

# Projects and Publications

**Project: Qualitative Investigation of Telemedicine and Sleep Disorder Treatments**

**Collaborators: Walter Reed National Military Medical Center; Walter Reed Army Institute of Research; Fort Belvoir Community Hospital; and University of Maryland, Baltimore**

**This project had focus groups with active duty service members and interviews with primary care managers and administrators in the military to look at key outcomes for improving sleep in the military healthcare system.**

**The PATIENTS Program team conducted:**

**5**

**focus groups held off-base in the National Capital Region with active duty service members**

**And**

**interviews with primary care managers between September and December 2019; and**

**11**

**interviews with administrators in civilian and military healthcare settings between March and May 2020.**

**Early results look at how the disease affects patients, providers and healthcare administrators, barriers to getting a sleep disorder diagnoses and getting effective treatment and expectations and preferences for a telehealth-based sleep management program.**