



UW School of Pharmacy PRN

Happy New Year! We at the University of Wyoming School of Pharmacy (UWSoP) hope you had a happy and restful holiday season and are ready for the spring semester. We know our P4 students are eager to start rotations again and continue the terrific learning experiences they receive from you.

This quarter's PRN is focused on preceptor burnout. Hopefully that is not an issue for you, but if it is, we will provide some tips and continuing education information on how to address burnout so that you can continue to excel at all the many activities and responsibilities you face on a daily basis.

We hope you find this quarter's PRN useful. Please feel free to share your comments or provide suggestions for future topics in the PRN with the UWSoP Experiential Education program. You can contact us by phone at: 307-766-3090 or by email at: abrown13@uwyo.edu.

Strategies for Addressing Burnout

Professional and preceptor burnout is an all too real experience for many pharmacists. Identifying the signs and symptoms of burnout are the first step in addressing the problem. Next is identifying ways in which you can manage it and prevent it from happening in the future. Some strategies identified for managing and preventing burnout include:

- Sharing preceptoring responsibilities with other pharmacists who have a desire to teach and preceptor students
- Utilize residents when possible to mentor and teach students
- Schedule your time such that you have specific times set aside to interact with and teach students, and specific times for you to work on the many things you need to accomplish. During the time you are working on your projects, students can be working on their own.
- Don't forget to take time for yourself away from work and teaching responsibilities to do something just for you...take a walk, buy a cup of coffee, chat with friends and colleagues, whatever gets you away from your source of stress, even if it's just for a few minutes

FREE Continuing Education

- **Preventing Preceptor Burnout:**

Continuing Education (CE) through the American Pharmacists Association (APhA). This activity will provide you with 1 contact hour of CE through an online module. It will help you understand the signs and symptoms of stress which lead to burnout, the sources of stress and learning strategies to prevent burnout. It's free for members and \$25.00 for non-members.

- <http://elearning.pharmacist.com/products/5252/apt2018-preventing-preceptor-burnout>

- **Fight Burnout with Three Rs:**
APhA also offers three tips for addressing burnout in pharmacists. This is a quick read and provides three tips based on recognizing, reversing and reevaluating things that can lead to burnout.
 - <https://www.pharmacist.com/fight-burnout-three-rs>

- **Leadership Burnout and Strategies for Burnout Prevention:**
The American Society of Health-System Pharmacists (ASHP) offers online CE for ASHP members. This activity will provide members with 1 contact hour of CE. Factors relating to burnout and strategies to reduce burnout are addressed with an emphasis on those in leadership roles or those aspiring for a leadership role in pharmacy.
 - <http://elearning.ashp.org/products/6676/leadership-burnout-and-strategies-for-burnout-prevention>

Acknowledgements & Achievements



We would like to introduce you to the newest addition to the UWSop Experiential team. As many of you know, JoAnn Rule retired in August, and we now have a new Senior Office Associate who has taken her place. Heather Warren started in her capacity as the Office Associate for the Experiential Program on January 2, 2019. She has worked at the University of Wyoming for 21 years, with most of that time as an Office Associate Senior in the College of Engineering and Applied Science. She worked as an advisor and also was on the development

team for the Graduate Admissions program Sales Force. She was raised in Laramie and married her high school sweetheart. She has two kids and two grandchildren. She truly is a Cowboy fan, attending all of the UW football and basketball games. She is looking forward to working with the Pharmacy students and the School of Pharmacy team.

Happy 2019!

The University of Wyoming Experiential Program

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