

Collaborative Working Project

1. **Project name:** GP education on sleep and chronic insomnia

2. **Organisations involved:**

Idorsia Pharmaceuticals UK Limited

The Royal College of General Practitioners (RCGP)

3. **Project objectives:**

This collaborative working project aims to deliver an up-to-date GP digital education course via the RCGP Online Learning Platform. This should indirectly enhance the assessment and management of patients with sleep problems, especially chronic insomnia.

4. **Project deliverables:**

1) Two 30-minute eLearning modules:

Module 1: Diagnosis of Chronic Insomnia

Module 2: Management/Treatment of Chronic Insomnia

2) A 15 to 20 minutes consultation microsite on management/treatment of Chronic Insomnia

The project covers the development of the eLearning content and its 12-month hosting.

5. **Roles and responsibilities:**

This project, including its implementation, will involve the pooling of skills, experience and/or resources from both Idorsia UK and RCGP involved for the joint development and implementation of GP medical education. There will be a shared commitment to successful delivery from both parties, and each party will make a significant contribution.

This is a non-promotional activity and as part of collaborative working between the parties there must be no inducement to GPs or other relevant decision makers to prescribe, supply, recommend, buy or sell a medicine. Further, the collaboration will be carried out in an open and transparent manner, be prospective in nature. This executive summary of the Collaborative Working Agreement will be made publicly available before arrangements are implemented.

All collaborative working should adhere to all relevant guidelines and policies, including NHS policies and the 2021 ABPI PMCPA Code of Practice (especially Clause 20).

Both parties acknowledge that the arrangement may benefit the NHS and Idorsia. Any subsequent benefits will be at an organisational level and not specific to any individual. Data learning outcomes collected will be anonymized, and aggregated.

The RCGP shall retain full, independent editorial control over the content of the course and all other materials developed pursuant to this collaborative working and reserves the right to edit and modify the same at its discretion, including without limitation such editorial changes as are necessary or desirable in light of changes in policy or best practice, or in response to user feedback, but under no circumstances shall the RCGP be obliged to make any changes to the Course during the Term or otherwise.

6. Milestones:

The following are provisional milestones based on agreement signing:

Scoping Call	2nd November 2023
Authoring:	November 23 -15 December 23
Self review	15 Dec 23 - 29 Dec 23
ID Review	1 Jan 24 - 5 Jan 24
Peer review 1	8 Jan 24 - 19 Jan 24
Peer review 1 Action	22 Jan 24 - 31 Jan 24
Peer review 2	1 Feb 24 - 7 Feb 24
Peer review 2 Action	7 Feb 24 - 16 Feb 24
Pre build QA	16 Feb 24 - 29 Feb 24
Build	1 March 24 -5 April 24
Post Build QA	5 April 24 - 19 April 24
Launch	WC 22 April 24

7. Funding:

Total Amount of the Collaborative Working funding will be £50,064 plus VAT.

8. Expected benefits for patients:

In the UK undergraduate medical education there is minimal focus on sleep problems, with a mean of 3.2 hours ([Romiszewski S., et al, J Sleep Res 2020](#)). Through the provision of additional education on sleep and chronic insomnia, including the latest treatment options, GPs will be able to provide a better patient care and experience of the healthcare system. Treatment options will be in line with national guidance where it exists. In addition, better patient health outcomes may lead to a reduction in healthcare resource utilisation.

9. Expected benefits for partner organisation (RCGP) on project delivery:

For the RCGP the provision of high-quality up to date education of trainee and qualified GPs on sleep and chronic insomnia will lead to improved management resulting in a higher quality care.

10. Expected benefits for Idorsia UK on project delivery:

For Idorsia the education of GPs on sleep and chronic insomnia will lead to a better understanding of the underlying mechanisms of chronic insomnia and deliver an up-to-date knowledge of available therapeutic options.