



Repetitive Transcranial Magnetic Stimulation

A drug free treatment for treatment resistant depression

What does rTMS treat?

- Treatment resistant depression (Medicare supported)
- Chronic Pain
- OCD
- PTSD

Costs

- The initial assessment and psychiatric reviews are Bulk Billed.
- Each treatment session is Bulk Billed.
- The clinic requires each patient wear a smart watch to monitor sleep and heart rate which costs roughly \$250 in total, with a \$160 deposit for the monitor refunded upon completion. This is the total out of pocket cost for our TMS depression treatment program.

Side effects

- Mild scalp irritation
- Minor headaches (rare)

The RANZCP has noted that rTMS is a non invasive and safe treatment with few side effect's. Patients can drive themselves to and from treatments with no down time. No anaesthesia is required.

Medicare

- TMS is currently covered by Medicare for treatment resistant depression
- We can accept referrals for other conditions but these will not be covered by Medicare.
- TMS for treatment resistant depression is covered by DVA.



The Sherpah Clinic RTMS

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What is involved

1. Refer your patient

This can be done via the digital referral form on our website www.thesherpahclinic.com/referrals; you can also email us the referral at referral@shephah.com.au, or your patient can just bring it to their first appointment.

2. Initial assessment

The psychiatrist will conduct an assessment of the patient to ensure they can safely receive rTMS and that they are suitable candidates for the treatment.

3. Resting motor threshold (RMT) and mapping

Once cleared and assessed as suitable the patient will need to provide informed consent to proceed with treatment. The psychiatrist/technician will then develop the treatment plan by finding their RMT and mapping the optimal treatment location.

4. Treatment phase

Treatment consists of 20 minute sessions 5 days per week for up to 35 sessions in total depending on what the psychiatrist deems appropriate.

5. completion

Upon completion the psychiatrist will write a detailed treatment and outcome summary for the patient which will be sent to the patients primary care provider. The psychiatrist may recommend additional maintenance sessions once weekly.



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