

Title : DEVELOPMENT OF INSOMNIA MANAGEMENT PROGRAM BY
PHARMACISTS IN COMMUNITY PHARMACY

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Abstract

Purposes of the Study

1. To collect information and, based on the collected data, develop an over-the-counter management program for insomnia patients by any community pharmacists.
2. To study difficulty, acceptance by pharmacists, problems and obstacles during applying the management program to treat patients with insomnia.

Research Procedure

This study is action research. Data and information from various sources, e.g. standard medical texts, electronic database, international and local medical journals and unpublished studies, were gathered, compiled, and analyzed. Based on such information, an insomnia management model that can be applied in any local drug stores was established. Furthermore, the model was presented to eleven experts from several areas to be evaluated. These experts comprised four insomnia physicians, two members of the Faculty of Pharmacology and three highly experienced community pharmacists. Additional two senior lecturers from the Faculty of Pharmacology also helped prove the management sheet. The recommendation and suggestion made by the experts was also incorporated into the final management program. Afterward, the program was initially tested by community pharmacists who participated the project. Eventually, feedback on pharmacists' opinion, numbers and aspects of patients, and services was gathered and analyzed.

The results

The results can be divided into two parts.

Part1: The primary outcome of the study is a management program for insomnia that can be used by community pharmacists and a complete handbook. The content in this handbook includes basic knowledge about insomnia, screening for people with insomnia, assessment of insomnia patients, advice on sleep hygiene and treatment for insomnia patients both pharmacology and non-pharmacology.

Part 2: This part contains the results from preliminary trials from four community pharmacies. Participating pharmacists commented that the project was good, and the handbook was useful, practical and easy to use. However, there were too many numbers of pages for leaflets and the treatment program took so much time. Furthermore, pharmacists could follow only a part of the handbook, which was coping with patient with primary insomnia. However, patients with insomnia secondary to other illnesses were often neglected by pharmacists. Therefore, pharmacists should be emphasized about secondary insomnia and be aware of the underlying illnesses so that all groups could be treated according to the guideline.