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Insomnia: how to deal with it without falling asleep. Concepts, diagnostic and treatment approaches

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The sleep is a vital physiological function to which we dedicate approximately a third of our life. It is essential for the mental and physical balance of the individual, and the fundamental activity of children's brain until the age of two years. Is influenced by stress, bad habits, inadequate sleep hygiene and any organic disorder. Sleep deprivation has a negative effect on the frame of mind, is associated with impaired ability to calculation and logical reasoning, memory problems and keeping attention. Sleep disorders are of global concern by the high frequency in the general population, with a prevalence of diagnosed cases between 6-40 %. On a global scale, different studies demonstrate that their important impact in the mental and physical health is increasingly evident in all medical specialties, due not only to the economic costs that they suppose, but for their association with the increasing comorbidities and a worse perception of the patient's health status.

Method: We propose a workshop with the key ideas of insomnia, its main definitions, etiologies, rating scales, algorithms for correct diagnosis and various strategies of approach in our daily practice (health education, sleep hygiene, psychological interventions and pharmacological treatment). We want to emphasize that primary care physicians are able to resolve more than 80% of cases.

Results: After finishing the workshop we intend that the attendees have a deep understanding of the physiopathological bases of the sleep, can correctly identify different types of insomnia and learn techniques for an individualized treatment approach.

Conclusions: 'It should never be a matter of urgency' to give a sleeping-pill in a chronic insomnia. We want to emphasize the holistic approach to the patient, analysing individually the causes of its sleep disorder to improve its quality of life.