



JAMES COOK
UNIVERSITY
AUSTRALIA



Management of insomnia in community pharmacy practice

INTERACTIVE CPD WORKSHOP

“All I want is a good night’s sleep” - Interactive workshop for pharmacists

James Cook University and the Pharmaceutical Society of Australia warmly invite you to attend the **Management of insomnia in community pharmacy practice**, an accredited education session.

Management of insomnia - Why is this important?

Many people complain about insomnia from time to time, which is often caused by various factors such as stressful events, medical conditions, medications and changes in the environment. It is one of the most common symptoms which medical advice is sought and many people visit their pharmacies looking for remedies for a good night’s sleep. Insomnia can be described as having trouble getting to sleep initially or staying asleep for the desired duration. Lack of sleep may also have significant impacts on quality of life, negatively impact health and wellbeing and contribute to reduced productivity. It has been associated with depression, cardiovascular disease and even mortality.

What is your role as a pharmacist?

Pharmacists on the frontline are often presented with individuals presenting with symptoms of poor sleep and insomnia. These include difficulties in initiating or maintain sleep, waking up too early, poor quality sleep or daytime dysfunction. Common treatment options include the provision of advice on strategies to improve the sleep environment and the use of prescription and over-the-counter medicines to complement good sleep hygiene practices. Pharmacists can provide appropriate non-drug advice and understand the benefits and limitations of the different pharmacological agents available that complement strategies to combat insomnia. Pharmacists also must also understand when referral is most appropriate.

What’s in it for you?

This workshop will help pharmacists expand their knowledge on insomnia through facilitated case-based discussions. James Cook University in collaboration with the Pharmaceutical Society of Australia, will host this session

which will cover sleep physiology, impact of insomnia on both mental and physical health, impact of co-morbidities and lifestyle on sleep, and indications for a sleep study, as well as explore non-pharmacological and pharmacological management options for insomnia.

DATE: Tuesday 3 May 2022

TIME: 6pm to 7.30pm

LOCATION: JCU Cairns, Bada-jali campus, City; JCU Mackay; JCU Townsville, Bebegu Yumba campus, Douglas

MODE: Face to face

COST: Free for Pharmacy Students, Intern Pharmacists and Pharmacists

WHO CAN ATTEND? Pharmacy Students, Intern Pharmacists and Pharmacists

REFRESHMENTS: A light supper will be provided.

Register now. Please note seats are limited.

