

Meet Me at Midnight: Emerging Pharmacotherapy Options for the Treatment of Obstructive Sleep Apnea

Current Topics in Pharmacy Activity Announcement

30 million people in the United States currently suffer from Obstructive Sleep Apnea. The most well-known treatment plan is usually offering patients a CPAP machine but there are a few medications that are now FDA approved to treat this condition. Pharmacists should be aware of who is eligible and what medication choice they should recommend.

This activity was originally recorded on 10/21/2025.

Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Describe the anatomical and physiological mechanisms contributing to obstructive sleep apnea and its clinical manifestations.
- Given a patient case, identify candidates who may benefit from pharmacotherapy to treat OSA.

Speaker

Emma Brusio, PharmD
PGY-2 Ambulatory Care Resident
University of Maryland

Dr. Brusio, speaker for this activity, has no financial relationships to disclose. None of the planners for this activity have any financial relationships to disclose.

CE Credits: 0.5 Contact Hours

Universal Activity Number: 0025-0000-25-093-H01-P

Target Audience: Pharmacists

Activity Type: Knowledge

Activity Launch Date: 10/21/2025

Activity Expiration Date: 10/21/2026

Fee: \$15.00

Criteria for Successful Completion

Learners must complete all activity components including viewing the audiovisual presentation and completing the activity evaluation. A link to the activity evaluation will be available upon successful completion of all other course segments. Statements of CE Credit will be available electronically via CPE Monitor within sixty (60) days of completion of the activity.

Use of Trade Names: The trade names of the drugs and delivery systems in this module are for the purpose of product identification only. This activity does not imply endorsement for any commercial products discussed.

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Technology Requirements

Supported Internet Browsers	<p>Windows</p> <ul style="list-style-type: none"> Internet Explorer version 11 and above Chrome 43 and above FireFox 4.0 (or later) <p>MacOS</p> <ul style="list-style-type: none"> Safari 13 and above Chrome 43 and above
Minimum Memory	8 GB (or more)
Minimum Storage	6 GB (or more)
Minimum Processor	PC: 2 GHz or faster Intel processor MacOS: Multi-core Intel processor
Minimum Internet Speeds	High speed internet connection
Other	Participants must be able to play audio (either through speakers or headphones) as well as ability to open PDF files and view and edit Word, and PPT documents.



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