

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

## PRESENTATION FORM

### Presenter Bio

Please include your full name, credentials, degrees and information about your position and place of employment. **Please send a copy of your CV along with this completed form.**

Medical Director, Outpatient Sleep Clinics at Falk and Monroeville, Center for Sleep Disorders,  
University of Pittsburgh Medical Center

Medical Director, Sleep Research and Treatment Center,  
Penn State Hershey Medical Center.

### Name and Narrative Description of your Presentation

**Please determine if it is introductory, intermediate, or advanced.**

Pharmacological Management of Insomnia in the Elderly

The presentation is going to be introductory to intermediate

### Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Identify the pharmacological agents currently available in the treatment of Insomnia in the elderly
2. Understand the risk and benefits associated with use of hypnotic medications in the elderly
3. Applying pharmacological principles in management of insomnia in the elderly.

### Three (3) current (within the past 10 years) peer-reviewed publications that support the evidencebase for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see [www.apastyle.org](http://www.apastyle.org) for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

2019 American Geriatrics Society Beers Criteria® Update Expert Panel, Fick, D. M., Semla, T. P., Steinman, M., Beizer, J., Brandt, N., ... & Sandhu, S. (2019). American Geriatrics Society 2019 updated AGS Beers Criteria® for potentially inappropriate medication use in older adults. *Journal of the American Geriatrics Society*, 67(4), 674-694.

Andrade, C. (2018). Sedative hypnotics and the risk of falls and fractures in the elderly. *The Journal of clinical psychiatry*, 79(3), 19106.

Sateia, M. J., Buysse, D. J., Krystal, A. D., Neubauer, D. N., & Heald, J. L. (2017). Clinical practice guideline for the pharmacologic treatment of chronic insomnia in adults: an American Academy of Sleep Medicine clinical practice guideline. *Journal of clinical sleep medicine*, 13(2), 307-349.

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