Assessment and Management of Insomnia
A Practical Guide for Primary Care

Wednesday, May 1, 2013
8 am – 4 pm
Allina Commons, Minneapolis

Presented by Abbott Northwestern Hospital's Neuroscience Institute
ASSESSMENT AND MANAGEMENT OF INSOMNIA: A PRACTICAL GUIDE FOR PRIMARY CARE

MAY 1, 2013

Target Audience

This conference is designed for the primary care provider, family practice provider, psychologist, nurses and any other interested allied health care professional

Overview

According to the American Academy of Physicians, one-third of patients seen in a primary care setting report occasional problems with insomnia, and 10 percent report chronic problems initiating, maintaining, or having non-restorative sleep. Whether temporary or long-term, insomnia has a detrimental effect on physical health and psychological well-being. It affects most health goals, increases health care utilization and interferes with quality of life. Simple and effective treatments are available, yet most providers are unaware of efficacious treatments beyond the use of prescription medications.

While medications have their place in the treatment of insomnia, effective brief behavioral treatments also exist and are often underutilized. The National Institutes of Health has indicated there is strong evidence supporting behavioral treatment of insomnia and that "treatment of insomnia should start with the correction of sleep hygiene and poor sleep habits. If pills must be used, then patients should receive the smallest effective dose for the shortest clinically necessary period of time." Clearly, this is not the standard of practice given the demands placed upon practicing physicians.

This one day course is designed to help providers working in a primary care setting develop practical, evidence-based skills to assess and manage insomnia in their patients. The course content will help providers 1) understand the impact of insomnia on multiple health goals including diabetes, depression, cardiovascular health and chronic pain; 2) Understand challenges primary care providers face when dealing with insomnia; 3) Learn to assess insomnia and apply effective behavioral and pharmacological treatments, and 4) Learn practical steps to treat sleep concerns when presented in a variety of situations.
Conference Objectives:

Upon completing the conference, participants will be able to:

• Understanding the health implications of insomnia and potential effects on comorbid health conditions and risks.

• Assess and make evidence-based treatment and referral decisions when a patient complains of insufficient or non-restorative sleep.

• Implement first-line brief behavioral treatments for insomnia.

• Identify when, what, and for how long medications are appropriate for insomnia based on clinical presentation.

Conference Day Includes

$150 tuition fee includes conference educational credits, materials, free parking, light continental breakfast, Global Market lunch vouchers and afternoon snack. To ensure a comfortable environment, attendance may be capped; early registration is recommended.
## AGENDA

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Registration – continental breakfast</td>
</tr>
</tbody>
</table>
| 8:00  | Welcome and Introduction  
*Michael Schmitz, PsyD, LP, CBSM*                                         |
| 8:15  | Keynote: Conrad Iber, MD  
*Insomnia and Health: Why Treatment Matters*  
Impact of insomnia on health goals, health care utilization and quality of life |
| 9:15  | Primary Care Challenges in the Management of Insomnia  
*Dale Berry, MD*                                                                      |
| 9:45  | Break                                                                                    |
| 10:00 | Assessment of Insomnia in Primary Care  
*Andrew Stiehm, MD*                                                                     |
| 11:00 | Behavioral Treatment of Insomnia in Primary Care  
*Michael Schmitz, PsyD, LP, CBSM*                                                     |
| 11:45 | Lunch - Global Market vouchers provided                                                   |
| 12:45 | Pharmacological Treatment of Insomnia in Primary Care  
*Andrew Stiehm, MD*                                                                    |
| 1:30  | **Clinical Presentations of Insomnia in Primary Care**                                    |
|       | Acute Insomnia  
*Daniel Kessler, PsyD, LP, CBSM*                                                       |
|       | Chronic Insomnia with Sedative-hypnotic dependence  
*Michael Schmitz, PsyD, LP, CBSM*                                                       |
| 2:15  | Break                                                                                    |
| 2:30  | **Clinical Presentations of Insomnia in Primary Care**                                    |
|       | Insomnia Due to Circadian Rhythm Disorder  
*Richard Blackburn, PhD, LP, CBSM*                                                       |
|       | Insomnia due to Sleep Apnea  
*Andrew Stiehm, MD*                                                                       |
|       | Insomnia with Depression  
*Richard Blackburn, PhD, LP, CBSM*                                                        |
| 3:30  | **Putting the Pieces Together: Clinical Decision-making, Treatment and Referral**         |
|       | *Daniel Kessler, PsyD, LP, CBSM; Andrew Stiehm, MD; Michael Schmitz, PsyD, LP, CBSM*     |
| 4:00  | Adjourn                                                                                  |
ACCREDITATION

Physician
Allina Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Allina Health designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Family Practice (AAFP)
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Nurse
This activity has been designed to meet the Minnesota Board of Nursing continuing education requirements for 7.8 hours of credit. However, the nurse is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Please Note: Continuing medical education credits (ACCME) are accepted by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC) for certification renewal if the content is applicable to the area of certification. Continuing education hours approved by the ACCME meet the ANCC-accredited continuing nursing education (CNE) criteria.

Psychology
This program is pending by the Minnesota Board of Psychology for 6.5 continuing education hours.

Social Work
This program has been approved by the Minnesota Board of Social Work for 6.5 continuing education hours.

Other
Individuals representing other professional disciplines may submit course materials to their respective professional associations for 6.5 hours of continuing education credit.
**FACULTY**

Dale Berry, MD
Family Practice Physician
Cambridge Medical Center
Allina Health

Richard Blackburn, PhD, LP, CBSM
Licensed Psychologist, Certified in Behavioral Sleep Medicine
Behavioral Health Services
Cambridge Medical Center
Allina Health

Conrad Iber, MD
Professor of Medicine
Sleep Medicine Director – UMMC
Medical Director, Fairview Health Services
Sleep Program

Daniel Kessler, PsyD, LP, CBSM
Lead Psychologist – West Metro
Allina Health

Michael Schmitz, PsyD, LP, CBSM
Psychologist
Abbott Northwestern Hospital
Allina Health

Andrew Stiehm, MD
Sleep medicine and pulmonary medicine
Allina Medical Clinic – Coon Rapids
Allina Health
PLANNING COMMITTEE

Dale Berry, MD
Family Practice Physician
Cambridge Medical Center
Allina Health

Richard Blackburn, PhD, LP, CBSM
Licensed Psychologist, Certified in Behavioral Sleep Medicine
Behavioral Health Services
Cambridge Medical Center
Allina Health

Colleen Daniewicz, PsyD, LP
Psychologist
Allina Medical Clinic – Woodbury
Allina Health

Traci Dedor, MPA, MPM
NeuroScience Institute, Orthopaedic & Spine Programs
Abbott Northwestern Hospital
Allina Health

Patricia Evans, PhD, LP
Psychologist – Behavioral Health
Aspen Medical Group – Bloomington
Allina Health

Conrad Iber, MD
Professor of Medicine
Sleep Medicine Director - UMMC
Medical Director, Fairview Health Services Sleep Program

William Hoekstra, PsyD, LP
Clinical Psychologist
Allina Medical Clinic – Faribault
Allina Health

Daniel Kessler, PsyD, LP, CBSM
Psychologist
Allina Medical Clinic – Shakopee
Allina Health

Philip Klees, PhD, LP
Psychologist
Allina Medical Clinic – WestHealth Campus
Allina Health

Krista Lee, BS
Program Specialist
Learning & Development, Office of Accreditation
Allina Health

Amanda Richards, RN, MSN, CNS-BC
Director of Clinical Programs
Neuroscience & Spine Clinical Service Line
Allina Health

Michael Schmitz, PsyD, LP, CBSM
Lead Psychologist
Allina Mental Health – Hospital Based Clinics;
Behavioral Sleep Medicine Program,
Abbott Northwestern Hospital
Allina Health

Andrew Stiehm, MD
Sleep medicine and pulmonary medicine
Allina Medical Clinic – Coon Rapids
Allina Health

Mark Zipper, PhD, LP
Director Clinical Operations
Allina Medical Clinics, Mental Health
Allina Health
Location & Parking

Allina Commons at Midtown Exchange
Greenway Level, Pettingill Hall A & B
Minneapolis, MN 55407-1321

Allina Commons Security Desk: 612-262-5100

Allina Commons Parking is located in the ramp adjacent to the Midtown Exchange Building on 10th Ave S.

In order to validate you for free parking you must bring your ticket in with you. If you are an Allina Health employee we ask that you bring your badge with you.

Registration Confirmation

Registration deadline is Wednesday, April 24.

A registration confirmation will be sent via email from Education_at_Allina@ServerVault.com (if you don’t see the confirmation within minutes of registering, check your spam/junk folder). The email includes the payment link, conference details and directions. We recommend printing and/or retaining a copy for your records. If you have not received a registration confirmation via email prior to the start of the conference, please contact Learning & Development at 612-262-5038 to verify your registration.

Conference Handouts/Syllabus

In an effort to “go green” we will not be providing a syllabus of the presentation. Instead you will receive a USB of conference presentation in PDF format the morning of the conference along with a note pad. Please remember to bring something to write with.
**Tuition Payment $150**

Payment deadline is Wednesday, April 24.

You will not be considered registered for the course until tuition is received. If you have registered but payment has not been received by the deadline noted above, you will be automatically cancelled from the class and receive an e-mail indicating the cancellation of your registration. Questions regarding receipts and payments call at 612-262-5032.

**Cancellation Policy**

Tuition is refundable if request is received by Wednesday, April 24.

Notices after this date will not receive a refund. You may send an alternate. To complete your cancellation or substitution call 612-262-5032.

**Allina Health Employee Reimbursement**

If you are planning to use the Tuition/Education Claim Form to pay for this course, you have two Claim Types to choose from:

- **Advancement (prior to course)** – Submit a copy of the brochure showing price, after the class a certificate of completion should be submitted to the HR Service Center

- **Reimbursement (after course)** – Submit a copy of the certificate with proof of payment.

Submit these forms to the HR Service Center, MR 10700; Learning & Development is unable to process these forms. For questions regarding reimbursement call 612-262-4688.

**Special Needs**

Learning & Development is fully committed to accommodating the special needs of participants and will do everything possible for requests called in at least 7 business days in advance of the start date to 612-262-5038. Accommodations or special needs requested after that timeframe cannot be guaranteed.

**Disclosure policy**

It is the policy of Learning & Development to provide balance, independence, objectivity and scientific rigor in all its sponsored educational activities. All faculty and planning committee members participating in sponsored activities and/or their spouses or partners are required to disclose to the symposium audience any real or apparent conflict(s) of interest related to the content of this activity.
ASSESSMENT AND MANAGEMENT OF INSOMNIA: A PRACTICAL GUIDE FOR PRIMARY CARE

Wednesday, May 1, 2013
Allina Commons, Minneapolis

Registration & Payment Deadline: Wednesday, April 24.
Tuition Fee $150
All attendees must self-register in Saba

Allina Health - Employee & Affiliate Registration

1. Go to the AKN, under the ‘Education & Research’ tab
   > Continuing Education > Click on the Allina Learning Management System (SABA) – Log in with your Allina Health User ID and Password.

2. On the ‘Home’ tab, go to the Navigation Links Box and click on Registration/Catalog Search

3. On the left hand side bar, click on 'Browse by Category'

4. Select the course and click on ‘Register’

5. Check your Allina Health e-mail for the ‘Payment Link’

Allina Health - Contract Affiliate Registration

1. Go to Excellian.net and click on “How To and Training” Tab and the click on Allina LMS (SABA) and log-in using your log in and password.

2. On the ‘Home’ tab, go to the Navigation Links Box and click on Registration/Catalog Search

3. On the left hand side bar, click on 'Browse by Category'

4. Select the course and click on ‘Register’

5. Check your Allina Health e-mail for the ‘Payment Link’
External General Registration

1. www.allinahealth.org

2. At the top of the page select ‘For Medical Professionals’ then on the left side click ‘Earn CME/CEU’

3. In the grey box click https://training.sabanow link

4. Log in with your email address and use the password ‘welcome’
   – If you have never attended an Allina Health event you will be click “I’m a New User”
   – If you would like receive future mailings on conferences offered, please complete your address.

5. Select the ‘Search for Courses’ tab

6. Select the course and click on Register > Confirm > Place Order

7. Check your email for the ‘Payment Link’ contained within the Registration Confirmation; it’s sent within minutes of registering, if you do not see it, make sure to check your junk folder.
   – Sent via email from Education_at_Allina@ServerVault.com

Technical Assistance or Help with Registering
Refer to your Saba log in page

Questions
Contact Krista Lee at 612-262-5038 or krista.lee@allina.com
Our mailing lists are purchased from outside vendors so we are not able to remove names. If you receive a duplicate please share with your colleagues! For additional brochures please call 612-262-5030.