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### BACKGROUND

Mental health is often overshadowed by other concerns in daily life. Poor mental health management can harm healthcare professionals and students by leading to burnout. Burnout not only negatively affects providers, but also the patients they oversee. In order to avoid burnout associated with workload and stress, services can be provided to reduce stress and teach healthy coping methods to better manage stressful environments.

### OBJECTIVE

- To provide a service benefiting both healthcare professionals and students.
- Offer opportunities to reduce personal stress and burnout, while also promoting improved quality of life and wellness for participants.
- Implement a service to help incoming students better deal with stress and burnout.

### METHODS

#### Study Design

- SIUE Wellness First Aid task force approved calendar of upcoming wellness-related activities created for student and faculty use, consisting of:
  - One Wellness Wednesday event per month
  - Two Wellness Challenges per month
  - Local events within the Metro East region
- Survey conducted at the end of fall semester of 2019 for P1-P3 students and faculty, consisting of:
  - Eleven demographic questions
  - Seven item Likert scale determining overall satisfaction with the Wellness Wednesday initiative

#### Inclusion Criteria

- Students currently enrolled at Southern Illinois University Edwardsville School of Pharmacy in their first, second or third professional year.
- Current faculty members at Southern Illinois University Edwardsville School of Pharmacy.

#### Study Measures

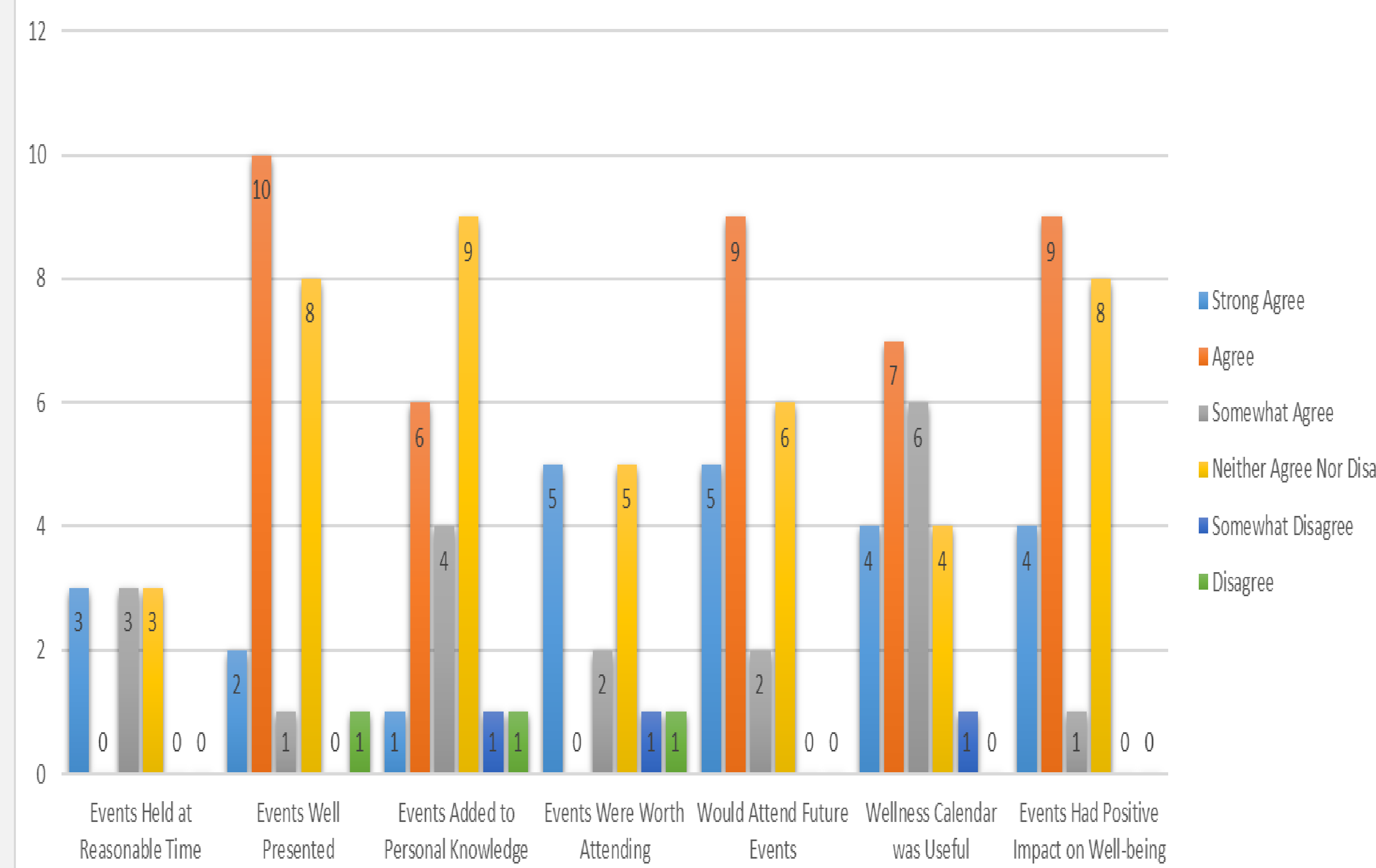
- Primary Endpoints
  - Student and faculty response to new wellness events.
  - Overall subjective satisfaction with wellness events and how it helped with mental wellness.

### RESULTS

Table 1 Demographics of Respondents

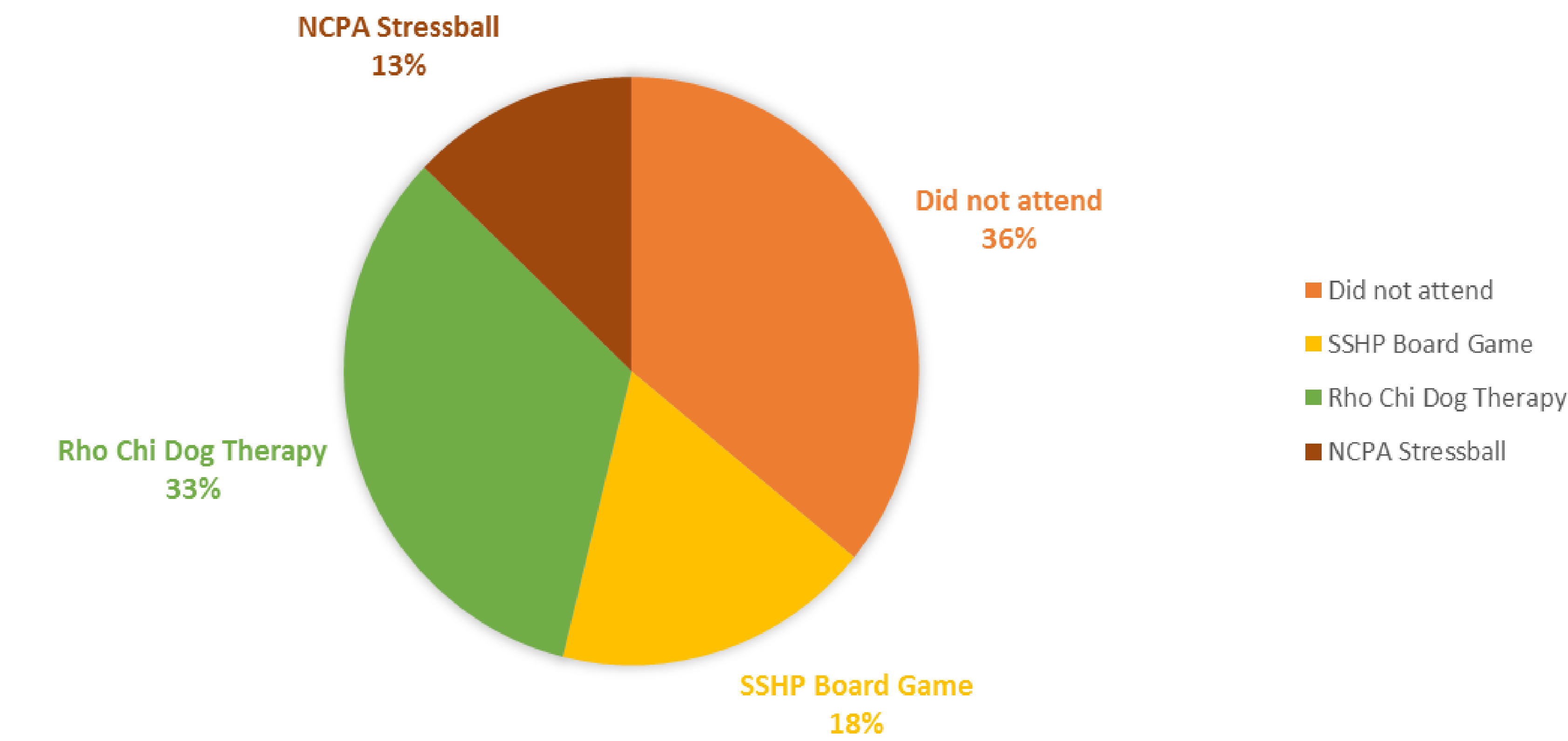
Survey Item	Response (%)
Survey Completion Rate	23/32 (71.9)
Gender (n=32)	
Male	6 (18.7)
Female	26 (81.3)
Year of School (n=32)	
P1	12 (37.5)
P2	8 (25)
P3	4 (12.5)
Faculty	8 (25)
Age Group (n=32)	
18-21	10 (31.3)
22-25	8 (25)
26-30	5 (15.6)
30+	9 (28.1)
Members of Organizations (n=32)	
APhA-ASP	15 (46.9)
CPFI	2 (6.3)
CPNP	1 (3.1)
Rho-Chi	3 (9.4)
SNPhA	7 (21.9)
SSHP	10 (31.3)
Multiple Affiliations	11 (34.4)
Unaffiliated	10 (31.3)

Chart 1: Likert Scale Results



### RESULTS

Chart 2: Event Attendance



### DISCUSSION

- The services that were provided showed perceived positive outcomes on student wellbeing, which mimics other wellness programs across the country.
- Study did have limitations, including:
  - Low participant rate
  - Short survey duration
  - Timing of events
- Even with these limitations, the general conclusion of the project was positive.

### CONCLUSION

- Survey showed a majority of respondents saw a positive outcome on personal well-being.
- When asked, most participants expressed an interest in attending future events.
- By increasing focus on mental health and improvements to the options currently provided to students, SIUE SoP is on the right track to assist students in the management of stress and burnout.