DEPARTMENT of PSYCHIATRY

GRAND ROUNDS

Friday, May 10, 2013

Presented by:

Dr. Diane McIntosh

MD, FRCPC, BSc Pharmacy, Clinical Assistant Professor, UBC

Behavioural and Pharmacological Approaches in Managing Insomnia

Hurlburt Auditorium

9:00am – 10:00am

LEARNING OBJECTIVES:

• Perform a brief, focused assessment of patients presenting with insomnia and distinguish between those who require reassurance and those who require directed management
• Effectively motivate patients to pursue a behavioural management program and write a prescription for the behavioural management of insomnia
• Determine which patients presenting pharmacologic intervention, write an appropriate prescription, and implement a monitoring strategy

This event is an accredited group learning activity as defined by the Maintenance Certification Program of the Royal College of Physicians and Surgeons of Canada.

Coffee Available