

Norma Munro

1. Norma Munro

1.1 Meet Norma Munro

SCFPCLearn

Norma Munro

Norma is a 78 year old woman who has been in your practice for years.

Norma

Moving Forward

Untitled Layer 4 (Slide Layer)

SCFPCLearn

Norma Munro

Norma: I haven't slept for days and this has been going on for the last three months!

You: Sorry to hear that, Norma. You are not alone – sleep problems seem more common these days! How has it been affecting you?

I am falling asleep in the afternoon, I am grumpy and I can't concentrate on my crosswords!

Norma

Moving Forward

1.2 Meet Norma Munro


SCFPC Learn

Norma Munro

Norma lives with her husband and is involved in her community.

PMH & Meds Melatonin

Moving Forward



Past medical history (Slide Layer)

SCFPC Learn

Norma Munro

Past Medical History


- COPD, ex-smoker
- Osteoarthritis, right knee
- Hypertension

Medications

- Tiotropium bromide
- Salbutamol PRN
- Naproxen PRN
- Perindopril 4 mg

PMH & Meds Melatonin

Moving Forward



Untitled Layer 4 (Slide Layer)



CFPCLearn

Norma Munro

You: Have you tried anything so far to help?

Norma: I tried pharmacy sleeping pills and now I am taking melatonin. I don't think it works.

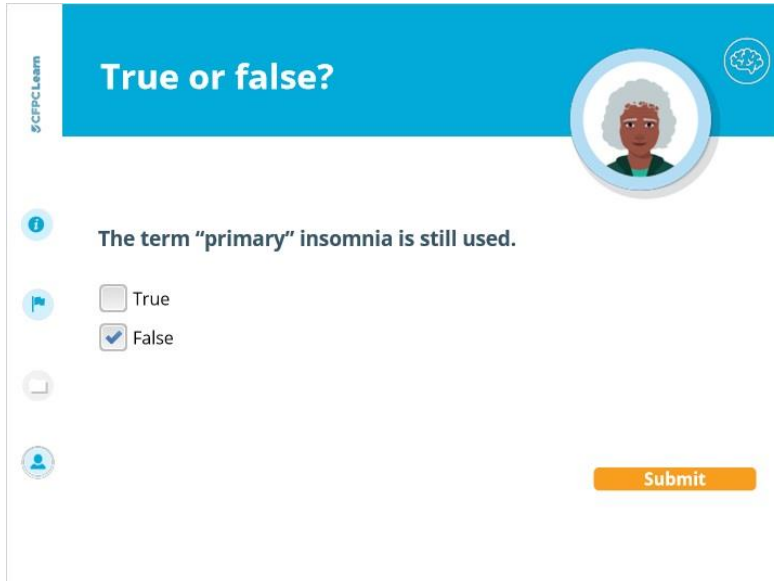
PMH & Meds Melatonin

Moving Forward

The slide features a vertical sidebar on the left with icons for information, a list, a document, and a user profile. The main content area includes a character portrait of Norma Munro on the right, a question from the user, and a response from Norma. Below the response are two buttons labeled 'PMH & Meds' and 'Melatonin', and an orange 'Moving Forward' button at the bottom.

1.3 True or False 1

(Multiple Response, 10 points, 1 attempt permitted)



CFPCLearn

True or false?

The term "primary" insomnia is still used.

True

False

Submit

The slide has a blue header with the title 'True or false?' and a circular profile picture of Norma Munro. The question is presented in a large font, followed by two radio button options: 'True' and 'False'. The 'False' option is selected. An orange 'Submit' button is located at the bottom right. The sidebar on the left contains the same icons as the previous slide.

1.4 Answer

Review

Answer: False

Classification
Comorbidities
Circadian Rhythm

Click on the buttons to view additional information

Moving Forward

Classification (Slide Layer)

Review

Answer: False

Classification
Comorbidities
Circadian Rhythm

Classification: The International Classification of Sleep Disorders (2014) no longer uses the terms 'primary insomnia,' 'secondary insomnia' and 'comorbid insomnia' as it was not felt to reliably reflect clinical practice.


- In a family practice based study of 388 people with a sleep problem, 12% had insomnia alone, 50% had depression and/or anxiety.
- Up to 90% of depressed patients have sleep disorders.

Moving Forward

Co-morbidities (Slide Layer)

SCFPCLearn

Review



Answer: False

Classification

Comorbidities

Circadian Rhythm

Co-morbidities affecting sleep quality :


- Restless leg syndrome,
- Obstructive sleep apnea
- Poorly controlled medical conditions (e.g., pain, nocturia or dyspnea)

Moving Forward

Circadian Rhythm Disturbances (Slide Layer)

SCFPCLearn

Review



Answer: False

Classification

Comorbidities

Circadian Rhythm

Circadian rhythm disturbances: (i.e., delayed or advanced sleep-wake cycles)

- More common in adolescents and shift workers.
- Characterized by improvement of symptoms on non-work/school days

Moving Forward

1.5 Meet Normal Munro

The screenshot shows a digital patient history interface. At the top left is the logo "#CFPCLearn". On the right is a circular profile picture of an elderly woman with grey hair, and a refresh icon. The main text reads: "You ascertain that her COPD is well controlled and she stopped smoking long ago. Normal is up about once a night to urinate." Below this, a blue speech bubble contains the question: "You: Has your husband ever told you that you snore or stop breathing while you sleep?". A yellow speech bubble contains the response: "My hubby doesn't complain that I snore." At the bottom right is an orange button labeled "Moving Forward". On the left side, there is a vertical toolbar with icons for home, list, search, and profile.

1.6 Meet Norma Munro

The screenshot shows a digital patient history interface for Norma Munro. At the top left is the logo "#CFPCLearn". The name "Norma Munro" is displayed in blue. On the right is a full-body illustration of Norma, an elderly woman with grey hair, wearing a green dress and a dark jacket. The main text reads: "Do your legs bother you when you are sitting or lying down?". Below this, a yellow speech bubble contains the response: "My knee only hurts when I walk." At the bottom left is a dark blue button labeled "More history". At the bottom right is an orange button labeled "Moving Forward". On the left side, there is a vertical toolbar with icons for home, list, search, and profile.

Untitled Layer 1 (Slide Layer)

CFPCLearn

Norma Munro

In the past month have you felt down, depressed or hopeless?

No, just tired...

Not really enjoyed doing your usual things?

No, I still love my puzzling!

Moving Forward

The slide features a vertical sidebar on the left with icons for information, a list, a document, and a person. On the right, there is a full-body illustration of Norma Munro, an elderly woman with short grey hair, wearing a dark green jacket over a teal dress and dark shoes.

1.7 Meet Norma Munro

CFPCLearn

Norma's two-question depression screen score is 0.

The two-question depression screen:

- **Sensitivity: 96-97%** (if no to both questions, depression ruled out in 96% cases)
- **Specificity: 57-78%** (if yes to ≥ 1 question, depression possible and needs more assessment)

Moving Forward

The slide has a blue header bar with the CFPCLearn logo on the left. On the right side of the header, there is a circular profile picture of Norma Munro and a refresh icon. The sidebar on the left contains icons for information, a list, a document, and a person.

1.8 Meet Norma Munro

SCFPCLearn

Norma Munro

How much caffeine do you drink and when is your last cup?

I have a cup of coffee in the morning and a mug of tea in the afternoon.

What about exercise?

Umm, not much. I walk to the mailbox which takes me about 5 minutes.

Moving Forward

1.9 Multiple choice question

(Multiple Response, 10 points, 1 attempt permitted)

SCFPCLearn

Which factors are important in sleep quality?

Select all that apply.


- Age
- Caffeine
- Exercise
- Alcohol
- Smoking

Submit

1.10 Answer

CFPCLearn

Correct Answers



Answer: Age, caffeine, exercise and smoking are important factors affecting sleep quality.

- Age
- Caffeine
- Smoking
- Physical activity
- Alcohol


Click on the buttons to view additional information

Let's Look at More

Meta-Analysis (Slide Layer)

CFPCLearn

Correct Answers



Answer: Age, caffeine, exercise and smoking are important factors affecting sleep quality.

- Age
- Caffeine
- Smoking
- Physical activity
- Alcohol

A meta-analysis of sleep-related indices in non-clinical patients showed sleep time decreases by 10 minutes per decade until age 60. Sleep efficiency (time asleep/time in bed) also decreases.


The average sleep time for a 75 year-old was about 6.5 hours and sleep efficiency was about 82%.

Let's Look at More

Caffeine (Slide Layer)

SCFPCLearn

Correct Answers



Answer: Age, caffeine, exercise and smoking are important factors affecting sleep quality.

- Age
- Caffeine
- Smoking
- Physical activity
- Alcohol


In a systematic review of both RCTs and observational studies, caffeine typically prolonged sleep latency, reduced total sleep time and sleep efficiency, and worsened perceived sleep quality.

Let's Look at More

Smoking (Slide Layer)

SCFPCLearn

Correct Answers



Answer: Age, caffeine, exercise and smoking are important factors affecting sleep quality.

- Age
- Caffeine
- Smoking
- Physical activity
- Alcohol


Smoking increases incidence of insomnia (OR 1.07).

Let's Look at More

Physical activity (Slide Layer)

SCFPCLearn

Correct Answers



Answer: Age, caffeine, exercise and smoking are important factors affecting sleep quality.

- Age
- Caffeine
- Smoking
- Physical activity**
- Alcohol

A systematic review of five cohort studies examined the effects of 12-16 weeks exercise on sleep quality in 660 middle aged women. Using the Pittsburgh Sleep Quality Index (PSQI):


- Clinically important difference on PSQI: change of 1.6
- Moderate physical activity (moderate aerobic exercise, 120-150 minutes per week): positive effect on sleep quality (PSQI score: mean difference was -1.85).
- Low levels of physical activity (yoga): no significant effect.

Let's Look at More

Alcohol (Slide Layer)

SCFPCLearn

Correct Answers



Answer: Age, caffeine, exercise and smoking are important factors affecting sleep quality.

- Age
- Caffeine
- Smoking
- Physical activity
- Alcohol**

Alcohol: Limited data available on the effects of moderate alcohol consumption on sleep.

- Alcohol use disorder or binge drinking is associated with sleep disorders.

Let's Look at More

1.11 Meet Norma Munro

The screenshot shows a user interface for a character named Norma Munro. On the left, there is a vertical sidebar with the SCFPCLearn logo and several icons. The main area features a blue header with the name 'Norma Munro'. Below the header, there are two speech bubbles: a blue one with the text 'Well, maybe you could try to get a bit more exercise?' and a yellow one with the text 'Sure, but I will have to see how my knees hold out. But really, isn't there anything else you can do for me?'. To the right of the speech bubbles is a full-body illustration of Norma Munro, an elderly woman with grey hair, wearing a green dress and a dark jacket. At the bottom center, there is an orange button labeled 'Moving Forward'.

1.12 Multiple choice question


(Multiple Response, 10 points, 1 attempt permitted)

The screenshot shows a 'Review' screen for a multiple-choice question. The top of the screen has a blue header with the SCFPCLearn logo and the word 'Review'. On the right side of the header, there is a circular profile picture of Norma Munro and a gear icon. Below the header, there is a question: 'Which of the following are true?'. The question is followed by four options, each with a checkbox: 'A sleep diary is an important next step.' (checked), 'She should stop melatonin as it is dangerous.', 'Advice on sleep hygiene will be enough.', and 'A sleep study will help.'. At the bottom right, there is an orange button labeled 'Submit'.

1.13 Answer

CFPCLearn

Correct Answer



Answer: A sleep diary is an important next step.

- Sleep Diary
- Melatonin
- Sleep Hygiene
- Sleep Study


Click on the buttons to view additional information

Let's Look at More

Sleep Diary (Slide Layer)

CFPCLearn

Correct Answer



Answer: A sleep diary is an important next step.

- Sleep Diary
- Melatonin
- Sleep Hygiene
- Sleep Study


- Though subjective, sleep diaries form the basis for tracking improvement and have been validated.
- Objective sleep measures like actigraphy or polysomnography are impractical.

Let's Look at More

Melatonin (Slide Layer)

CFPCLearn

Correct Answer



Answer: A sleep diary is an important next step.

- Sleep Diary**
- Melatonin**
- Sleep Hygiene**
- Sleep Study**

Melatonin: (medications will be discussed in more detail in next CFPCLearn Clinic)


- No short term side effects, though long-term unknown.
- Proof of effectiveness (evidence is at high risk of bias)
 - Fall asleep: 10 minutes faster
 - Total sleep time: 8-18 minutes more
 - Perceived sleep quality: increased standard mean difference 0.2 (marginal clinical significance)

[Let's Look at More](#)

Sleep Hygiene (Slide Layer)

CFPCLearn

Correct Answer



Answer: A sleep diary is an important next step.

- Sleep Diary**
- Melatonin**
- Sleep Hygiene**
- Sleep Study**

• Sleep hygiene alone is minimally effective.

• Insomnia CBT (more detail in the Norma's follow-up, next 'clinic') combines sleep hygiene with other components (examples: sleep restriction, exploration of dysfunctional beliefs about insomnia).


• Insomnia CBT is significantly more effective than sleep hygiene alone.

[Let's Look at More](#)

Sleep Study (Slide Layer)

#CFPCLearn

Correct Answer



Answer: A sleep diary is an important next step.

Sleep Diary

Melatonin

Sleep Hygiene

Sleep Study


A sleep study (polysomnography) is not indicated at this time as there are no clear signs of sleep apnea or restless legs.

Let's Look at More

1.14 Create a Plan

#CFPCLearn

Let's Make a Plan



Using what you have learned write a plan for Norma. It can include any/all of the following: lifestyle intervention(s), prescription intervention(s), lab(s)/test(s) required, follow up appointment time frame, and referral required.

Fill in your plan for the patient here

See how your plan compares

1.15 Plan Answers

Treatment Plan

This is the proposed plan for the patient. How does your plan compare?

- Sleep Diary
- Caffeine
- Exercise
- Melatonin
- Follow Up

What's in a name?

Click on the buttons to see suggested answers

Next Patient Back to Day Sheet

Sleep Diary (Slide Layer)

Treatment Plan

This is the proposed plan for the patient. How does your plan compare?

- Sleep Diary
- Caffeine
- Exercise
- Melatonin
- Follow Up

What's in a name?

Print off a [sleep diary](#) and review with Norma how to complete.

Ask Norma to review the [Sleepwell website](#) if she is comfortable with a computer.

Next Patient Back to Day Sheet

Caffeine (Slide Layer)

The screenshot shows a digital interface for a 'Treatment Plan'. On the left, there is a vertical sidebar with the text 'SCFPCLearn' and several icons. The main title is 'Treatment Plan'. Below the title, a text prompt asks: 'This is the proposed plan for the patient. How does your plan compare?'. A list of five blue buttons is shown: 'Sleep Diary', 'Caffeine', 'Exercise', 'Melatonin', and 'Follow Up'. The 'Caffeine' button is highlighted. To the right of this list is a light blue text box containing the text 'Stop or reduce caffeine.' with a small icon of a crossed-out coffee cup. At the bottom of the interface, there are three buttons: a green button labeled 'What's in a name?', and two orange buttons labeled 'Next Patient' and 'Back to Day Sheet'. A patient's profile picture is visible in the top right corner.

Exercise (Slide Layer)

The screenshot shows the same digital interface as above, but with the 'Exercise' button highlighted in the list. The text box on the right now contains the text 'Suggest a bit more exercise like walking.' with a small icon of a person walking. All other elements, including the sidebar, title, text prompt, and bottom buttons, remain the same.

Melatonin (Slide Layer)

The screenshot shows a digital interface for a 'Treatment Plan' slide layer. On the left, there is a vertical sidebar with the 'SCFPC Learn' logo at the top and several navigation icons. The main content area features the title 'Treatment Plan' in blue, followed by a patient profile picture of an elderly woman. Below the profile picture is the text: 'This is the proposed plan for the patient. How does your plan compare?'. A list of five blue buttons is displayed: 'Sleep Diary', 'Caffeine', 'Exercise', 'Melatonin', and 'Follow Up'. A green button labeled 'What's in a name?' is positioned below the list. A light blue callout box with a blue gear icon contains the text: 'Indicate melatonin isn't dangerous but it probably isn't helping much.' At the bottom right, there are two orange buttons: 'Next Patient' and 'Back to Day Sheet'.

Follow Up (Slide Layer)

The screenshot shows a digital interface for a 'Treatment Plan' slide layer, similar to the one above. It features the same sidebar, title 'Treatment Plan', patient profile picture, and introductory text. The list of blue buttons is identical, but the 'Follow Up' button is highlighted. The light blue callout box now contains a blue telephone icon and the text: 'Book a follow up in two weeks after she has completed her sleep diary.' The 'Next Patient' and 'Back to Day Sheet' buttons remain at the bottom right.

Name (Slide Layer)

Treatment Plan

This is the proposed plan for the patient. How does your plan compare?

- Sleep Diary
- Caffeine
- Exercise
- Melatonin
- Follow Up

What's in a name?

Meaning behind Norma Munro's name:

Borrowing from Marilyn Munroe's name. Marilyn (Norma Jean) Munroe was famously known to be an insomniac.

Next Patient Back to Day Sheet