

INSOMNIA: COGNITIVE, BEHAVIOURAL & PHARMACOLOGICAL APPROACHES

INTRODUCING HEALTHCERT EDUCATION

HealthCert Education is a global professional education provider dedicated to saving lives and improving patient outcomes through accredited primary care education for medical professionals. HealthCert Education does not accept sponsorship or commercial interest investment when delivering course content.

PREREQUISITES

There are no prerequisites.

COURSE CONTENT

This course provides a practical overview of insomnia, including its definition, types, and impact on physical and mental health. Participants will explore normal sleep physiology, circadian rhythms, and contributing factors such as shift work, menopause, ageing, and comorbidities. The course outlines assessment approaches, including sleep history, risk factors, and screening for conditions such as obstructive sleep apnoea. Management focuses on cognitive behavioural therapy for insomnia (CBTi) as first-line treatment, alongside sleep hygiene and behavioural strategies. Pharmacological options are reviewed, including appropriate use and risks. Case-based discussions support application in general practice to improve clinical decision-making and patient outcomes.

This course is evidence-based, demonstrates best practice and is regularly updated.

RELEVANCE TO GENERAL PRACTICE:

Sleep problems are highly prevalent in Australia, with around 2 in 3 adults reporting at least one sleep-related issue and nearly half experiencing multiple sleep problems.¹ Insomnia is a common presentation in general practice and is associated with mental health conditions, cardiovascular disease, and reduced quality of life.^{1 2}

General practitioners play a key role in assessing contributing factors including lifestyle, medications, and underlying medical or psychological conditions. Evidence-based management, particularly cognitive behavioural therapy for insomnia (CBTi), alongside appropriate use of pharmacotherapy, can improve patient outcomes and reduce long-term complications.²

1. AIHW, Sleep problems as a risk factor for chronic conditions, 2021, <https://www.aihw.gov.au/reports/risk-factors/sleep-problems-as-a-risk-factor/summary>
2. AJGP, Insomnia management, 2019, <https://www1.racgp.org.au/ajgp/2019/april/insomnia-management>

LEARNING OUTCOMES:

1. Apply cognitive and behavioural approaches to address insomnia in primary care.
2. Manage insomnia in clinical practice with pharmacological approaches.

PRESENTER:

This course is presented by Dr Anoop Jalota.

RECORDING:

Listen and learn about Insomnia: Cognitive, Behavioural & Pharmacological Approaches. The recording can be paused at any point to reflect on content and has a sophisticated search option for locating specific topics. You can copy and paste key slides into your personal document for ongoing reference.

RECOMMENDED READING:

INSOMNIA: COGNITIVE, BEHAVIOURAL & PHARMACOLOGICAL APPROACHES

There are recommended open access readings and articles to enhance learning.

CASE DISCUSSIONS:

There are interactive case discussions to reinforce learning, where participants are encouraged to research, view other responses and discuss topics with other participants. Expert answers are provided once case discussions are submitted.

ASSESSMENT:

There are two online multiple choice examinations for assessment:

- Knowledge-based questions.
- Scenario-based questions with a focus on cases of patient care in the clinical environment.

Assessment is not timed and can be repeated if the 80% pass mark is not achieved with the first attempt.

ACCREDITATION:

HealthCert courses align with the continuing professional development accreditation requirements. This course qualifies for TBC hours for Educational activity and for TBC hours for Reviewing performance.

EVALUATION:

An evaluation at the end of the course enables HealthCert Education to continually improve education content.

FUTURE PATHWAY OPTIONS:

Further topics relating to womens health can be viewed on www.healthcert.com. An online chat option on the web page provides you direct access to an Educational Advisor or, if you prefer email, info@healthcert.com. If you would like to speak to an educational advisor, please call 1300 856 695 (Australia) or +44 203 514 0688 (international).

CONTACT HEALTHCERT

Please contact admin@healthcert.com with any questions.

VERSION CONTROL TABLE

All changes must be approved by the Head of Academic Standards or Head of Accreditation.

Version no.	Version date	Authorised officer	Amendment details
1.			
2.			