

# BUILDING COMPETENCY IN FIRST-LINE INSOMNIA CARE: AN INTERPROFESSIONAL APPROACH

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## Background

- Insomnia affects approximately 15% of Canadians and involves frequent difficulties falling or staying asleep that is associated with impaired daytime functioning.
- Cognitive Behavioural Therapy for Insomnia (CBT-I) is the first-line treatment for chronic insomnia.
- CBT-I is not widely available, and sedative-hypnotics remain a default intervention for insomnia complaints despite their limitations.
- Availability is limited by geographic and economic factors, as well as limited working knowledge of CBT-I amongst health professionals.

## Our Vision

- Our collective goal is to make CBT-I practicable and the go-to treatment for chronic insomnia in primary care.
- Our team seeks to directly educate health care professionals to build competence in first-line insomnia care.

## Who We Are

- A team of professionals working across health care settings including education, primary care, and community in various parts of Canada.

## ABOUT OUR TEAM

A diverse group of 8 interdisciplinary health professionals



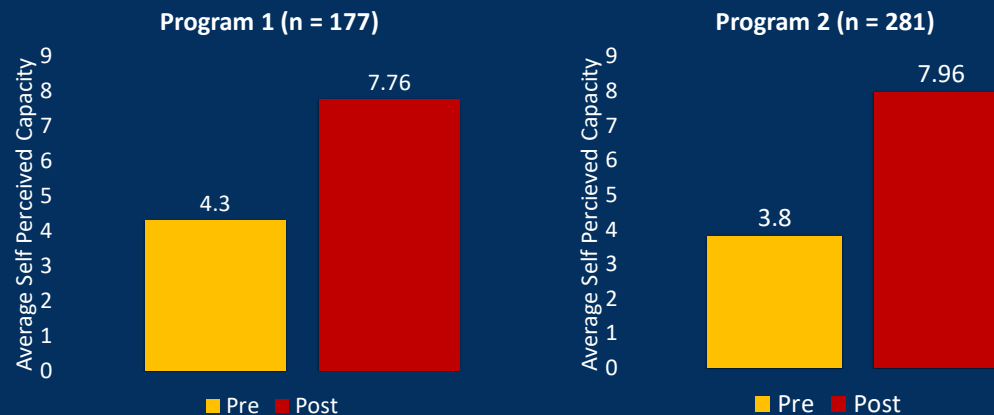
## ABOUT THE LEARNERS

Over 450 healthcare providers representing medicine, social work, psychology, nursing, occupational therapy, pharmacy from across Canada



## SUCCESS OF OUR PROGRAM

Comparing Self Reported Capacity on Learning Outcomes Pre and Post Program



## Method

- Programming developed by our interdisciplinary team.
- **Topics:** 8 modules including insomnia assessment and treatment, CBT-I (stimulus control therapy, sleep restriction, cognitive restructuring, relaxation training), group-based CBT-I, deprescribing sedative-hypnotics and insomnia intervention in brief appointments.
- **Program 1: Live + On-demand**
  - 8 online sessions (6 live Zoom sessions, 2 on-demand modules).
- **Program 2: On-demand**
  - 8 on-demand modules.

## Results

- Both iterations of the program resulted in improvements on all learning outcomes.
- Learning outcomes were assessed using a self-report questionnaire before completing the program and after each individual learning module.
- Learning outcome questions were posed on a sliding scale of 1-10.

## Implications and Next Steps

- This program provides a feasible and effective educational model for bolstering nationwide capacity in first-line insomnia care across providers.
- Delivery of sleep programs within our family health team and the education of other providers to do the same in their locations can enhance patients' access to the most effective treatment for chronic insomnia.



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