

# Arizona Perinatal Psychiatry Access Line (APAL) Grand Rounds 2025

## APAL Grand Rounds: Transcranial Magnetic Stimulation in Pregnancy and Postpartum: A Safe, Non-Pharmacologic Alternative

September 19, 2025 – 12:00 PM  
Online

### Overall Activity Objectives:

- 1 Recognize patients with common and costly perinatal mood disorders, as well as who is at highest risk.
- 2 Identify appropriate public health model screening tools to diagnose PMADs and other perinatal mood disorders.
- 3 Initiate treatment for perinatal mood disorders and other pregnancy related conditions using safe medication options for pregnancy and lactation.

### Session Objectives:

- 1 Review current safety and efficacy data for Transcranial Magnetic Stimulation(TMS) in prenatal depression.
- 2 Describe ongoing research on TMS as a potential intervention for MUD during pregnancy.
- 3 Review recent survey study on the acceptability of TMS among peripartum individuals with SUD and depression.

### Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
kathryn Emerick, MD	Co-Director	Nothing to disclose - 09/12/2025
Ana Ramos, BA	Co-Director	Nothing to disclose - 05/20/2025
Saira Kalia, MD	Activity Director	Nothing to disclose - 03/13/2025
Rana Jawish, MD	Faculty	Nothing to disclose - 09/18/2025



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