



## Repetitive Transcranial Magnetic Stimulation Treatment

### About the Ontario Shores Brain Stimulation Clinic

Ontario Shores offers a Brain Stimulation Clinic that comprises of two services - Electroconvulsive Therapy (ECT) and repetitive Transcranial Magnetic Stimulation (rTMS).

### Location and Parking

The Clinic is located in Building 3, Level 2. Parking is available at the hospital and there are a number of options available including frequent visitor passes. Designated visitor parking areas are identified throughout the parking lot. More information about parking rates can be found on our website, [ontarioshores.ca](http://ontarioshores.ca)



### About rTMS

rTMS is a non-invasive treatment option for those who have treatment resistant depression and are unable to receive ECT but would benefit from a similar type of treatment. It delivers a series of short magnetic pulses directed at the brain to stimulate nerve cells. Patients are able to return to their regular activities immediately following treatment, which lasts about three to eight minutes.

## **Treatment Approach**

### **Consultation**

Once you have been referred, you will receive a consultation with a psychiatrist in order to determine your eligibility for rTMS treatment.

### **First Treatment**

During your first appointment, a physician will determine your threshold by delivering magnetic pulses to the top of your head. This is a painless procedure used to determine the intensity of your treatment and the location on the brain that will be most effective for treatment. During this appointment you will receive your first treatment of rTMS.

### **Treatment Course**

A typical course of rTMS consists of five daily treatments per week, occurring Monday through Friday for 4 to 6 weeks. An rTMS technician in consultation with a psychiatrist will administer your treatments.

### **Treatment Team**

The treatment team within this service includes a psychiatrist, technician and administrative assistant who work together to ensure your treatment runs as smoothly as possible.

### **Follow-up**

You will be seen for a follow-up consultation by a psychiatrist midway through the course, at the end of your treatment course, and as required.

### **Results**

Responses to treatment vary across patients. If rTMS is effective for you, your symptoms may begin to improve by the second to fourth week of treatment. You may also continue to notice improvements in the weeks following your treatment course.

### **Who Can Benefit from rTMS**

rTMS can be suitable for patients diagnosed with Major Depressive Disorder who have not benefitted from at least two antidepressant trials.

rTMS is **not** suitable for the following conditions:

- History of epilepsy or other seizure disorders
- Metal head plates, cochlear implants or pacemakers
- Unstable medical condition
- History of psychosurgery or deep brain stimulator
- Pregnancy
- Active suicidal / homicidal ideation

### **Side Effects**

rTMS is considered a safe and well-tolerated treatment that may cause mild side

effects. Side effects tend to be more noticeable at the beginning of the treatment course and usually decrease as patients adjust.

The most common side effects include:

- Mild headache
- Painless involuntary contraction of facial muscles during stimulation
- Scalp pain or discomfort at the site of stimulation
- Brief light headedness or dizziness can occur after treatment

### **Referral Information**

Referrals are accepted from psychiatrists of Ontario Shores. A Brain Stimulation Consult will take place with an Ontario Shores Psychiatrist to determine suitability.

### **Inclusion Criteria**

- Client associated with Ontario Shores
- Client referred from external hospital outpatient programs deemed suitable for treatment by Brain Stimulation Psychiatrist
- Medically stable and cleared for treatment by a physician

### **Frequently Asked Questions**

**Can I continue taking medications during treatment?** Your medications will be reviewed during your initial consultation with a brain stimulation psychiatrist and must remain consistent over the course of your treatment.

#### **Can I drive home after treatment?**

Yes. rTMS will not affect your ability to drive.

#### **How is rTMS different than electroconvulsive therapy (ECT)?**

Unlike ECT, patients remain awake during rTMS and do not require anesthesia. Potential side effects of rTMS are much milder than those of ECT.

#### **Is the treatment painful?**

rTMS is often described as a tapping sensation on the head. Although it can be initially uncomfortable for some patients, they usually adjust to the sensation after a few treatments and are able to tolerate it well.

#### **Can I attend less than five sessions per week?**

No. You must attend all scheduled sessions in order to maximize the effectiveness of your treatment. You may reschedule a treatment if you are sick or unable to come in.

#### **Can I do anything during treatment?**

Patients are encouraged to close their eyes and remain as relaxed as possible during sessions.

**What happens at the end of the treatment course?**

Once you have completed rTMS, you will meet with a brain stimulation psychiatrist for a follow-up consultation to assess your progress and response to the treatment. This may involve adjusting medications, arranging referrals or discussing other options for non-responders.

For more information about rTMS, please contact:  
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