

Eastern Ranges GP Association, in partnership with National Prescribing Service Ltd (NPS) is offering a program on best practice for **Management options to maximise sleep.**

This program provides a valuable opportunity to discuss up-to-date, independent, practical, evidence-based information on current therapeutic issues with a highly skilled NPS facilitator and other general practitioners.

Participation in the program will enable you to:

- ☆ Identify and address causes of insomnia
- ☆ Consider behavioural and cognitive therapies for insomnia
- ☆ Discuss and specify the duration of hypnotic medicines use
- ☆ Develop a plan for discontinuation of hypnotic medicines in patients who have been using them for long periods
- ☆ Minimise the potential harms of hypnotic medicines by engaging patient/carers in managing sleep difficulties.

What's in it for me?

- ✓ An opportunity to discuss evidence-based information and access key resources
- ✓ Time-efficient education with the NPS facilitator
- ✓ A Quality Prescribing Initiative (QPI) activity within the Practice Incentives Program and eligible for RACGP QA & CPD and/or ACRRM program points

To participate please provide your details:

Name: _____ Practice name: _____

Preferred Time: _____ Day: _____ (Monday, Tuesday)

Date: _____

Phone No.: _____ Address: _____

Email, fax or post this page to:

Dr. Sally Wilson (PhD), Eastern Ranges GP Association,

21-23 Maroondah Hwy, CROYDON, VIC, 3136

Fax: 03 9879 5407

Email: sally.wilson@ergpa.com.au

