

Transcranial Magnetic Stimulation (TMS)

What is TMS?

TMS is a safe, effective and non-invasive treatment using gentle magnetic pulses to stimulate the brain and help mood regulation in various conditions.

Side Effects

TMS is a well tolerated non-pharmacological treatment. Mild scalp discomfort, headache and facial muscle twitching are the most common side-effects and usually settle quickly and it is safe to drive after a treatment session. There is a rare risk of seizure so we conduct a risk screening prior to treatment.



Medicare Eligibility (from November 2021)

To be eligible for the Medicare rebate the person receiving treatment must have a valid Medicare card and meet the following criteria

- a. has not previously received TMS; and
- b. is at least 18 years old; and
- c. is diagnosed with a major depressive episode; and
- d. has failed to receive satisfactory improvement for the major depressive episode despite the adequate trialling of at least 2 different classes of antidepressants, unless contraindicated; and
- e. has undertaken psychological therapy, if clinically appropriate.

Getting Treatment

- Referral – please contact your GP or Psychiatrist for a referral
- Initial bulk billed assessment by our TMS Psychiatrist to evaluate your indication for treatment and your mental health and a discussion of treatment options (informed consent).
- An initial “Brain Mapping” session conducted by our TMS Psychiatrist. During this session we will determine your individual sensitivity to TMS and design an appropriate treatment plan.
- Treatment sessions are carried out by our trained registered nurses who also assess each patient’s progress and mental health. Progress is also reviewed with our psychiatrist who may adjust your treatment from time to time if clinically appropriate. Each session lasts about 30 minutes repeated for 3-5 days per week over 5-6 weeks.

Enquiries

For more information please contact Mind & Brain on 08 6119 8228 or visit us online mindandbrain.com.au/tms.

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Innovative care for better mental health



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