

TMS INFORMATION SHEET

Grimsby Clinic

Transcranial Magnetic Stimulation (TMS) and Quantitative Electroencephalography (QEEG) Therapy Service.

This information sheet is designed to help you decide to consent to receive a treatment known as Transcranial Magnetic Stimulation (TMS). Before you decide it is important for you to understand what the treatment will involve. Please take time and read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not to consent to the treatment.

Why have I been offered this treatment?

You are currently receiving medicines for your condition, but the response to treatments has not been entirely satisfactory. Therefore we are offering you the opportunity to have TMS treatment as well as your medicine.

You should not take part if you:

- Consume alcohol in excess of the safe limits (28 units per week for men, 21 units per week for women).
- Indulge in recreational drug use.
- Have suffered any significant brain injury.
- You currently suffer from or have a history of epilepsy.
- Are fitted with a cardiac pacemaker.
- Are fitted with any metal implant in your head.
- Are pregnant.

What will happen to me if I consent to the treatment procedure?

If you decide to consent to TMS treatment, you will initially see Professor Mortimer at NAViGO House, 3-7 Brighowgate, Grimsby who will ask you some questions about your past and current physical and mental health. At this interview you will also have the opportunity to discuss any problems or any questions you have. If you decide to receive TMS treatment Professor Mortimer will ask you to sign a consent form and complete a set of symptom rating scales with you. After this initial interview an appointment will be made to visit Dr Colin Robertson, who is a qualified psychologist who will be administering the EEG and TMS. Listed below is the schedule of treatment and assessment sessions that you will attend.

- You will need to visit Dr Robertson for 7 appointments. At the first appointment you will have your EEG recorded. Arrangements will then be made for you to attend for a further 5 appointments over a period of no more than three weeks. Each treatment session will take approximately one hour. Alternatively, for private patients who have to travel to Grimsby for treatment, arrangements can be made to receive treatment over a period of 3 full days.
- At the final treatment appointment your EEG will be recorded again.
- After the treatment sessions are completed arrangements will be made for you to visit Professor Mortimer again for a follow up visit one month later.

What do I have to do?

You will not have to avoid any of your usual activities during the treatment: there are no effects on driving, operating machinery or playing sports or exercising. You will continue on your usual medication throughout the treatment.

What does the TMS treatment procedure involve?

Before your first TMS treatment you will have your brainwaves recorded, this is called an EEG. You will have a second EEG after your final TMS treatment. The reason for recording your EEG is to monitor the effects TMS has upon your brain activity. The TMS apparatus is a coil of wire coated in plastic and is about the size and thickness of an oval cake tin. The coil has a powerful and rapidly changing electrical current passed through it. This produces a pulse of magnetism (a short lived magnetic field) that when placed near the head, passes into the brain. The effect is to stimulate electrical current in the brain, which results in brain cell activity. This electrical activity does not spread throughout the brain. There is no damage to the brain and no long-term adverse effect of the pulse of magnetism.

Are there any risks involved?

The National Institute for Health and Clinical Excellence (NICE) published their guidance in December 2015 and stated that there are no major safety concerns associated with TMS. NICE also states there are potential adverse events which may include the following:

- (1) A small percentage of patients in clinical studies have experienced transient headaches that are believed to be due to excessive muscle tension. Headaches induced by TMS can be treated with simple analgesia ('over the counter' pain killers such as paracetamol).
- (2) The straight posture of the head and neck during the application of TMS can result in transient neck stiffness and neck pain due to muscle contracture. This neck pain can also be treated with simple analgesia (pain killers such as paracetamol).
- (3) Very rarely indeed (10 times during thousands of treatments during several decades worldwide) TMS has caused an epileptic fit, even without risk factors such as pre-existing epilepsy or other brain disease. However, the strength of TMS which we are using has never caused an epileptic fit.
- (4) There is the potential for the induction of mania (elevated mood) in patients being treated for depression, which does not apply to you. Again, this has never happened using our treatment protocol.

What if something goes wrong?

In addition to NAViGO's compensation scheme, professionals involved in administering and supervising TMS are indemnified by their organisation for any incident if TMS treatment results in any harm. Regardless of this, if you wish to complain, or have any concerns about any aspect of the way you have been approached or treated during the course of the treatment, you can complain to NAViGO. Dr Robertson will be able to help you with this matter.

In the highly unlikely situation of your becoming unwell during the treatment, Dr Robertson has had training in basic life support and can deal with this as necessary. Appropriate equipment is to hand if needed. We reiterate that this is extremely unlikely.

Contact for Further Information:

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