

# TMS TRENDS

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## THE NEW NORMAL - LIFE IN A CO-19 WORLD

There can be no doubt that the corona virus has negatively impacted each and every one of us. It has forced us to adapt to ever-changing recommendations by so-called “experts” in an effort to contain the spread of this disease and limit the number of fatalities. It has altered the way we live our lives and how we interact with others. The Covid-19 pandemic has temporarily decimated what had been a strong, booming US economy.

In spite of all of this, we shall prevail and overcome these adversities and return to life as we had known it. Businesses will re-open, children will return to school, and the impact of the inconveniences forced upon us will fade. Of course, there will be changes as a result of what we are now experiencing, but none of these should ever limit our freedoms and liberties that we in America have long enjoyed. Sound, appropriate, and well-thought out changes will be necessary, and much good will come from this.

Unfortunately, the high level of medical and psychiatric care we have grown accustomed to has further declined over the last few months of this pandemic. It is not possible to provide optimal care over the phone or through virtual means, and we should strongly resist those who lead us to believe that this will become the new standard of healthcare - that there are actually benefits of providing care in this way. Nothing could be further from the truth and nothing good will come from this. Nothing.

Despite what may or may not transpire over the next months or years with respect to healthcare, I remain steadfast and resolute in providing and maintaining the highest level of care to all my patients at all times.

Whether during an initial psychiatric evaluation, during a follow-up session, or during a treatment of ketamine or TMS therapy, quality care begins with a commitment to spend as much face-to face time with a patient as is necessary. Treatments are always optimally individualized to each and every patient, avoiding a rote, “cookie-cutter,” “one size fits all” approach.

My presence during each and every one of the 30 treatment sessions of TMS therapy, affords me the opportunity to develop a rapport with the patient to cultivate a trusting, therapeutic relationship which ultimately leads to better outcomes. I can modify the treatment to more effectively address specific symptoms. Some examples: Targetting anxiety by adding a contralateral low frequency protocol or administering ketamine during TMS therapy.

Specialized, individualized, quality care.

Sir William Osler, the famous physician and one of the 4 founding professors of Johns Hopkins Hospital said “The good physician treats the disease; the great physician treats the patient who has the disease.”