

rTMS programme

Repetitive transcranial magnetic stimulation (rTMS) is an evidence-based, safe, effective and non-invasive method for treating depression and obsessive compulsive disorder (OCD).

It uses rapidly changing magnetic fields to stimulate areas of the brain that are involved in mood regulation. rTMS is beneficial for those who have treatment resistant or severe depression who wish to avoid drug-based treatment or who have not responded to medication. The treatment has been approved by the National Institute for Health and Care Excellence (NICE).

We are proud to offer rTMS at Priory Wellbeing Centre Harley Street, which is one of the few places in the country where this innovative treatment can be accessed.

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rTMS is a novel and very promising treatment for depression and OCD, and is safe and effective. It is particularly useful where other treatment approaches have not worked and has fewer adverse effects than other pharmacological or physical treatments.

DR LEON ROZEWICZ,
MEDICAL DIRECTOR

How does rTMS work?

- + During an rTMS session, an electromagnetic coil is placed just above your temple
- + Sessions are administered by a specially trained rTMS technician
- + This delivers targeted electromagnetic currents that stimulate the areas of your brain that are involved in mood control and depression
- + This electrical activity in your brain increases and causes the underlying brain cells to connect more effectively with each other
- + This has been found to reduce depression and improve mood

What are the benefits of rTMS?

- + Highly effective based on clinical trials
- + Very few adverse effects (the most common being local skin warming and brief, mild headache)
- + Therapeutic benefits and effects can be seen after 1 week
- + Available on an outpatient basis, enabling flexibility, convenience and ease of access
- + Can be partnered with talking therapies such as cognitive behavioural therapy (CBT)
- + Can work alongside medication if required
- + You are able to resume normal daily activities immediately after a treatment session
- + Commonly used for the treatment of depression in the USA, Canada and Germany

What can I expect during rTMS treatment?

- + In your initial consultation, your diagnosis of depression will be confirmed, your medical history reviewed and all treatment options discussed
- + During your first session, your specialist will determine the best place to put the electromagnetic coil on your head as well as the most appropriate level of power for you
- + Each rTMS session will last for between 15 and 45 minutes. During this time, you will sit in a comfortable chair with the electromagnetic coil placed on your head and will hear clicking noises and feel tapping on your head. You will be able to relax by, reading a book or magazine, browsing your phone or chatting with our friendly rTMS technician, while undergoing the treatment. You will not be sedated or lose consciousness at all. Typically, rTMS sessions are administered in close succession over a 2 to 6 week period, dependent on the specific treatment plan and protocol
- + After the session, you will be fine to carry on your everyday activities including driving, childcare responsibilities or you can continue your work day
- + rTMS can be tailored to be effectively delivered over a shorter duration with sessions lasting only a few minutes and occurring over a shorter total time period. This allows for a more accessible treatment option for patients with busy schedules due to travel or work
- + Your specialist will see you at the mid-point of your treatment to assess impact and make any necessary changes to treatment. At the end of therapy, the possibility of maintenance therapy and rescue therapy can be explored to minimise the risk of future depressive episodes and their impact on your daily functioning
- + For OCD treatment, sessions may include provocations—controlled actions designed to trigger OCD symptoms and activate relevant brain areas, enhancing the effectiveness of the treatment. These sessions are generally administered four to five times a week over a four-week period, ensuring a controlled and safe environment throughout your treatment.

Who can benefit from rTMS?

rTMS can be particularly beneficial for those who:

- + Are experiencing treatment resistant depression and/or other mood disorders
- + Have not responded to medication
- + Wish to avoid drug-based treatment

Funding

Priory offers personalised and accessibly-priced treatment packages for individuals who are looking to self-pay for treatment.

We are also an approved provider for all of the UK's leading private medical insurers. If you have private medical insurance, a GP referral may be required by your insurer before treatment can commence. Please liaise directly with your insurer to confirm.

Please note, private medical insurers will only fund rTMS treatment for depression, not OCD.

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A number of studies into rTMS have been analysed by NICE, who noted that “changes in unspecified depression rating scales showed a significant effect in favour of rTMS”, which is widely considered as an effective treatment for depression.

Differences between rTMS and electroconvulsive therapy

Electroconvulsive therapy (ECT) is a method that has been used for many years in the treatment of severe depression. rTMS is a much newer technique. There are a number of fundamental differences between ECT and rTMS:

ECT	rTMS
Is more invasive than rTMS	Is non-invasive
Delivers an electrical stimulation to the brain causing a controlled seizure, which in turn can help relieve symptoms of depression	Uses focused magnetic pulses that are targeted to specific areas of the brain that we know impact mood regulation
Is always carried out in a hospital under a general anaesthetic and a muscle relaxant	Does not require sedation

Enquiries and further information

To find out more information about Priory Wellbeing Centre Harley Street, visit www.prioryharleystreet.co.uk

To enquire about services or make a referral, please contact our 24/7 helpdesk on **0207 079 0555** or email info@priorygroup.com

For the most up to date information on our services, please visit our website.