



# Guidelines for Referring Community Providers

## TRANSCRANIAL MAGNETIC STIMULATION (TMS)

We are pleased to provide Transcranial Magnetic Stimulation (TMS) services at The Mental Health Center of Greater Manchester (MHCGM) in our Bedford Counseling Associates office. FDA has approved TMS for people suffering from treatment resistant depression.

### 1. Referring prescriber responsibilities/checklist:

- A. Fax the following to **(603) 641-6910** \*(Use the Patient Referral Form on our website)
  1. Demographic information to include insurance information.
  2. Provide results of PHQ9 screening (a score of 17 or higher is required for referral).
  3. Last progress note and any information pertaining to failed antidepressant medication trials and psychotherapy history, if available.
- B. **Important:** Advise patient to prepare a list of **ALL** of their current Medical Providers, specialty and contact information.

### 2. What are the contraindications and cautions for TMS?

- A. Absolute Contraindications: Ferromagnetic objects (containing iron) and implanted electronic devices within 12 inches of the site of stimulation. Examples include (but are not limited to) cochlear implants, aneurysm, clips/coils, ferromagnetic tattoo ink, shunts, stents, bullet fragments, vagal nerve stimulators, spinal cord stimulators etc.
- B. Relative contraindications: Devices placed beyond 12 inches from the coil and reviewed on a case by case basis. The TMS team will seek medical clearance, when needed from a patient's neurologist or other specialists.

### What to expect after referral is made:

After a referral is received, a preliminary review of insurance will be done before a referral is accepted. Once insurance benefits are confirmed, MHCGM will call the patient to schedule:

1. a required office visit at 2 Wall Street, Suite 300, Manchester NH 03101
  - patients will be asked to sign Release of Information forms (for treatment coordination and medical clearance, if needed) to the providers on their list
2. a virtual or in-person TMS assessment.
  - TMS team will do a TMS safety assessment, coordinate with patient's providers, obtain documentation of past TMS or ECT (if applicable), and medical clearance (if applicable).

Upon approval, TMS team will submit documents for insurance authorization. Referring Provider will be informed of the insurance outcome. Patients will receive a TMS informational brochure and TMS Consent Form to review prior to a TMS MD appointment.