

OPTIMISE
Healthcare Group



Transcranial Magnetic Stimulation

Patient Information

Please read this booklet carefully and ensure you are familiar with the information prior to booking your treatment

Who We Are

Optimise Healthcare Group is a private outpatient mental health clinic, dedicated to providing high-quality care tailored to individual needs.

We offer a comprehensive range of assessments and treatments for various mental health conditions. In addition, we collaborate with select NHS services to support the assessment and treatment of Autism and ADHD.

Founded by experienced medical professionals, our mission is to deliver safe, effective, and efficient care in a supportive environment.

As a psychiatry-led service, we bring specialist expertise to every stage of the mental health assessment and treatment process.

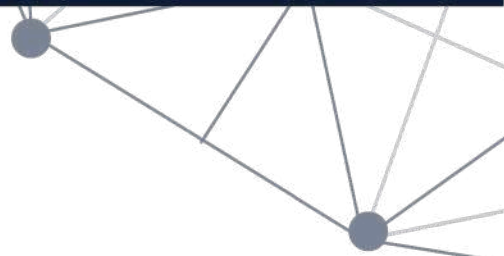
If we are not a suitable service for you

In some cases, Optimise Healthcare Group may not be the most suitable service to meet your clinical needs particularly if you require a higher level of care, more intensive support, or ongoing intervention.

If our team feels that we are unable to safely manage your care, we will support you by referring you to a more appropriate service in your local area. This may include your GP, NHS crisis services, or other relevant NHS mental health teams.

For urgent support and safeguarding information, please visit our “Help in a Crisis” page, where you’ll find guidance on how to access NHS and emergency services.





Consent to Share Information

If you would like a parent, partner, or friend to speak with us on your behalf whether to arrange appointments or enquire about your care we will need your written consent first.

To protect your privacy, our admin team cannot discuss your care with anyone without your prior consent.

A consent form can be completed online via the link included in your confirmation email. This process helps us maintain strict confidentiality throughout your care journey.

If you're having trouble locating the link to the consent form, please get in touch with our team and we'll be happy to send it to you directly.

For more information on how your data is handled, please refer to our Privacy Policy on our website at www.optimisehealthcaregroup.co.uk

Please note: All final reports are shared with your GP to support overall risk management and ensure a holistic approach to your ongoing care. If you do not consent for the sharing of information with your GP, we are unable to initiate treatment for you.

Referrals

Patient's can enter into our service via one of the following routes:

GP referral

Self Referral

Referrals can be sent to:

Private@optimisehcg.co.uk (Self-funding patients)

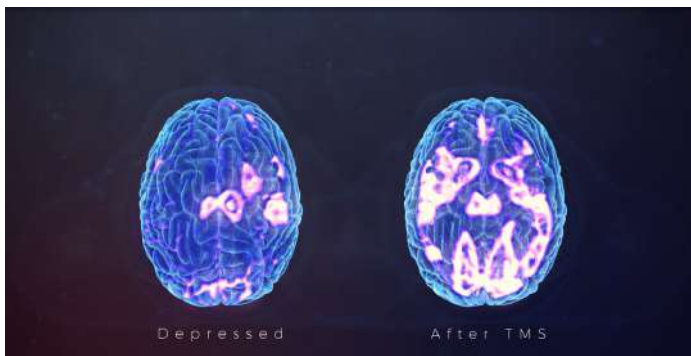
What is TMS?

Transcranial Magnetic Stimulation (TMS) is a safe, effective and non-invasive procedure requiring no sedation or recovery period. The treatment uses magnetic pulses to stimulate nerve cells in specific areas of the brain. TMS is a treatment for depression, OCD, addictions and other mental health conditions and is typically used when other treatments have proven to be unsuccessful.

TMS is a mild and gentle treatment used for patients who have either failed to respond to pharmaceutical treatments or patients who would like to consider non-medicinal treatment options. TMS can often be used as a supplement to other therapies.

TMS is based on the principles of electromagnetic induction that provides stimulation to specific areas of the brain. An electric pulse generates a magnetic field that penetrates through the skull to the desired location and either inhibits or excites the neurons. The strength of the magnetic fields is similar to that of an MRI scanner and is considered safe and effective.

We use two types of TMS: rTMS (repetitive Transcranial Magnetic Stimulation) iTBS (intermittent Theta Burst Stimulation)



How does TMS work?

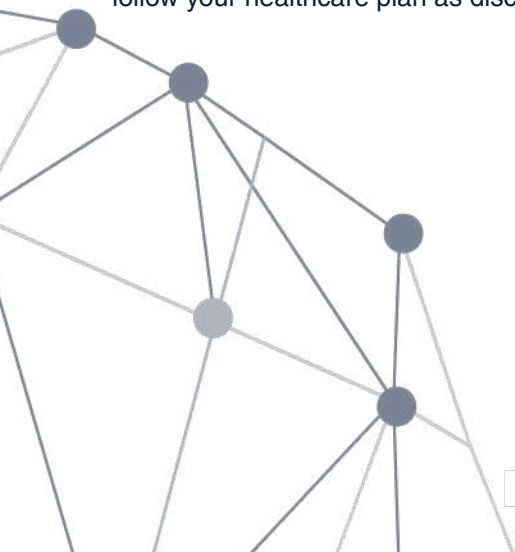
The magnetic field produced by the coil passes unhindered through the scalp to the brain almost painlessly. The field can reach the underlying brain structures and modify its electrical activity in order to improve symptoms of psychiatric disorders by: Increasing the electrical activity of an otherwise inactive or hypoactive areas Inhibiting/reducing electrical activity in overactive areas

How long do the effects of TMS last?

This can vary from person to person, however, research on the longevity of TMS treatment is positive, with a high percentage of patients experiencing a significant decrease in their symptoms for a year or longer after receiving treatment. With regular maintenance sessions, the benefits of TMS treatment are ongoing and top up sessions can be offered, depending on circumstance, based on recommendations from your psychiatrist.

How long does it take for TMS to start working?

Everyone's experience with TMS is different and experiences vary based on several factors including personal brain chemistry. Often patients will begin to feel the benefits of TMS treatment within the first two weeks, others may take slightly longer to show a response. It is important to be patient and follow your healthcare plan as discussed with your psychiatrist.





Types of TMS

Transcranial Magnetic Stimulation can be administered using different protocols: Multiple TMS pulses given consecutively are referred to as repetitive or ‘rTMS’.

Theta Burst Stimulation (TBS) is a type of TMS allowing for treatment to be delivered less frequently and in a shorter period. It is characterised by the rapid repetition of high-frequency stimuli divided into triplets of stimuli.

Who can have TMS?

Most individuals aged 14 or over who have failed to achieve positive treatment results via other methods such as pharmaceutical interventions are excellent candidates for TMS treatment. Before having TMS, your consultant needs to be informed about any metal or implanted medical devices (e.g. aneurysm clips, stents, magnetic fragments), a history of seizures, brain damage, or other medical conditions.

Pros and Cons of TMS

PROS	CONS
Flexible Appointments	Time commitment
Minor side effects compared to other traditional treatments	Minor discomfort / headache
Non-Invasive	
NICE Recommended	
Higher success rate for reducing symptoms (up to 60% in some studies)	

TMS VS Other Treatments

	Medication	ECT	TMS
Administration	Oral or Intramuscular	Electric current to induce a seizure	Non-invasive magnetic currents
Side Effects	• Anxiety • Blurred Vision • Diarrhoea • Constipation • Dizziness • Dry mouth • Headaches • Insomnia • Drowsiness • Nausea • Sexual dysfunction • Weight gain • Memory loss	• Anxiety • Dizziness • Dry mouth • Insomnia • Drowsiness • Memory Loss • Nausea • Hospitalisation	• Headache • Dizziness • Nausea



What happens during a TMS treatment session?

A practitioner will remain with you throughout your entire treatment to ensure your comfort and safety.

As our clinic is also a training environment for doctors and nurses, a trainee may sometimes wish to observe your session. If this applies to your appointment, we will let you know when you arrive and ask for your permission. Observation will only take place if you agree, and your decision will always be respected.

Your First TMS Session

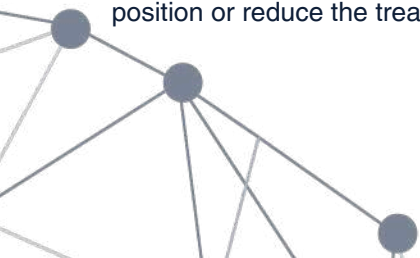
At your first visit, the practitioner will take several measurements to make sure the TMS coil is positioned correctly. You will be fitted with a specially designed cap, which will be marked to guide accurate placement of the coil at each treatment.

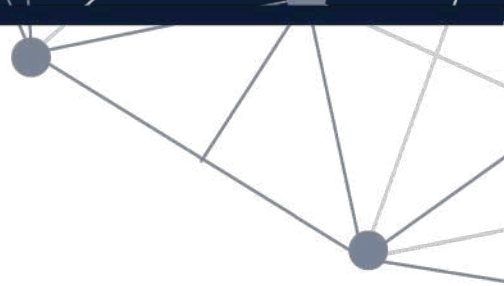
Once the measurements are complete, the coil is placed over the specific area of your brain identified during this process.

During Each TMS Session

You will sit comfortably in a chair for the duration of the treatment. Because TMS involves magnetic pulses that make a clicking sound, you will be asked to wear earplugs for comfort and hearing protection. If you find earplugs difficult to wear, please let your clinician know so they can discuss alternatives with you.

During the treatment, you will hear regular clicking noises and may feel a tapping sensation on your head beneath the coil. This is usually not painful, though it can sometimes feel uncomfortable. If you experience any discomfort, please tell the practitioner right away, they can adjust the coil position or reduce the treatment intensity as needed.





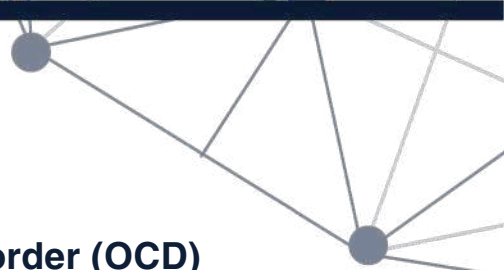
Conditions & Costings

Depression with Comorbid Anxiety

TMS treatment for Depression and comorbid Anxiety are both FDA and NICE approved. 50% of all treated patients respond to the treatment. Approximately 35% of all treated patients are 'remitters' meaning that they are 'depression free'.

At Optimise Healthcare Group we have concluded higher success rates of up to 75% in depression and anxiety as shown by patients across our clinics

Type of TMS	Length of Treatment	Number of Sessions	Cost
Accelerated TMS	2 weeks	30 Sessions - (3 Treatments per Day)	£2000
Intermediate TMS	4 weeks	30 Sessions - (2 Treatments per Day)	£2500
Standard TMS	6 weeks	30 Sessions - (1 Treatment per Day)	£4000



Obsessive Compulsive Disorder (OCD)

Treatment for OCD is FDA approved. In research, 45% of patients are found to have a reduction in OCD symptoms. Within the research, 45% of patient's are still reporting a reduction in symptoms after 1 month.

Length of Treatment	Number of Sessions	Cost
6 weeks	30 Sessions (1 Treatment per Day)	£3375

Anxiety Disorders

TMS treatment for Anxiety is an **off-licence** treatment. Studies have shown a clinically significant decrease in reported anxiety symptoms and some studies have found remission rates of up to 80%, suggesting that TMS is an effective treatment.

Length of Treatment	Number of Sessions	Cost
4 weeks	30 Sessions (2 Treatments per Day)	£2250



Post Traumatic Stress Disorder (PTSD)

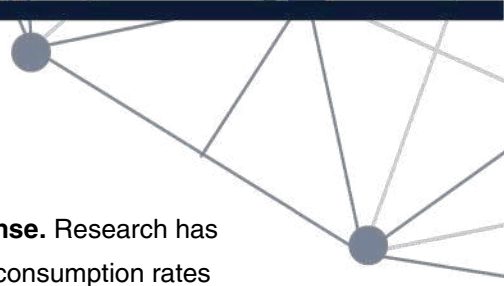
Treatment for PTSD using TMS is **off-license**. Some studies have found remission rates of up to 40% with significant associated improvement with social and occupational functioning as well as symptoms of depression.

Type of TMS	Length of Treatment	Number of Sessions	Cost
Accelerated TMS	2 weeks	30 Sessions - (3 Treatments per Day)	£2000
Intermediate TMS	4 weeks	30 Sessions - (2 Treatments per Day)	£2500
Standard TMS	6 weeks	30 Sessions - (1 Treatment per Day)	£4000

Cocaine Addiction

Treatment for Cocaine Addiction is **off-license**. Research has shown that there is a significant reduction in cocaine craving and impulsivity resulting in reduction in both the amount and frequency of cocaine consumed

Length of Treatment	Number of Sessions	Cost
2 weeks	30 Sessions (3 Treatments per Day)	£1000



Alcohol Addiction

Treatment for Alcohol Addiction is **off-license**. Research has demonstrated lower alcohol cravings and consumption rates temporarily, as well as reduce anxiety and depression scores. Studies have shown a reduction in relapse rates and an increase in control viewed through brain activity.

Length of Treatment	Number of Sessions	Cost
2 weeks	30 Sessions (3 Treatments per Day)	£1000

Bipolar Type 2

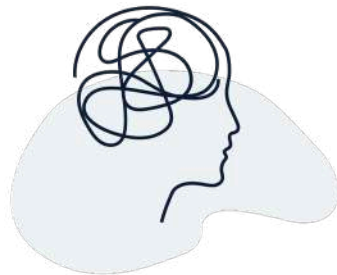
Treatment for Bipolar Type 2 (depressive episode) is **off-license**. Studies have showed that between 40% to 55% of patient's respond to treatment with severity of depression having decreased significantly.

Type of TMS	Length of Treatment	Number of Sessions	Cost
Accelerated TMS	2 weeks	30 Sessions - (3 Treatments per Day)	£2000
Intermediate TMS	4 weeks	30 Sessions - (2 Treatments per Day)	£2500
Standard TMS	6 weeks	30 Sessions - (1 Treatment per Day)	£4000

Maintenance TMS Treatment

Maintenance TMS is offered once a full course of TMS therapy has been successfully completed. It serves as an ongoing support plan designed to help you sustain the positive benefits of your treatment.

A typical maintenance plan begins with two sessions every two weeks, gradually extending to six-week intervals as your stability improves. This schedule can be fully tailored to your individual needs and treatment goals, ensuring continued support and long-term wellbeing.



FAQs

Is there a recovery period after a TMS Session?

There is no recovery period and patients are able to go about their daily activities immediately following treatment.

Some patients report a mild headache, however, this is generally at the beginning of treatment.

Recommendation from NICE Guidelines is that the evidence on rTMS for depression shows no major safety concerns.

Should I take my medication before having TMS?

You should take your routine prescribed medication as usual unless otherwise specified by your doctor or consultant.

Can I eat or drink before my TMS treatment?

Yes, you can. TMS does not require anaesthesia, therefore you can eat and drink as you normally would.

Can I change my mind?

Yes, at any time. We will ask you to sign a consent form before your course of TMS treatment starts. You can withdraw your consent at any time.

Can I drive afterwards?

Yes, unless otherwise advised. The treatment does not usually affect your ability to drive or use machinery. If you do drive, you will need to speak to your Consultant Psychiatrist prescribing your treatment before you start a course of TMS. Generally, most patients can drive post-treatment. When you attend your first few appointments it is recommended that you bring a relative, friend or carer for support. Any issues with driving will be discussed after these first treatments.

Who administers the treatment?

A consultant psychiatrist will prescribe your treatment. The treatment itself will be administered by a technician who has been specially trained in the delivery of TMS. The TMS technician will monitor you during the treatment.

Help in Crisis

Emergency Crisis Services

If you feel you are unable to keep yourself safe and require immediate support, please call 999 or attend your local A&E department

Local Crisis Services

Contact 111 for details of crisis services in your local area

You can call any of the following if you feel you need to talk to someone but are not in a crisis:



Samaritans - *phone:* 116 123

Papyrus - *phone:* 0800 068 41 41

CALM - *phone:* 0800 58 58 58

SHOUT - *Text* (85258)

Safeguarding

If you believe that you or someone you care for is vulnerable or at risk of harm, neglect, exploitation, or abuse, it is important to seek help promptly. Anyone can make a referral to their local safeguarding team.



If you or a family member are at risk, please reach out for support without delay. You can contact your GP, local safeguarding team, or appropriate authorities who are trained to assist in these situations. Additionally, you can call 111 for crisis support, safeguarding advice, and to be directed to relevant services.

If there is an immediate or imminent risk to you or a loved one, please call 999.

You can find contact details for your local safeguarding services here:

<https://safeguarding-guide.nhs.uk/contacts/>



Ready to book
your treatment?
Get in touch today!

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info@optimisehcg.co.uk

optimisehealthcaregroup.co.uk

