

BACKGROUND

- Stress and burnout in pharmacy school may impact student learning, patient care, and the community.
- Student organizations at SIUE host wellness events, implemented by the Wellbeing and Resilience Committee
- The impact of these events on student wellness remains unclear due to low attendance and other factors.

OBJECTIVES

- To assess the efficacy of current wellness events hosted by student organizations and assess the impact of an alternative wellness event format

METHODS

- Cross sectional study
- Phase 1 Surveys
 - Student organization leaders provided feedback on prior wellness events they hosted
 - P1-4 students were asked for opinions and feedback on events attended
- Phase 2
 - Wellness event held November 2023, followed by a post survey to assess student feedback and wellness impact

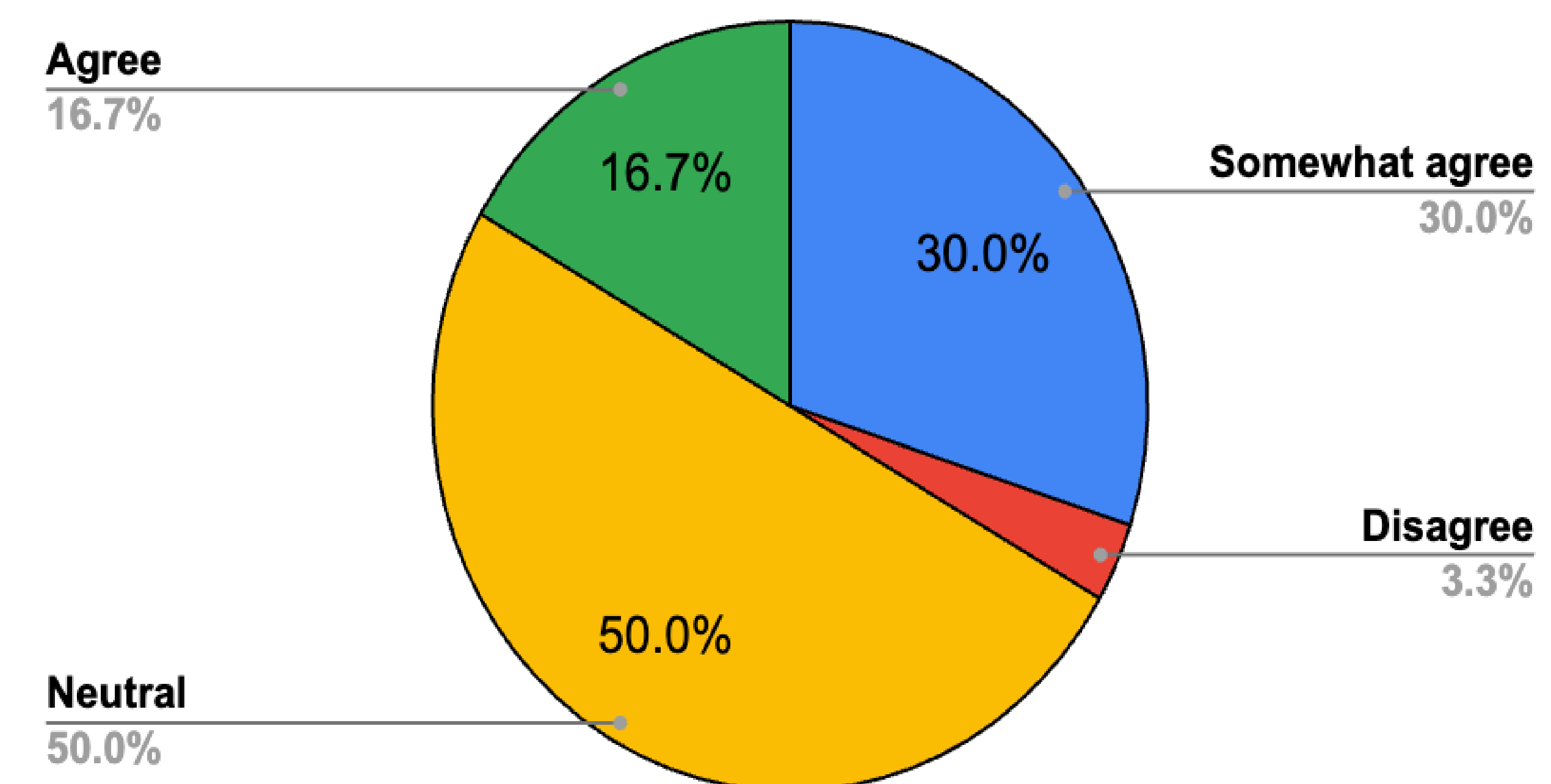
METHODS

- Study population: All students enrolled in the SIUE SOP*
- Study measures:
 - Dependent variable: utilization of wellness events by SIUE SOP students
 - Independent variables: Age, gender, race/ethnicity, distance from campus, and student organization involvement
 - Analysis: A descriptive analysis was used, including mean, median, mode, and percentages, to describe the data. All statistical analyses were computed with Excel algorithms

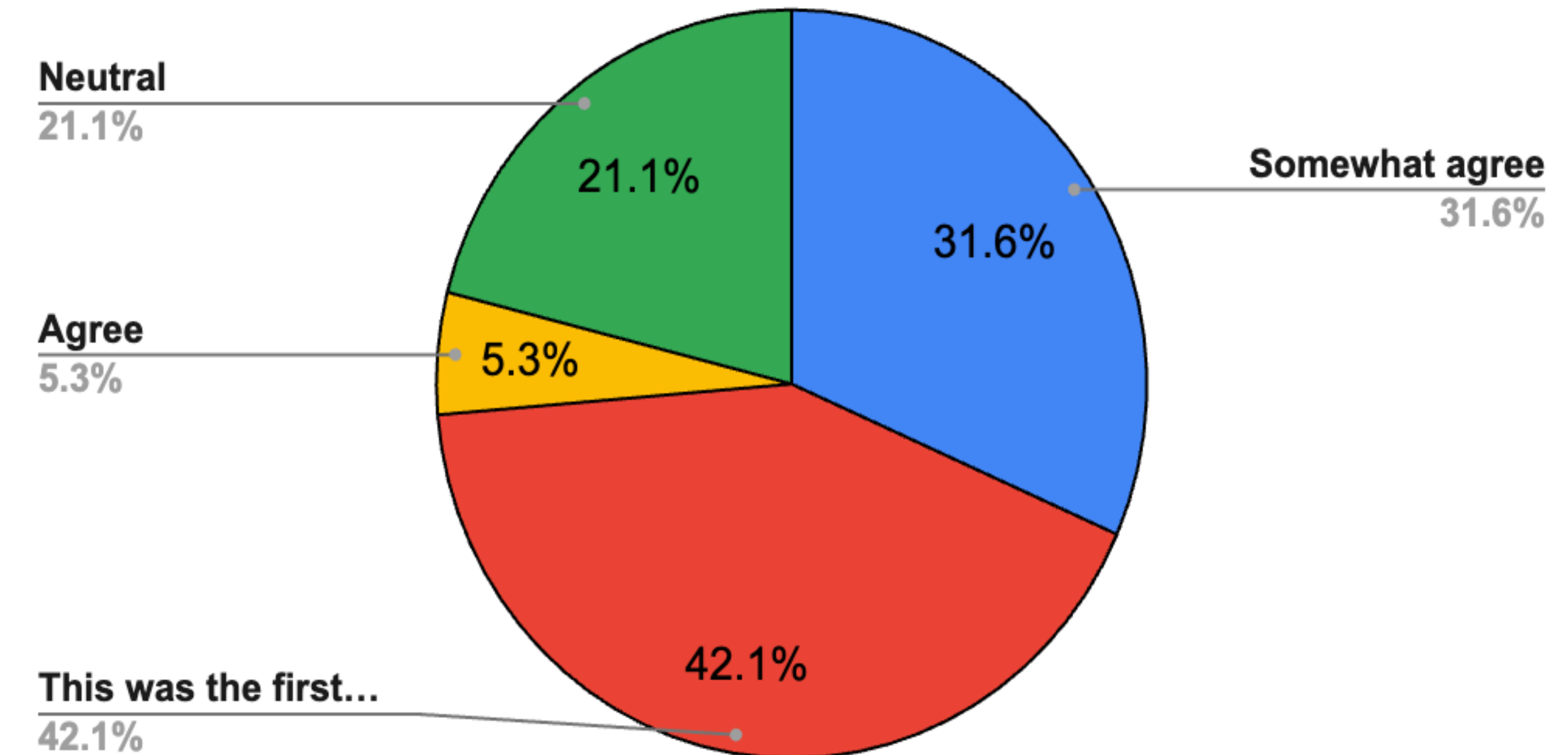
RESULTS

- 43 responses were collected for Phase I from P1-P4 students from October – November 2023, 20 responses were collected for Phase II
- Responses indicate that students prefer events that were on different days of the week, provided snacks or drinks, and offer a variety of activities.
- Most responses from students showed that monthly wellness events were preferred over other options of bimonthly or once a semester (42.8%)
- 35% of phase II respondents strongly agreed/agreed that they felt more inclined to attend as it was not held by a student organization
- 86.4% of phase II respondents agreed their wellness was improved.
- 35% agreed/somewhat agreed they were more inclined to attend as it was not hosted by a student organization

Attending Wellness Wednesday event(s) have had a positive impact on my well-being



I felt more inclined to attend this event because it was not hosted by a student organization



CONCLUSION

- Phase 1 survey results showed students prefer events focused on self-wellness and this was used to develop the games/self-care day hosted by researchers in phase II.
- Phase II survey results show students do gain wellness from these events, but prefer a variety of events and may prefer events not hosted by student organizations.
- These results will be shared with the Wellbeing and Resilience committee to further enhance wellness.

REFERENCES

1. Wellness and resilience in pharmacy education. AACP. Accessed June 22, 2023. <https://www.aacp.org/resource/wellness-and-resilience-pharmacy-education>.
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3. Jacoby JL, Cole JD, Ruble MJ, Smith AB, Laubach LT, Greenberg MR et al. Measures of burnout and empathy in United States doctor of pharmacy students: Time for a change? *Journal of pharmacy practice*. 2022;35(6):940-946. doi:10.1177/08971900211021259
4. Holman SK, Folz HN., Ford B, Moore S, Moody A. Design and implementation of a pilot student wellness program at a school of pharmacy. *Currents in Pharmacy Teaching and Learning*, 13(11), 1471-1477.