

Creating your RMT video for assessment

1. Please submit a video of yourself performing a complete RMT session with a volunteer as per the course theory and practical demonstration, **explicitly addressing** the steps below.
2. The video can be submitted by uploading it to YouTube and sending the individual link via email to tms-course@monash.edu as per the instructions below. Please include the following information:
 - **Name:**
 - **Preferred email:**
 - **Profession:**
 - **Course enrolled:** TMS Depression Online Certification Course - Theory + Practical Certification
 - **Demonstration:** RMT (Medical Practitioners)
 - **link to YouTube video:**
3. You will then be sent a link to the theory exam, and your video will be assessed by our expert TMS clinicians.
4. Upon successful completion of both the theory exam and the video assessment, you will be provided with a Certificate of Completion via email.
5. If you are unsuccessful in either your theory exam or video assessment you will be provided with feedback and invited to re-submit.

Elements to address:

- *Step 1: Locate motor cortex*
 - Prior to providing any stimulation, locate motor cortex on either left or right side of the head
- *Step 2: Angle coil*
 - Correctly angle coil on the scalp
- *Step 3: Prepare patient*
 - Keep volunteer's head still by taking the coil weight off the head with your hands whilst maintaining adequate contact between the scalp and the centre of the coil.
 - Provide additional support to the head if appropriate
- *Step 4 – 8: Stimulation and location*
 - Start at 30% intensity and increase in 5% increments
 - Administer approximately 5 pulses in different locations at the approximate site (over the section of the motor cortex that controls the thumb and index finger)
 - Find a spot where a moderate motor response can be observed by systematically applying pulses to the motor cortex

- *Step 9: Determine optimal location and intensity*
 - After the first response, see if 3 responses out of 5 pulses can be obtained at that intensity
 - If not, shift the coil slightly to determine the optimal location for motor cortex excitability
 - If no spot obtains 3/5 responses at that intensity, increase the intensity by 1-2% until 3/5 responses are observed.
- *Step 10-13: Confirm optimal intensity*
 - Determine RMT by applying pulses to the optimal spot, aiming for 3/5 motor responses
 - Decrease the intensity in 1% increments until less than 3/5 responses are observed.
- *Step 14: Document*
 - Document RMT and measurements for coil placement for subsequent treatments, e.g. distance from nasion to front of coil & distance from tragus to front of coil.

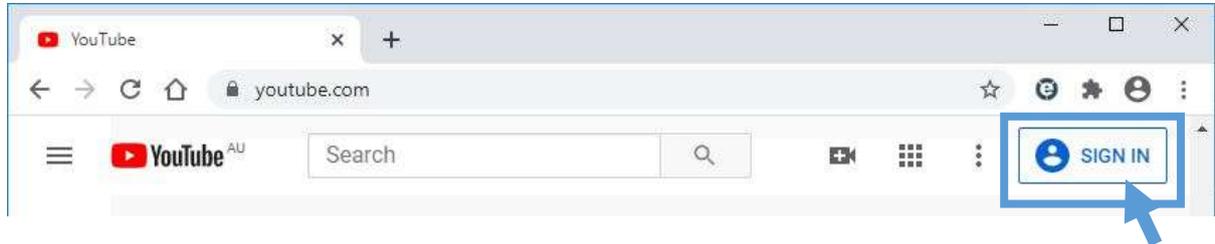
Please ensure that:

- You include in your video:
 - evidence of at least 3 motor responses at the RMT – the lowest intensity at which 5 test pulses obtain at least 3 motor responses
 - evidence of less than 3 responses to 5 pulses at the intensity 1% below RMT
- The motor responses to the TMS pulse are clearly visible on the video, along with close ups of the coil orientation and position, as per the images below
- You check surrounding locations using slightly different coil positions at a 1% lower intensity, to ensure that there is not a lower RMT in a slightly different location



Uploading your video to YouTube

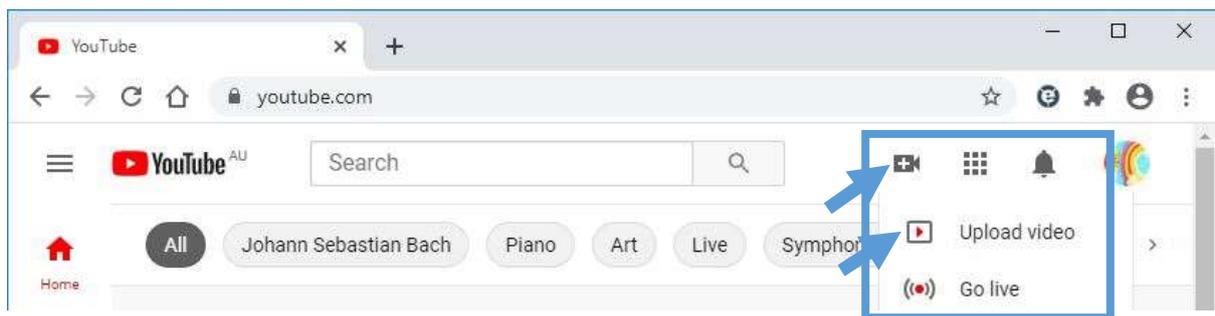
1. Sign in



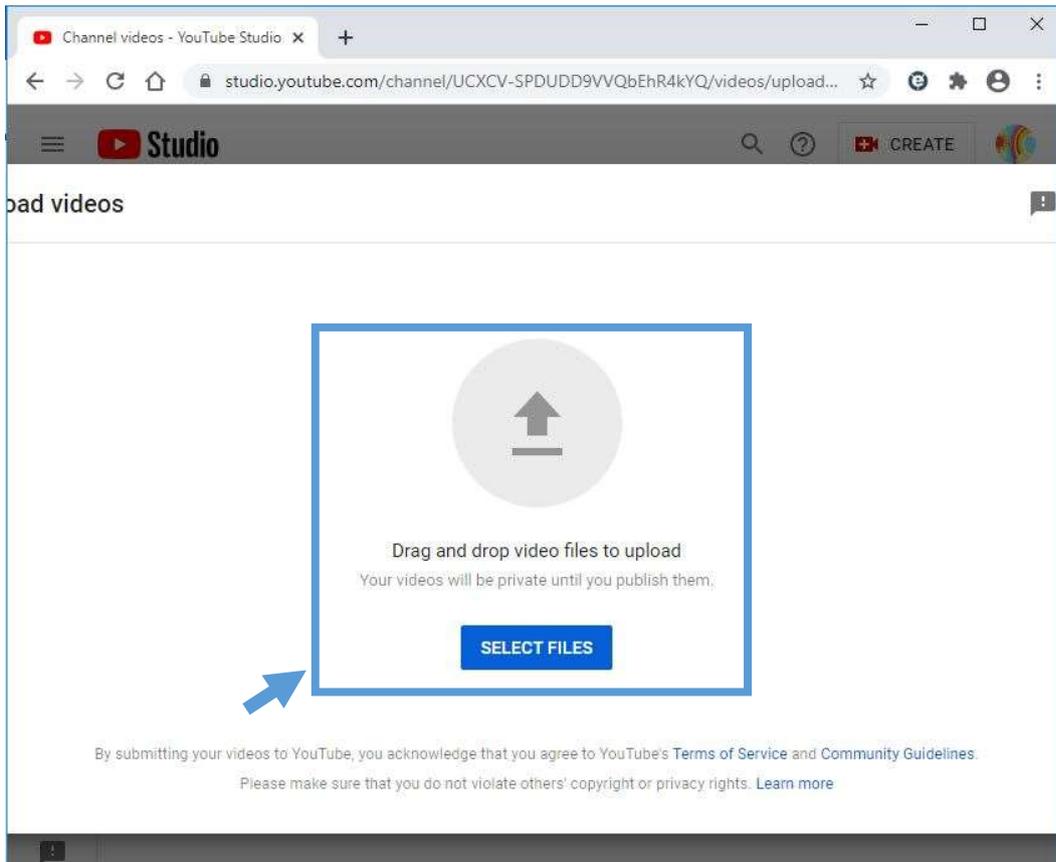
If you need to create a new YouTube account, please refer to:

<https://www.dummies.com/social-media/youtube/how-to-create-a-youtube-account/>

2. Click then Upload video

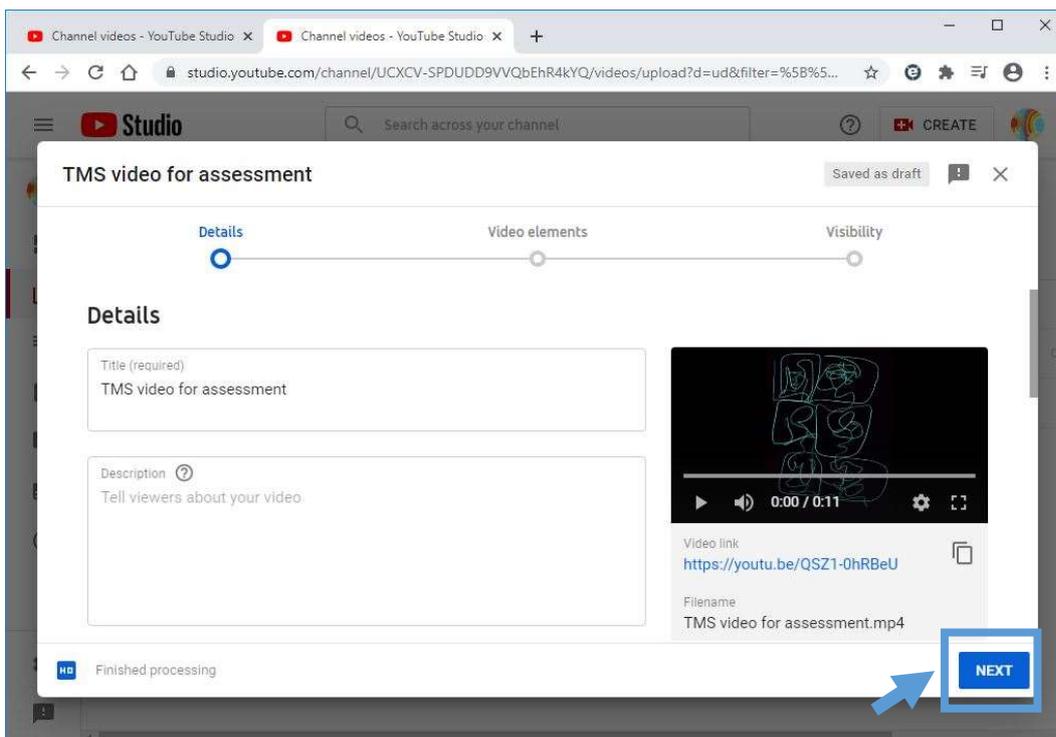


3. Select or drag and drop the file to upload

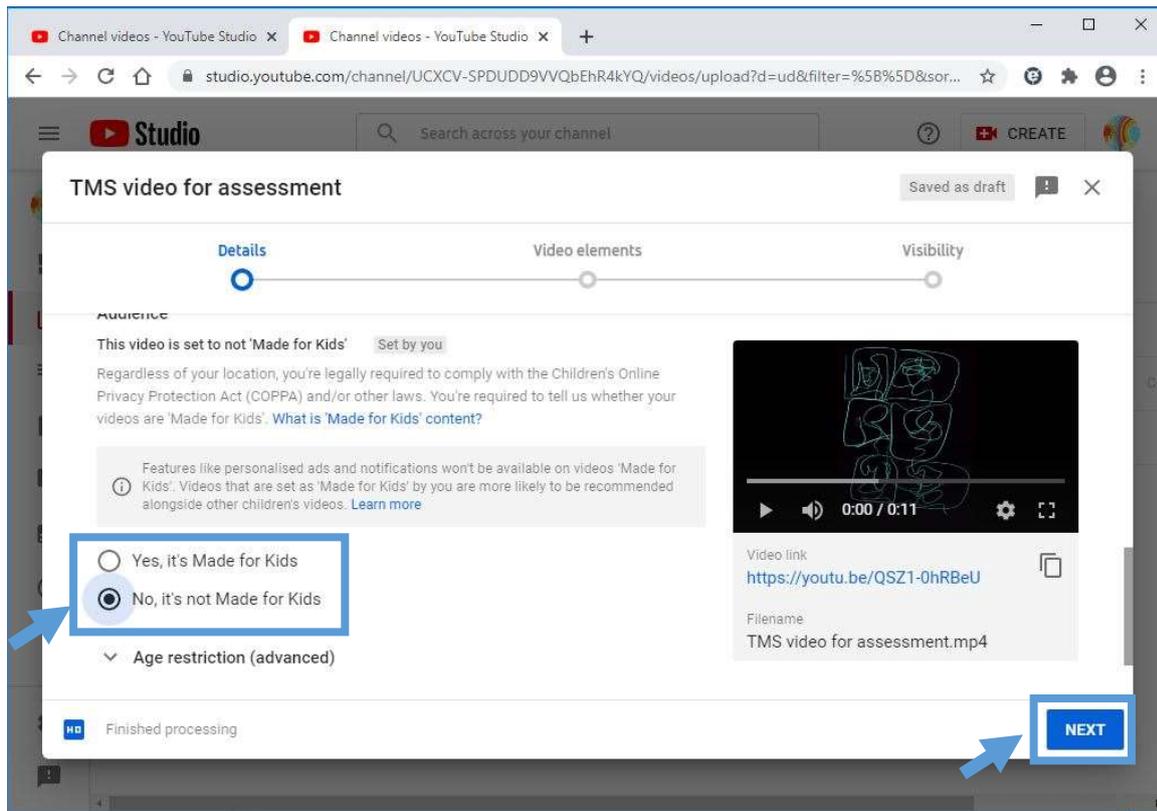


4. Revise video title then click

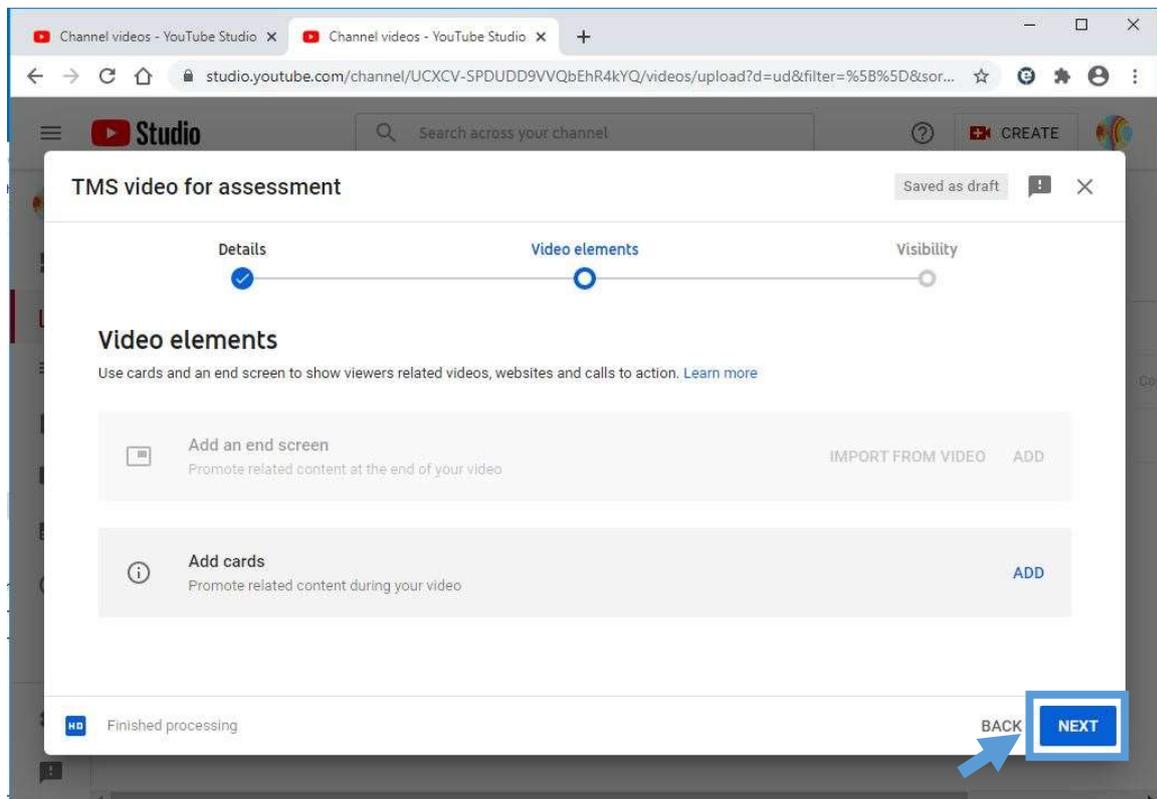
NEXT



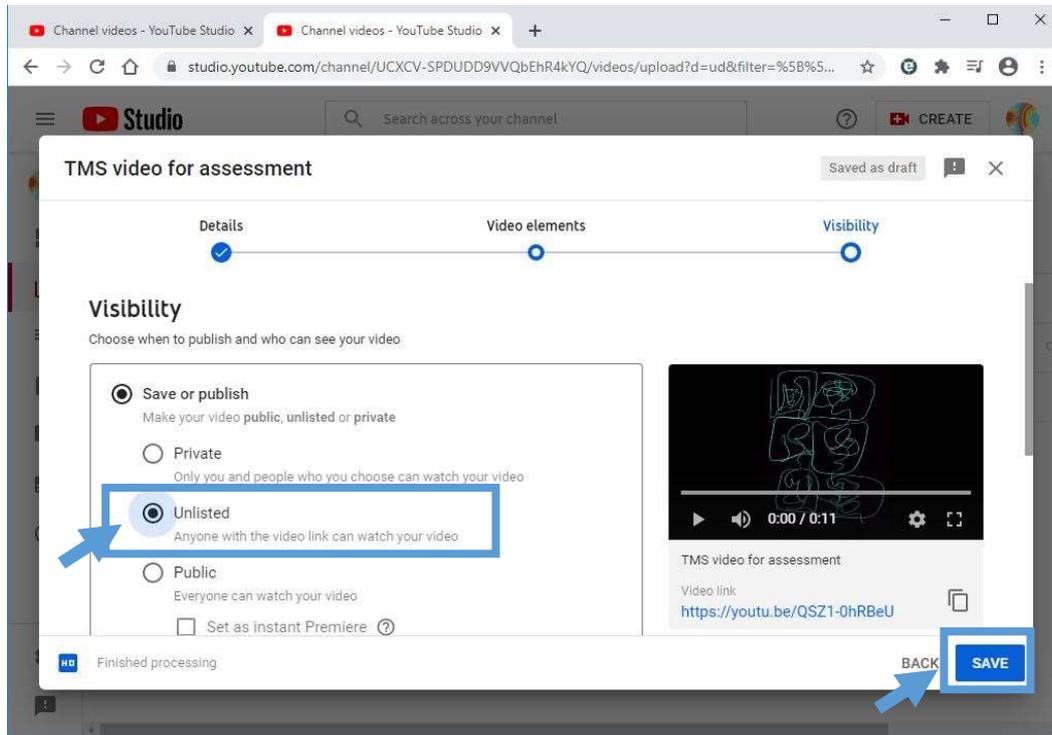
5. Select **No, it's not Made for Kids** when prompted, then click **NEXT**



6. Click **NEXT**



7. Select  Unlisted Anyone with the video link can watch your video if you do not want public access to your video, then click 



8. Click  to copy video link and email the link to us at tms-course@monash.edu along with the other required details.

