

# Nashville Neurocare Therapy

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*Welcome to Nashville Neurocare Therapy. Thank you for choosing us to be a part of your health team. We pride ourselves in not only what we treat, but in how you are treated. We use state of the art NeuroStar technology and the most advanced techniques our industry has to offer. We look forward to working with you and helping you on your path of wellness!*

## **TRANSCRANIAL MAGNETIC STIMULATION**

Transcranial magnetic stimulation (TMS) is a proven depression treatment using short pulses of magnetic energy to activate select areas of your brain that control mood. After an evaluation with a psychiatrist and the therapy has been prescribed, you may schedule your first appointment. The doctor will perform a motor threshold (MT) procedure at the initial appointment to determine the appropriate level of magnetic energy, or dosage, for your treatment. Prior to starting your treatments please take time to review the information below.

- ❖ Treatment sessions generally occur 5 days a week, 20-40 mins a day, for a minimum of 6 weeks
- ❖ Your 1<sup>st</sup> treatment will directly follow your MT determination
- ❖ You are free to drive and eat as routine before and after treatment
- ❖ You are welcome to bring a support person with you

## **What to expect at Nashville NeuroCare Therapy?**

As you enter Suite #304 you will be greeted by our staff. Staff members will guide you along your healthcare path. If the front office receptionist is not there, please have a seat and someone will meet you momentarily.

### **Before starting treatment:**

- ❖ Review treatment consent form (please wait to sign until your first day of treatment) & office policies below
- ❖ The restroom is located across and just down the hall, please use before your treatment time
- ❖ Silence all automated devices. Devices may be used for entertainment purposes only (music/audio book/etc.)
- ❖ Remove any metal pieces above your shoulders including hair accessories, sunglasses, and jewelry

### **1<sup>ST</sup> TMS THERAPY TREATMENT SESSION**

At your 1<sup>st</sup> TMS session a MT determination is conducted to find the amount of energy it takes to see an action potential (enough magnetic energy to see movement in your right hand). Every individual is unique and has their own magnetic energy level setting; we are looking for the amount of energy that is right for you. This may take up to 30 mins with your first full treatment to follow, please allot up to 2 hours for your first appointment.

## What to expect?

- ❖ Make sure you are comfortably reclined in the TMS chair as your settings will be set on day 1 for the remaining treatment sessions.
- ❖ The magnet is placed along the top of your head. You may feel a sensation on your scalp, and will hear a light tapping noise (ear plugs are provided).
- ❖ Please tell us if the magnetic coil is hitting a sensitive area and if you find the tapping uncomfortable. Your TMS operator will remain in the room throughout treatment & may be able to adjust the magnetic coil.
- ❖ To promote effective therapy please remain awake during TMS. Your clinic operator will guide you throughout your treatment as needed.
- ❖ Questionnaires will be administered throughout your treatment course to monitor your progress. Please tell your TMS operator about any changes in symptoms during your course of treatment so they may relay your concerns to the attending physician.
- ❖ You may experience a fluctuation in mood over the next several weeks.

## Healthy tips for successful treatment:

- Please notify your TMS clinician of any drug or alcohol use as this may affect the outcome of your treatment or cause an increased risk of seizure.

- Nourish your body with adequate hydration, rest, and nutrition. Feel free to talk with your TMS clinician about brain-healthy options.
- Avoid sleeping during the day, as this may negatively affect your nighttime sleep cycle.
- Notify your TMS clinician of any medication changes. Changes in medication use is important for us to understand in order to provide the safest treatment possible. Your prescribing psychiatrist will help you decide whether you need to stop or continue taking current medications prior to the start of treatment and during the course of treatment.
- Stay mobile, research shows walking and activity may improve brain function and increase overall mood.

We would like your time with us to be as healing and as comfortable as possible, please let us know if there is anything we may do to help facilitate this and meet your treatment needs.

Time to take a deep breath, and put away TMS research, you are in very experienced hands. Looking forward to seeing you at your first TMS session.

## **1<sup>st</sup> DAY CHECKLIST**

Consent Form/Office Policies

Insurance Card

Current List of Medications and Herbal Supplementation

Hope

For any cancellations, questions, or schedule adjustments please call: 615-465-4875

## **OFFICE POLICIES**

Thank you for choosing Nashville Neurocare Therapy to meet your treatment needs. Our goal is to provide the best care in a timely manner. Office policies have been implemented to ensure patients receive quality care.

## **CLINIC HOURS OF OPERATION**

Monday – Friday: 8am -5pm or by special arrangement

## **CANCELLATION/ NO-SHOW POLICY**

Scheduling an appointment reserves that time for you. Failure to provide notice of cancellation within 24hrs may result in a \$50 cancellation charge.

This policy is in place to accommodate the number of requests on our waiting lists, thus allowing us to better serve you. We understand emergencies happen, please discuss emergent situations with your TMS clinician.

Please call **615-465-4875** to cancel or change appointments.

## **LATE SHOW POLICY**

To ensure efficient care & respect fellow patients, those who arrive late may miss their treatment that day due to scheduling constraints. You will be able to reschedule your appointment.

(A total of 3 appointment cancellations due to late arrivals qualify as a late cancellation/no-show, and may result in a \$50 charge)

## **FINANCIAL POLICY**

A medical insurance policy is a contract between you and your insurance company. Based on your coverage plan, the insurance company determines the amount that you are responsible to pay. These amounts will be shown in your Explanation of Benefits (E.O.B) sent to you by your insurance company.

In order for us to bill your insurance company, we will ask for a copy of your insurance card (please bring an insurance card with you to your 1st appointment).

All co-payments and deductibles are due at the time of treatment, prompt payment is appreciated.

## **PAYMENT POLICY**

We request that payment of the first 20 sessions be made prior to your first TMS Therapy treatment session in order to continue providing high quality services for our patients. When making a payment, please see the front desk. Cash, check, and most major credit cards accepted.

\*Patient may be temporarily withheld from scheduling until the balance is paid.

## **WEATHER POLICY**

In times of inclement weather please call the office to hear an automated notice of office closure. Please call **615-465-4875**.

## **FOOD POLICY**

Eating is not permitted during treatment.

## **SICK POLICY**

If you are feeling ill, please do your best to take care and stay at home for optimal recovery. If you have a fever treatment may not be given.

## **PRIVACY POLICY**

All patient information is confidential. In order to respect your privacy, we will not discuss your treatment without your permission. Please inform your TMS clinician if you would like to permit others to be involved in your care (i.e. appointment scheduling).

## **Meet Our Team**

Please visit [www.nashvilleneurocaretherapy.com](http://www.nashvilleneurocaretherapy.com) for team bios, info, & healthy tips!

## **PATIENT UNDERSTANDING**

- I have read and understand the office policies
- I agree to be an active participant in the improvement of my health
- I have received a copy of the privacy policies

Signed: \_\_\_\_\_ Date: \_\_\_\_\_