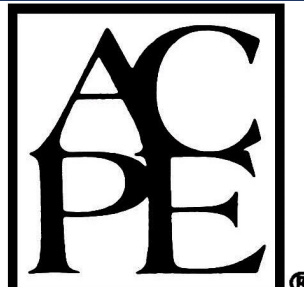




## Insomnia Management

Dr. Beth Brooks

November 17, 2022 @ 12pm – 1pm CT



### PROGRAM OVERVIEW

This presentation will cover the basics of insomnia management in the primary care setting. In the VA CPPs can make a big impact on overall patient wellbeing through the management of insomnia. This presentation will focus on review of guideline recommended therapy along with digging into the primary literature for recommendations on treatment of insomnia in the elderly population. There is no registration fee for this program.

Following registration, participants will have access to course instructions, updates, presentations, webinar link, program evaluation, CE certificates and credits, etc. **This program is approved for 1.0 ACPE Contact Hours, .1 CEUs.** Once credit is awarded, transcripts will be available online within 24 hours on the learner's CPE Monitor profile at <http://nabp.pharmacy/>.

*The Office of Alumni and Professional Affairs strongly encourages each participant to check their profile online within 60 days of attendance to ensure credit has been awarded properly. ACPE will not accept CE submissions after 60 days from the live seminar date.*

This program is offered through a partnership with Central Alabama Veterans Health Care System.

## TARGET AUDIENCE

This knowledge-based program is intended for Pharmacists (ACPE).

## LEARNING OBJECTIVES

1. Identify the components of ideal sleep hygiene and what factors play into insomnia in patients
2. Discuss the differences between current insomnia pharmacotherapy.
3. Develop an appropriate insomnia treatment regimen based on patient specific factors.

## ACTIVITY COMPLETION REQUIREMENTS

To complete the steps for CE credit, each attendee will be required to access and review program materials located within the online course, attend the live webinar, enter the attendance code within the course that was provided at the conclusion of the program, complete the program evaluation within the online course, and claim credit within the course. Please contact [hsopce@auburn.edu](mailto:hsopce@auburn.edu) if you have any questions or needs related to this online CE program.

## FACULTY DISCLOSURES

Programming in with AUHCOP is in any way involved, whether as sole provider or joint-providership, shall exhibit fair content balance, providing the audience with information of multiple perspectives from which to form a professional opinion. In addition, the fair balance will assure that information provided does not discuss since commercial product. Brand names of all products included in the content may be mentioned for identification purposes only. Presenters in any continuing education offering will acknowledge and disclose any affiliation with the provider and such information will be made available to the audience.

Faculty disclosures will also be included on an introductory slide during the presentation. Dr. Brooks has no actual or potential conflict of interest in relation to this program.

## ACCREDITATION INFORMATION



The Auburn University Harrison College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider for continuing pharmacy education; credits are recognized nationwide. The Universal Activity Number for this knowledge-based program is **0001-9999-22-077-L01-P** and is intended for pharmacists.

## PROGRAM FACULTY

Dr. Beth Brooks graduated from Samford University McWhorter School of Pharmacy in May of 2021. She is originally from Bowling Green, KY and made the move to Alabama in 2017 to attend pharmacy school. Her current professional interests include ambulatory care, specifically in the primary care setting. After the completion of her PGY-1 residency, Beth hopes to continue her career in the VA with a clinical pharmacist position. During her free time, she enjoys spending time with her family and friends, watching movies and trying new coffee shops.

# POST-GRADUATE EDUCATION ADVISORY COMMITTEE

Spencer Durham, Pharm.D., BCPS, BCIDP  
Associate Clinical Professor, Director of Alumni & Professional Affairs

Alison Baker, Pharm.D.  
Coordinator of Distributive Services, AU Employee Pharmacy

Angela Calderon, Ph.D.  
Associate Professor, Drug Discovery and Development

Edward Chou, Ph.D.  
Associate Professor  
Department: Health Outcomes Research and Policy

Renee' Delaney, MBA  
Operations Manager, COACH

Sarah Kimble, CPhT  
Lead Pharmacy Technician, Auburn University Employee Pharmacy

Erika Kleppinger, Pharm.D., BCPS  
Associate Clinical Professor, Pharmacy Practice

Haley Phillippe, Pharm.D., BCPS, BCGP, FASCP  
Associate Clinical Professor, Pharmacy Practice

Danielle Waites, MSW  
Patient Care Coordinator, Clinical Affairs and Outreach

Marian Williams, MS  
Academic Programs Administrator, Faculty Affairs and Strategic Initiatives

Tanja Redd, MBA  
Program Coordinator, Alumni and Professional Affairs

Brianna Foster  
Program Administrator, Alumni and Professional Affairs

*Members of the Post-Graduate Education Advisory Committee have completed a conflict of interest disclosure form and have no actual or potential conflicts of interest in relation to this program.*