

Management of Paediatric Sleep Problems in Primary Care: A Systematic Review.

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Abstract

Introduction

Sufficient sleep is important for healthy child development. Behavioural Insomnia (BI) is common and can be treated with behavioural and sleep hygiene interventions. Primary care offers opportunities to identify and address sleep problems but a US review (Honaker and Meltzer 2016) suggested that professionals lack training and sleep is rarely discussed. Our review further explores primary care professionals' knowledge of BI, perceptions of their role and current practice.

Methods

Six databases were searched (MEDLINE, EMBASE, PsycINFO, CINAHL, Cochrane Library CENTRAL, Web of Science), using terms for 'sleep', 'child/paediatric', 'primary health care', 'general practitioner' and 'health visitor'. Selection criteria included studies of primary care practitioners (PCPs) seeing parents or children presenting with paediatric sleep problems. The focus is PCPs attitudes, knowledge, understanding and practice regarding paediatric sleep management in primary care. SH will lead paper screening and data extraction. A second reviewer will screen 10% of initial titles and full texts and check data extraction. The mixed methods appraisal tool will be used for quality appraisal. A mixed-methods synthesis will include a thematic synthesis of qualitative papers and a narrative synthesis of quantitative papers.

Findings

Database searches resulted in 7578 results, de-duplicated to approximately 5500. Titles and abstracts are currently being screened for eligibility. Results will be presented at the conference.

Discussion

A greater understanding of primary care professionals' knowledge of Behavioural Insomnia, perceptions of their role and current practice will identify key areas to inform research to improve the management of paediatric sleep problems in primary care.

Patient and Public Involvement (PPI)

PPI work will be carried out for commenting on a lay summary of the findings of this systematic review, once the systematic review has been conducted.