



Alpine TMS[®]

Transcranial Magnetic Stimulation (TMS)

REFERRAL FORM

Alpine Health Centre[®]

P: 1300 360 791 F: 1300 360 798

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www.alpinehc.au

Patient details (Please write clearly and Email or Fax the referral to the Alpine Health Centre).

Name: _____ DOB: _____ Age: _____ Gender: _____

Address: _____

Contact Number: _____ Email: _____

Medicare Number: _____ / _____ Expiry Date: _____

Reason for repetitive Transcranial Magnetic Stimulation (TMS) referral:

- ☐ Treatment-resistant depression ☐ Depression ☐ Anxiety ☐ OCD ☐ PTSD
☐ Chronic pain ☐ Pain disorder ☐ Tinnitus Other (please specify) _____

Medications and clinical notes

The patient:

- ☐ Has not received a prior course of TMS therapy: _____
☐ Trialled 2 or more classes of antidepressants (unless contraindicated): _____
☐ Has undertaken psychological therapy (unless inappropriate): _____
☐ Failed to receive satisfactory improvement: _____

Relevant history

TMS should not be administered to patients who have ferromagnetic or magnetic-sensitive metal objects implanted in the head or neck. Patients who have had recent seizures should avoid TMS.

Please attach a Health Summary, current medications and recent Pathology Results.

Medical conditions (please select):

- | | | |
|--|---|--|
| ☐ Metallic implants above neck | ☐ Eye injuries | ☐ Head injury/head trauma |
| ☐ Neurosurgery | ☐ Cochlear implants | ☐ Epilepsy / seizures |
| ☐ Pacemaker | ☐ Pregnant | ☐ Substance misuse |
| ☐ History of tinnitus | ☐ History of migraines | ☐ Bipolar disorder |
| ☐ Other (please specify): _____ | | |

Referrer details

Medical Practitioner: ☐ GP ☐ Nurse Practitioner (NP) ☐ Psychiatrist

Name: _____ Provider No.: _____

Practice name: _____ Phone: _____

Address: _____ Email: _____

Signature: _____ Date: _____



Medicare eligibility for TMS - the patient must meet Medicare eligibility criteria for **BULK BILLING**.

- ☐ Has not received TMS treatment previously.
- ☐ Be diagnosed with a depressive disorder.
- ☐ Trialled antidepressants (unless contraindicated).
- ☐ If clinically appropriate, has undertaken psychological therapy (unless inappropriate).

At the Alpine Health Centre[®], the following TMS services are **fully BULK BILLED** if the Medicare criteria are met:

- Psychiatrist review, prescription and treatment mapping of the initial course of treatment;
- Initial TMS treatment course (35 sessions); and
- TMS maintenance course (15 sessions) four months post completion of initial TMS therapy session.

TMS Journey

- 1) Referral:** To meet Medicare criteria, a medical practitioner, (GP, NP or Psychiatrist), needs to refer the patient to the Alpine Health Centre[®] for TMS therapy. If Medicare criteria are met, the initial Psychiatrist assessment and the following 35 TMS treatments are **fully BULK BILLED**.
- 2) Screening:** Upon receipt of the referral, a health professional will contact the patient to conduct preliminary screening and schedule an appointment with a Psychiatrist who is trained and accredited in TMS therapy.
- 3) Initial assessment with Psychiatrist:** The Psychiatrist will determine the suitability of TMS therapy for the patient. This will involve clarifying the diagnosis and ruling out any contraindications for TMS and an informed consent will need to be completed by the patient.
- 4) Resting Motor Threshold (RMT):** Following the initial assessment, and if the patient is deemed suitable for TMS treatment, the patient will be offered an appointment with the visiting Psychiatrist who is responsible for the prescribing TMS therapy and the overseeing the mapping for the initial treatment course. This process includes determining the resting motor threshold (RMT), setting the intensity of the TMS therapy and the placement of the coil during treatment.
- 5) First course of TMS:** During the initial appointment with the Psychiatrist, a course of 35 TMS therapy will be started. The patient is expected to attend the Alpine Health Centre[®] daily until the course of TMS treatment is completed.
- 6) Maintenance TMS** - Patients who have completed the initial prescribed course of TMS may receive an additional 15 maintenance sessions that are fully bulk billed four months after their last initial TMS session.

TMS therapy is provided at the Alpine Health Centre[®] by Appointment Only.



RANZCP's (2018) position statement on TMS therapy:

"TMS is a therapeutic, well-tolerated and safe medical procedure for the treatment of psychiatric disorders, especially episodes of major depression."