

Abstrakti

Aplikacioni terapeutik i Stimulimit Magnetik Transkranial repetitiv tek depresioni refraktar SMT r.

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SMT r konsiderohet si nje nga zgjedhjet e mundshme te trajtimit te depresionit , sidomos tek rastet ku rezultati me metoda klasike eshte i pamjaftueshem, kur efektet anesore jane te shprehura, tek rastet e kontraindikuara dhe kur pacienti nuk reagon ne menyre adekuate ne psikoterapi. Poashtu si metode plotesuese, e kombinuar me metoda klasike.

Qellimi: Prezentimi i nje metode gjithnje e me te aplikueshme ne bote, si nje metode efikase, jo invazive, praktikisht pa efekte anesore. Nje metode e konfirmuar dhepermes prezantimit te vinjetave nga pervoja personale klinike dhe bazuar ne rekomandime nga literatura bashkekohore, me synim te senzibilizimit te gjere, ne domenet ku kjo metode eshte e aplikueshme dhe efikase.

Materialet dhe metodologjia: Literatura bashkekohore lidhur me depresionin refraktar dhe perdorimi i gjere i SMT r, si dhe pervoja praktike klinike ne Qendren Spitalore Universitare te Lausannes (vinjeta klinike)

Konkluzionet: Ne vendin tone nuk eshte akoma e aplikueshme si metode, por bazuar ne aplikueshmerine relativisht te lehte, (si metode jo invazive dhe pa rrezik nga efektet anesore) si dhe bazuar ne rezultatin shume te mire, nje refleksion lidhur me te jep idene dhe shpresen per ne te ardhmen per numrin gjithenje e me te madh te pacienteve depressive e proporcionalisht me te, rritjen e numrit te depresionve refraktare.

Bazuar ne te dhena, kjo metode ka perdorim me te gjere se kaq (me gjeresisht ne prezantimin vijues).

Abstract

The therapeutical application of repetitive Magnetic Transcranial Stimulation in refractory depression MTSr.

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MTSr is considered to be one of the possible options of depression treatment; especially in cases where the results using classical methods are insufficient, or in which side effects are preeminent, as well as in contraindicated cases and in situations where the patient doesn't respond adequately to psychotherapy. It can also be used as an additional method, combined with classical methods.

The objective: The presentation of a method that is being applied more and more world-wide as an efficient, non-invasive method with practically no side effects. The method is confirmed through the presentation of cases from personal clinical experiences and based on recommendations from contemporary literature; with the intention of provoking wider audience awareness, in domains where this method is applicable and efficient.

Materials and methodology: Contemporary literature on the topics of treatment-refractory depression and the wider use of **MTSr**, as well as practical clinical experience in the Lausanne University Hospital Centre.

Conclusions: In our country this method is still not applied as such; but if we consider its relatively straight-forward and simple applicability (as a non-invasive method with minor risk of side effects) as well as its satisfying results, we get the impression and the hope, that more and more patients suffering from depression and refractory depression will be able to benefit from the **MTSr** method.

According to data, this method has a wider use that will be mentioned in this presentation.