

Great Clinical Outcomes for the Carolina Partners TMS Program in 2013

The Neuropsychiatric Clinic has put together some excellent data for clinicians about our Transcranial Magnetic Stimulation program that we'd like to share.

We have been utilizing a clinician-rated scale (HAM-D) and a patient-rated scale (QIDS). For HAM-D and QIDS, we have responder rates (that is, a 50% or more reduction in score), and for QIDS, we have remission rates (that is, a score low enough to be considered depression-free).

- For HAM-D, the response rate for our patients after TMS treatment is **61.9%**.
- For QIDS, the response rate for our patients after TMS treatment is **66.7%**.
- For QIDS, the remission rate for our patients after TMS treatment is **52.4%**

For comparison purposes, it is important to note that our TMS patients have tried and failed with at least 3 medications (the rate is 3-7 failed medication trials in our population).

In the NIH-sponsored STAR-D trial, which has become the gold standard depression clinical trial, for patients who had failed at least 3 medications (just like the patients we have seen for TMS), the remission rate was only 6.9%. They did not use responder rates as an outcome measure, just remission rate.

So, to put this in context, our TMS remission rate (depression-free) is 52.4%, while the STAR-D trial showed a remission rate of 6.9% for similar patients! Our response rate (significant improvement in symptoms) is approximately 2/3 patients.

Per the STAR-D medication trial, 41.4% of patients discontinued treatment by the time they were on their 4th medication trial. In our TMS patients, all of whom had at least 3 medication trials, **0% discontinued treatment**. This points to the lack of significant side effects with TMS, and reinforces the perceived benefit.

Before receiving treatment, patients must schedule a consultation with Dr. Vaishnavi. Patients with Major Depressive Disorder who have not responded to medication qualify for a consultation, which will be filed to insurance. TMS treatment is not currently covered by insurance, but we are able to offer very generous discounts and interest-free payment plans to patients who qualify for treatment. To refer a patient for a TMS consult, please call or have the patient call Emily Blocker at: **919-354-0862**

For more information about TMS in general, please visit our TMS website: www.carolinapartnerstms.com or contact the staff at the Neuropsychiatric Clinic.