

OBJECTIVES

- ❖ Sleep and Mental health have a bi-directional relationship and sleep plays a crucial role in mental well-being.
- ❖ Different sleep disorders like Insomnia, parasomnias, sleep disordered breathing etc. are common in psychiatric patients.
- ❖ Recognizing them and making appropriate referrals is important for optimal care.
- ❖ Questions on Sleep-Wake disorders are common in in-training exams and on the Boards making it important even in academic setting.
- ❖ Hence, Sleep Curriculum is important for Psychiatry Trainees. Sleep curriculum was introduced in the didactics for psychiatry trainees in the year 2020-2021

METHODS

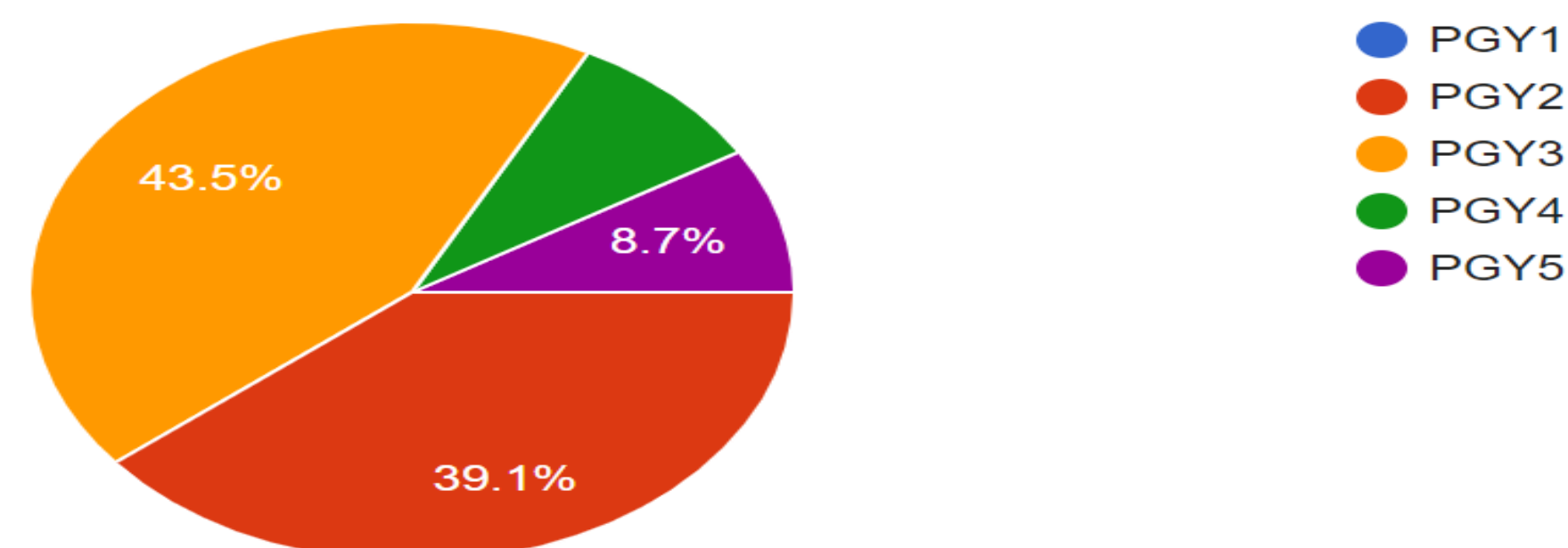
- ❖ The lectures emphasized understanding normal physiology of Sleep, different sleep disorders, clinical diagnosis and management of Sleep related disorders.
- ❖ Pre and post surveys were sent to the participants which included psychiatry residents and child and adolescent psychiatry fellows for the year 2020-2021.
- ❖ The surveys served to determine trainees' self-rated knowledge about neurobiology, neurochemistry, and circadian rhythm of sleep problems; their association with psychiatric problems; recognition, evaluation, and treatment of sleep.
- ❖ They were also asked about comfort during PRITE and boards and their thoughts regarding helpfulness of the sleep curriculum.
- ❖ Descriptive analysis was done to evaluate difference before and after the curriculum.

RESULTS

- ❖ The pre- and post-survey participants were 23 and 17 respectively.
- ❖ All questions were answered to rate on a scale of 0-5, ranging from absent (0) to highest (5).
- ❖ The Pre-survey and Post-survey responses are as following,

Questions	Pre-survey responses	Post-survey responses
Competent with sleep knowledge	4-17.4% 3-52.2% 2-17.4% 1-13%	4-64.7% 3-35.3%
Association between sleep and psychiatry disorders	5-65.2% 4-30.4% 3-4.3%	5-70.6% 4-23.5% 3-5.9%
Recognizing sleep disorders	4-34.8% 3-47.8% 2-17.4%	5-47.1% 4-29.4% 3-23.5%
Comfortable treating sleep problems	5-4.3% 4-13% 3-29.1% 2-43.5%	5-17.6% 4-35.3% 3-47.1%
Helpful to include sleep curriculum	91.3%- YES 8.7%-NO	5-82.4% 4-11.8% 3-5.9%

RESPONSES



LIMITATIONS & DISCUSSION

Limitations:

- ❖ 1. Loss of participants in the follow-up survey.
- ❖ 2. Smaller sample size, more data to be collected.

Discussion:

- ❖ Our survey suggests that Psychiatry trainees would likely benefit from a structured and tailored Sleep curriculum .
- ❖ It is important to include a sleep curriculum for the trainees at all levels. The knowledge sleep disorders is important as insomnias/parasomnias are common in many psychiatric disorders.
- ❖ Most trainees (91.3%) indicated that they recognize a gap in the knowledge regarding Sleep which can be bridged through this curriculum.
- ❖ Also, post Curriculum survey shows that Trainees expressed improvement in their knowledge of recognizing sleep disorders in their clinical practice and felt more comfortable treating them.
- ❖ We aim to gather more data and continue to improve the curriculum further.

REFERENCES

- ACGME Program Requirements for Graduate Medical Education in Psychiatry
 ABPN
 Winkelman 2005