

Primary Care CPD Webinar Invitation



An Australian Government Initiative



THE UNIVERSITY OF SYDNEY



Date
Thursday May 6 2021

Time
7.25pm login to 8.35pm AEST

Target audience

This is a GP and GP Registrar focused event, however Medical Students, Nurses, Allied Health Professionals, Aboriginal Health Professionals, Pharmacists, Specialists and other interested health professionals are welcome to attend.

Contact

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Accreditation



ACRRM accreditation pending

Accreditation pending

Format



GoTo Webinar

Event Photography, Footage & Recordings

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- A minimum of 75% of the webinar must be completed to receive an event certificate for self-reporting CPD purposes and/or allocation of eligible RACGP points & ACRRM hours
- If multiple attendees are viewing a webinar on a shared device, each attendee must email their name, role & workplace to cpd@wnswphn.org.au
- Complete an evaluation for reporting and quality improvement purposes
- Please ensure this event suits your level of interest, experience and qualifications

Insomnia Toolkit for GPs

Presented by:

Dr Christopher Gordon

Associate Professor

Faculty of Medicine and Health, University of Sydney

Theme Leader of Insomnia and Chronobiology

Professor Bandana Saini

Professor, Pharmacy Practice

Faculty of Medicine and Health, University of Sydney

Clinical Associate Professor Delwyn Bartlett

Registered Psychologist

Clinical Associate Professor Sleep Medicine

Central Clinical School

Woolcock Institute of Medical Research

This session will explore insomnia diagnosis and treatment options in primary care settings. We will address details of insomnia pathophysiology, pharmacological and non-pharmacological management using the latest evidence-based practice and delve into practice implications.

Program

7.25pm Log in

7.30pm Welcome, Acknowledgement of Country & Introduction

7.35pm Education session

8.10pm Q&A

8.35pm Evaluation and Close

Note: Q&A time may be extended if there is a high level of audience engagement

Learning outcomes

1. Outline the current states of insomnia prevalence, pathology and comorbidity.
2. Explain the current pharmacological management of insomnia.
3. Explain the current non-pharmacological management of insomnia.
4. Describe the different insomnia therapies including digital-based insomnia therapies.

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