



UW School of Pharmacy PRN

Greetings from the University of Wyoming School of Pharmacy! We hope this newsletter finds you all healthy and doing well. Speaking of doing well, this quarter's newsletter is focused on student wellbeing and how, as preceptors, we can encourage our students to focus on not only their physical well-being, but their emotional well-being, too. With all that has been happening with the COVID-19 pandemic and rotations starting for the year, life can be very stressful for our students on rotation. They are not only managing their rotation workload, but they are also coping with personal, family and patient safety concerns, managing student debt, trying to maintain a healthy work-life balance, plus many other concerns we are most likely not aware of. As preceptors, we can provide them with guidance as to how we manage our own well-being, and with information contained in this newsletter, you can also provide them with some useful tips and resources to help them now and throughout the year.

Coping with Stressors

As students navigate rotations, especially in the midst of a global pandemic, students may feel scared, depressed, isolated and concerned for their future. Through the Collaborative Education Institute (CEI) program you will find free continuing education (CE) that provides information on how to speak to students you feel might be experiencing mental health distress. The CE program, **"Let's Talk: Navigating Mental Health Concerns in Pharmacy Learners"**, covers how to approach a student who may be struggling with their mental health. It will cover what to say (or not say) to students and it will help you to identify potential warning signs of an at-risk student, as well as provide potential referral resources. This activity is 30 minutes in length and provides 0.75 CEU.

CEI can be accessed directly by current preceptors through E*Value, the rotation management system used by UWSOP.

1. Access the E*Value login page via the following link: <https://www.e-value.net>
 2. Log in to your E*Value account and click on the **"Learning Modules"** tab
 3. Choose **"CEI"** within the submenu Taskbar
 4. Click on **"Connect to CEI Account"** which takes you to the CEI Preceptor Education page
 5. Enter your Partner Code (Wyoming19) in the Enter Code box on the left hand side of the screen
5. To access modules specific to preceptors, click on the round **"Preceptor"** icon. You can register for free and complete the CE by following the on-screen prompts.

Well-Being Resources

Sometimes the students you engage with won't have specific mental health or other concerns, but they need some focus and attention on themselves and their overall well-being. There are

several resources available to them now and in the future. The **American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP)** has a website dedicated to inspiring students and helping them prevent burnout. The website can be found at: <https://www.pharmacist.com/well-being>. The **American Association of Colleges of Pharmacy (AACP)** also has information on “Wellness and Resilience in Pharmacy Education”. Their website: <https://www.aacp.org/resource/wellness-and-resilience-pharmacy-education>, provides information to promote positive well-being and resilience among health care providers, educators, and students. The **American Society of Health-System Pharmacists (ASHP)**, also has a “WellBeing & You” website dedicated to providing information and resources to pharmacists, pharmacy residents, student pharmacists, and pharmacy technicians. Their website can be found at: <https://wellbeing.ashp.org/>.

There are many other resources and articles on the topic of pharmacist burnout and well-being, and we encourage you to pursue those, as well. Hopefully you will find the ones mentioned in this newsletter informative and helpful for your students, yourself and those you work with. Please feel free to share any resources you have found helpful on well-being, coping with stress and burnout with us. We can share that information in future newsletters. You can reach us at: abrown13@uwyo.edu.

Acknowledgements & Achievements



We would like to take a moment and highlight one of our Preceptors of the Year for 2018-2019. Valerie Davis precepts students at Sky Ridge Medical Center in Lone Tree, CO. Valerie is the Pharmacy Director and has provided Intro to Hospital Pharmacy rotations to our P2 students, and Advanced Institutional and elective Management/Administration rotations to our P4 students. Valerie is pictured above with the Dean of the School of Pharmacy, Dr. Kem Krueger.

One of the students who nominated Valerie for Preceptor of the Year stated, “Valerie is amazing! She was so helpful especially since it was my first pharmacy experience ever. Being a good teacher, she took time to help with our progress along the rotation. She was supportive in nature which was encouraging. I enjoyed it so much there I want to go back as soon as possible!”

To learn more about Valerie and her successful approach to teaching students, please visit our preceptor resources page at: <http://www.uwyo.edu/pharmacy/preceptor-resources/index.html>. In addition to tips from Valerie, you will find additional advice from other successful preceptors (just click on the name of each preceptor for this information).

Have a Happy & Safe Summer!
The University of Wyoming Experiential Program

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