

TMS TRENDS

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Repetitive Transcranial Magnetic Stimulation for Suicidal Patients

According to the National Institute of Mental Health, (NIMH), in 2017 suicide was one of the top leading causes of death in United States, with 47,000 deaths. September is National Suicide Prevention month. These statistics yield an increased need for acute intervention.

Psychiatric interventions such as rTMS, has been shown to improve the lives of suicidal patients.

In a typical TMS treatment course, patients receive 3,000 pulses daily for 30 days or 90,000 pulses. In a recent study¹, researchers recruited inpatient subjects admitted for suicidal ideation, or suicidal intent. These patients were given 6,000 pulses three times day for 3 days, for a total of 54,000 stimuli. Per treatment protocol for depressive patients, the coil was placed over the left prefrontal cortex.

Utilizing the Beck Suicidal Scale Inventory, researchers found those who completed the full course of treatment demonstrated statistically significant decline in suicidality. However, researchers also report their to not be statistically significant differences between rTMS and sham groups.

Results from this study indicate that patients can withstand higher doses of rTMS than treatment standards with little to no major side effects. Additionally, these results warrant further investigation of the effects of rTMS on suicidal patients.

1. George, M.S, Raman, R., Benedek, D.M., Pelic, C.G., Grammer, G. G., Stokes, K.T., Schmidt, M., Spiegel, C., DeAlmeida, N., Beaver, K.L., Borckardt, J.J., Xiaoying, S., Jain, S., & Stein, M.B. (2013) A two-site pilot randomized 2 day trial of high dose left prefrontal repetitive transcranial magnetic stimulation (rTMS) for suicidal inpatients, *Brain Stimulation*, 7,3, DOI: 10.1016/j.brs.2014.03.006

Suicide Prevention Resources

- The National Suicide hotline has chatters available 24/7 to answer your calls at 1-800-273-8255
- The National Suicide Prevention Lifeline has a number of free online resources available: <https://suicidepreventionlifeline.org/>
On this website, you will find a number of tools and supports for helping yourself or others dealing with suicidal ideation.
- Assessing and Managing Suicide Risk Training (AMSR) is a research-informed risk formulation model that helps mental health professionals navigate challenging conversations about risk and offers key strategies for providing compassionate care for people who are at risk for suicide to treatment professionals. You can learn more about this training here: <http://zerosuicideinstitute.com/amsr>.

The TMS Institute of Pennsylvania Welcomes Erin Walsh

The TMS Institute of Pennsylvania's clinical coordinator, Erin Walsh, completed her BA in psychology in May 2019 at West Chester University of Pennsylvania. Erin will return to WCUPA for her PsyD in Clinical Psychology this coming fall.

She has various clinical experience working with the National Eating Disorder Association as well as research experience in both neuropsychology and social psychology Her current research interests lie in traumatic experience and associated neuropsychological effects.

Erin has been trained and certified as a clinical operator/coordinator by Neuronetics, the manufacturer of the NeuroStar TMS Therapy system.