rTMS treatment at Orygen.

rTMS at Orygen:

- **requires an initial appointment to set up treatment;**
- **is made up of 30–40 minute appointments, Monday – Friday for four weeks;**
- **does not require you to change or stop your medication; and**
- **is provided at no cost.**

WILL IT WORK?

rTMS is effective in approximately 50 per cent of people who have not responded to antidepressant medication.⁽¹⁾

Most people feel the effects of rTMS towards the end of their treatment course and retain the benefits of rTMS for a number of months after completing the course.

Because it can take days or weeks to notice the effects of rTMS, it is important that patients responding to rTMS continue with any other treatments (e.g. medication or psychological therapies) during treatment.

Positive effects of rTMS:

- **are experienced by approximately 50 per cent of people;**
- **are usually noticed towards end of treatment; and**
- **are expected to last several months.**

ARE THERE SIDE EFFECTS?

rTMS is generally well tolerated. However, as with all treatments, there are potential side effects. These include:

- brow twitching;
- tapping sensation;
- discomfort or pain at the treatment site or away from treatment site;
- headache;
- neck ache; and
- discomfort from the noise generated during treatment.

These types of side effects tend to lessen quickly as a patient gets used to the treatment.

More severe side effects may include seizure or fainting, however these are very rare.

rTMS for depression has been studied for over 20 years and although animal and human studies have not shown any risks of longer-term injury to the brain or its functions after rTMS, adverse effects emerging in the longer term are a possibility.

Side effects of rTMS are generally mild and short lived.





HOW DO I ACCESS RTMS TREATMENT?

Orygen offers rTMS treatment through our outpatient clinic.

Treatment is available to young people aged 18–25-years-old with depression.

The process to access treatment includes:

1. Doctor referral.
2. Completion of patient information forms.
3. Patient information session.
4. Consent session.
5. Commence treatment

HOW DO I GET STARTED?

If you are interested in having rTMS treatment at Orygen or would like more information, contact one of our rTMS clinicians at parkvilleclinic@orygen.org.au or on (03) 9966 9100.

REFERENCES

1. The Royal Australian and New Zealand College of Psychiatrists – Professional Practice Guidelines 16: Administration of repetitive transcranial magnetic stimulation (rTMS) November 2018 url: https://www.ranzcp.org/files/resources/college_statements/practice_guidelines/ppg16-administration-of-repetitive-transcranial-ma.aspx

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