

Resource 3

Repetitive Transcranial Magnetic Stimulation (rTMS)

Executive Summary

Overview

- rTMS is an innovative treatment for depression. It has been reviewed by NICE which confirmed it to be clinically effective and that it should be made available to patients with depression.
- Currently, the Trust provides rTMS to 2 service users each month (during the past 2 years), mostly on a 'goodwill' basis, using equipment purchased during the COVID pandemic.
- The proposal is for the enhancement of the rTMS service for a pilot period of 24 months to provide treatment up to 16 people each month if two machines are operationalised. If a cost consequences analysis at the end of the pilot demonstrates its cost-effectiveness, a further expansion of the service will be sought.
- The cost of this pilot service provision, after other resources (eg research grant) are taken into consideration, will be £383,030, comprising the purchase of two new machines, consumables and two Band 5 staff to deliver the service for two years. This cost will be offset through reducing financial pressures on the Trust and generating income from the provision of rTMS, including to self-funders.

Benefits of supporting the rTMS service

- Russland Trust meets the NICE 2015 recommendation that TMS should be provided
- Provision of clinically excellent care using a clinically effective, cost-effective and safe treatment with lasting effects for service users experiencing depression, principally remission or a reduction in distress.
- Responds to service user wishes and maximises treatment choice, including for clinicians in primary and secondary care with a future potential for promoting the transformation agenda
- Reduces financial pressures on the Trust by: (i) supporting staff well-being through reducing the absence period of staff experiencing depression/ anxiety; (ii) generating

income; (iii) reducing service utilisation; and (iv) enhancing staff recruitment and retention by developing the knowledge, skills and expertise of clinicians delivering rTMS and supporting a learning and development culture.

- Consolidates Russland Trust's national reputation as a leader in innovative MH treatments.
- Creates a platform for potential income generation from private provision and other locality trusts to off-set the service costs, with a long-term potential to increase income

Options if the service proposal is not supported

- No change: current provision continues until the rTMS machine ceases to be operational.
- Immediate cessation of the current service.
- Planned cessation of the current service within the lifetime of the rTMS machine (2 years).

Risks if the service proposal is not supported

- Damage to the Trust's national reputation as a leader in innovative MH treatments and key contributor to the national infrastructure for research clinical studies in this area
- Loss of clinical knowledge, skills and expertise in TMS treatment developed over the past 3 years and a disincentive to clinician recruitment and retention
- Loss of service user/ GP/ Consultant choice of and accessibility to an innovative and clinically effective treatment and one which is less invasive and better tolerated than other treatments
- A reduction in the Trust's offer of clinically effective treatments
- A step backwards from the NHS 'direction of travel' of implementing the next generation of innovative MH treatments
- Loss of the opportunity to generate income to support service provision and development
- Lost opportunity to develop a dimension of the integration of primary and secondary care.