

rTMS FAQs

Repetitive Transcranial Magnetic Stimulation (rTMS) at St John of God Hospital

Who is Suitable for rTMS?

rTMS may be an option for patients who have not responded to traditional treatments such as medication or psychotherapy and are looking for alternative therapies.

What Happens During rTMS Treatment?

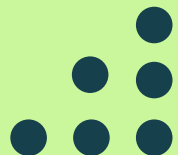
- rTMS is administered over 4–6 weeks, with sessions lasting approximately 30 - 40 minutes.
- Patients remain awake and alert throughout the treatment.
- There is no recovery time needed, and patients can resume daily activities, including work and driving, immediately.

How Effective is rTMS?

Studies indicate that approximately 50% of patients with treatment-resistant depression experience significant symptom relief during rTMS treatment.

Is rTMS Covered by Private Health Insurance?

At present, rTMS is not covered by private healthcare insurers. We are currently making efforts to secure private health insurance to fund rTMS. Feedback from members is important so it is worth enquiring with your private health insurer so that they consider covering rTMS treatment in the future. However, patients may be eligible to claim tax relief under the medical expenses scheme.



How Many Treatments Are Required?

A standard course consists of 20–30 sessions, administered five days a week over a period of 4–6 weeks.

Accommodation Options for Patients Travelling to Dublin

While St John of God Hospital does not provide accommodation, there are several nearby hotels and short-term stay options.

What is the Waiting Time for rTMS?

Once a referral is received from your psychiatrist, an appointment for an initial assessment is typically arranged within a few weeks. The exact waiting time may vary based on demand.

How Long Does the Relief Last?

The duration of symptom relief varies among individuals. Some patients experience long-term benefits, while others may require maintenance sessions. Your consultant will assess and advise on the best approach for ongoing care.

Can I Receive More Than One Session Per Day?

No, rTMS sessions are scheduled once per day (Monday to Friday) as part of a treatment plan. Multiple sessions per day are not carried out.

Is rTMS Suitable If I Have Had ECT?

Having undergone Electroconvulsive Therapy (ECT) previously does not necessarily exclude you from rTMS treatment. Each case is reviewed individually, and suitability will be assessed during your initial consultation.

Referral Process

Patients must be referred by a GP or psychiatrist before accessing rTMS treatment. Self-referrals are not accepted.

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