

Outcomes Summary: Collaborative Working Project

Idorsia Pharmaceuticals UK Ltd and the Royal College of Pharmacy (formerly the Royal Pharmaceutical Society (RPS))

Educational Programme on Sleep Health and Insomnia

Under a collaborative working agreement, Idorsia Pharmaceuticals UK Ltd and the Royal Pharmaceutical Society (RPS) jointly developed and delivered a comprehensive educational programme for RPS members, comprising two live webinars, three podcasts and three e-learning modules.

The programme was designed to enhance pharmacists' understanding of sleep health and insomnia (short-term and chronic), including its prevalence, impact on patients, underlying causes, diagnosis and management. The educational content covered both pharmacological and non-pharmacological treatment approaches, supporting pharmacists to have informed conversations with patients and the public about sleep health, recognise the signs and symptoms of insomnia, and contribute to improved patient care and health outcomes.

The project brought together the complementary expertise, skills and resources of both organisations. Idorsia Pharmaceuticals UK Ltd and the Royal Pharmaceutical Society worked collaboratively throughout the development and implementation of the programme, with a shared commitment to delivering high-quality, evidence-based educational resources for pharmacists.

Programme Outputs

The collaborative working programme delivered:

- Two live webinars (45 minutes each), which were recorded and are available on the RPS Learning platform.
- Three podcasts (approximately 15 minutes each), featuring patient lived experiences of insomnia.
- Three on-demand e-learning modules (20–30 minutes each), hosted on the RPS Learning platform and incorporating interactive case studies and knowledge assessments.

These educational resources remain available to RPS members through the Your Learning section of the RPS Learning platform, providing ongoing access to education on sleep health and the management of insomnia.

The collaborative working agreement was established with the Royal Pharmaceutical Society (RPS). Following the organisation's transition to the Royal College of Pharmacy (RCPharm), the educational resources continue to be hosted and made available through the Royal College of Pharmacy.