



Outcomes Summary Following RCGP Collaborative Working Programme

Idorsia Pharmaceuticals UK Ltd and Royal College of General Practitioners

Webinars

The RCGP ran 2 webinars across March / April 2024. Speakers and chairs were chosen and agreed by parties. As well as being run live they are being hosted for six months post-event on the RCGP website for members only.

The primary audience and beneficiaries of the project were general practitioners and associated healthcare professionals working in primary care, with the aim to indirectly enhance the assessment and management of patients with chronic insomnia.

The two webinars ran live, and took place in the evening between 19:00 and 20:30 on:
Wednesday 27th March 2024
Tuesday 23rd April 2024

The first session aimed to lay the foundation in understanding how those with chronic insomnia are diagnosed, and the impact long-term insomnia has on patients' lives, in addition to exploring the pharmacology of sleep medications.

The second session built on the foundational knowledge from part one, specifically exploring the management strategies for chronic insomnia, and what a GP can do in clinical practice, as well as discussing the pharmacological approaches to the treatment of chronic insomnia.