

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS

2021

Nomination: Demonstrating a community response to COVID-19

QUEEN'S FAMILY HEALTH TEAM

Sleep Therapy Program for Patients with Chronic Insomnia

The Queen's Family Health Team (QFHT) offers Sleep Therapy group programs to patients with chronic insomnia. Recognizing that insomnia is a prevalent issue, our social worker and pharmacist worked with sleep expert, Dr. Judith Davidson, to develop this program. Using first line treatment of Cognitive Behavioural Therapy for Insomnia (CBT-I), this six-week program employs various strategies to help individuals to restore their biological sleep processes. Due to the COVID-19 pandemic, this program was modified to a virtual program. A drop-in group has been set up to support patients requiring ongoing support. The virtual group has been held several times with good patient participation and successful results.