

ACCESS Initiative

MUSC-SSHP Professional Development Project

Objectives

The objectives of the Medical University of South Carolina College of Pharmacy Student Society of Health-System Pharmacy's (MUSC-SSHP) professional development project were to measure student pharmacist well-being, to provide strategies aimed at reversing student-pharmacist burnout, and to promote better student well-being.

Plan

Assess student-pharmacist well-being and level of student burnout by administering an assessment tool targeted toward student-pharmacists developed by using published tools for clinicians and medical students. This tool calculated a wellness score and a burnout score. A well-being score was then calculated as the wellness score minus the burnout score.

Commit to student-pharmacist well-being by creating an organizational commitment statement to improve student-pharmacist well-being and decrease student pharmacist burnout.

Create a conceptual model of factors affecting student pharmacist well-being and resilience to aid in focusing efforts on barriers to resilience and well-being that student-pharmacists face.

Engage with community programs to encourage a culture change by fostering collaboration with other organizations and institutions to pursue new practices and host new events.

Strengthen well-being efforts by creating a Well-being Committee that focuses on the well-being of student-pharmacists.

Share efforts and publicize events to help create a culture of well-being and resilience within the pharmacy profession.

Outcomes

First year student pharmacists (P1) were observed to experience lower burnout rates. The highest burnout scores were seen in the second year student pharmacists (P2), indicating that students may experience a higher incidence of burnout during the second-year of the PharmD curriculum. In addition, second year students consistently scored lowest on the well-being analysis. Third year student pharmacists (P3) fell into the middle range for burnout and wellbeing in comparison to the P1 and P2 classes. Community programs, campus resources, and available volunteer opportunities were organized in the MUSC-SSHP "course" in MUSC's course management system, which is used by most students daily. The letter writing campaign aimed to encourage students to write a letter to their future self about what their current goals and struggles are currently to hopefully later remind them of the passion they may have been forgotten during the year.

Components included in the ACCESS Initiative at MUSC College of Pharmacy



What You Can Do

- Form a committee to strengthen well-being and resilience efforts.
- Take the Student Pharmacist Well-being and Burnout Inventory Survey (**QR code below**).
- Implement ACCESS at your College or School of Pharmacy.
- Develop an organizational commitment statement that voices a commitment to improving student pharmacist well-being.
- Offer activities and experiences that foster well-being and combat burnout.

Additional questions? Contact MUSC SSHP President,
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