

Practising Well Community of Practice

Insomnia in Primary Care: Assessment, CBTi and Safe Prescribing

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Watch Past Sessions & Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Link
Sleepwell	https://mysleepwell.ca/
Sink Into Sleep	https://sinkintosleep.com/
CFP Podcast- Deprescribing Sedatives: A Discussion with Two Pharmacists	https://shows.acast.com/cfppodcast/episodes/deprescribing-sedatives-a-discussion-with-two-pharmacists
Cognitive Behavioral Therapy for Insomnia	https://shows.acast.com/cfppodcast/episodes/cognitive-behavioural-therapy-for-insomnia
Insomnia Interventions:	https://healthsci.queensu.ca/opdes/cpd/educational-programs-opportunities/insomnia

Clinical Pathway Tool	https://www.researchsleep.ca/hcp-insomnia
Geriatric Medication Consultation	https://www.gerimedrisk.com/
Consensus Sleep Diary App	https://consensusleepdiary.com/
Patient and Provider Resources	https://hqontario.ca/
Free CBT-I via clinical trials	https://psychlabs.torontomu.ca/carney/
Benzodiazepine & Z-Drug (BZRA) Deprescribing Algorithm	https://deprescribing.org/wp-content/uploads/2019/03/deprescribing_algorithms2019_BZRA_vf-locked.pdf