



Psychiatry Grand Rounds

"Perinatal Depression Identification and Management: Old Standbys and New Rapidly Acting Treatments"

Anita H. Clayton, MD

Wilford W. Spradlin Professor

Chair of Department of Psychiatry and Neurobehavioral Sciences

Professor of Clinical Obstetrics and Gynecology

University of Virginia School of Medicine

Charlottesville, VA

Inova Fairfax Medical Campus

(Virtual Only Event)

October 1, 2025

12:00 – 1:00 PM

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 234 723 693 047

Passcode: qC3NP3Un

Dial in by phone

[+1 571-307-5517,,875846768#](#) United States,

Washington

[Find a local number](#)

Phone conference ID: 875 846 768#

To claim credit,

text **KAWBAK to 703.260.9391 or log**

into cme.inova.org

Target audience: Members of the medical staff all subspecialties, medical residents and students.

Learning objectives:

- Implement effective screening techniques for women during pregnancy and postpartum (used routinely and as indicated) to identify perinatal depression
- Evaluate women with positive screenings for diagnosis of MDE vs. bipolar depression, and document severity
- Understand when to use traditional oral antidepressants for PPD vs. a rapid acting GABA-A receptor positive allosteric modulator
- Facilitate an individualized treatment plan, appropriate dosing and adherence to antidepressant treatment, and use validated scales to monitor outcomes

Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. Inova Health System Office of Continuing Medical Education is accredited by the Southern States CME Collaborative to provide continuing medical education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.



Inova.org