

# PeerView inPractice



The Sleep Series

## 2 Managing Insomnia in Older Women: A Case-Based Approach

Part 2 of a 2-part series

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This CME/CE activity is jointly sponsored by the University of Florida College of Medicine, Amedco, and PVI, PeerView Institute for Medical Education.



This activity is supported by an educational grant from  
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Media:	Internet
Release Date:	November 10, 2008
Expiration Date:	November 9, 2009
Estimated time to complete activity:	60 minutes
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#### Target Audience

This activity has been designed to meet the educational needs of sleep specialists, psychiatrists, neurologists, gynecologists, primary care physicians, and nurses.

#### Program Description

This CME/CE activity uses a case-based format to review the differential diagnosis of sleep disorders in 2 older women, discuss the latest clinical data on agents used to treat insomnia and sleep disorders, and assess strategies to individualize therapy for patients based on their specific needs and characteristics.

Case 1 focuses on evaluation and management of a 53-year-old woman with disturbed sleep.

Case 2 evaluates treatment options for a 65-year-old woman with a history of insomnia and recent onset of urinary urgency.

#### Educational Objectives

**Upon completion of this activity, participants will be able to:**

- Evaluate the latest findings on diagnosing and managing insomnia in older adults
- Apply updated efficacy and safety data on management of insomnia to practice
- Develop individualized treatment plans for older adults with insomnia, taking into consideration the most recent clinical data as well as comorbid conditions

#### Accreditation and Credit Designation Statement

**Physicians:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Florida College of Medicine and PVI, PeerView Institute for Medical Education. The University of Florida College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Florida College of Medicine designates this educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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