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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 by offering opportunities to reduce personal stress and burnout, while also promoting improved quality of life and wellness for participants. By implementing this service, the hope is to help incoming students better deal with stress and burnout both during school and later on during their professional careers, in the hopes of having a positive effect on patient care and outcomes.

## METHODS

### Study Design

- SIUE Wellness First Aid task force approved calendar of upcoming wellness-related activities was 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

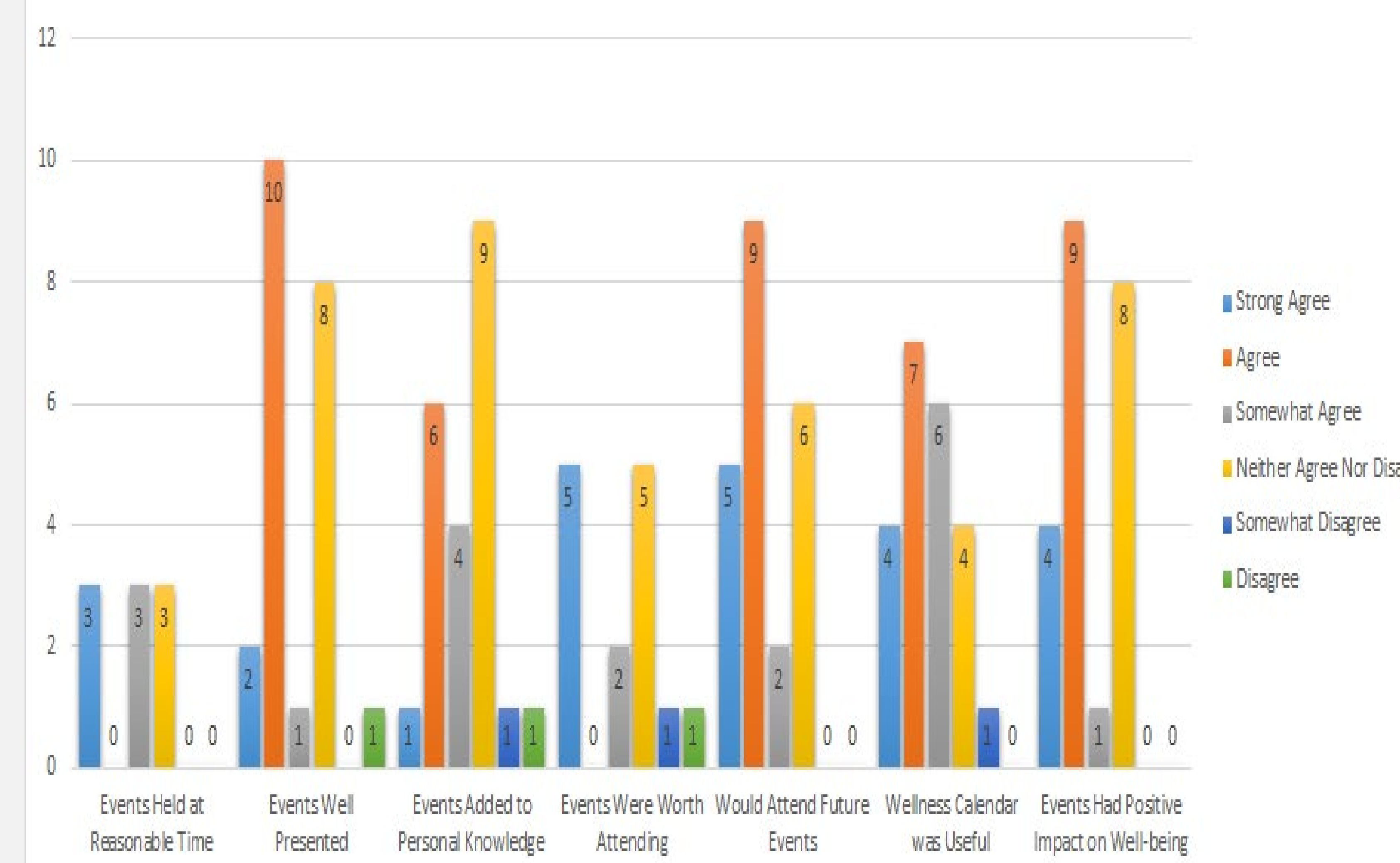
- Primary Endpoints
  - Student and faculty response to new wellness events
  - Overall subjective satisfaction with wellness events and how it helped with mental wellness

## RESULTS, cont.

Table 1 Demographics of Respondents

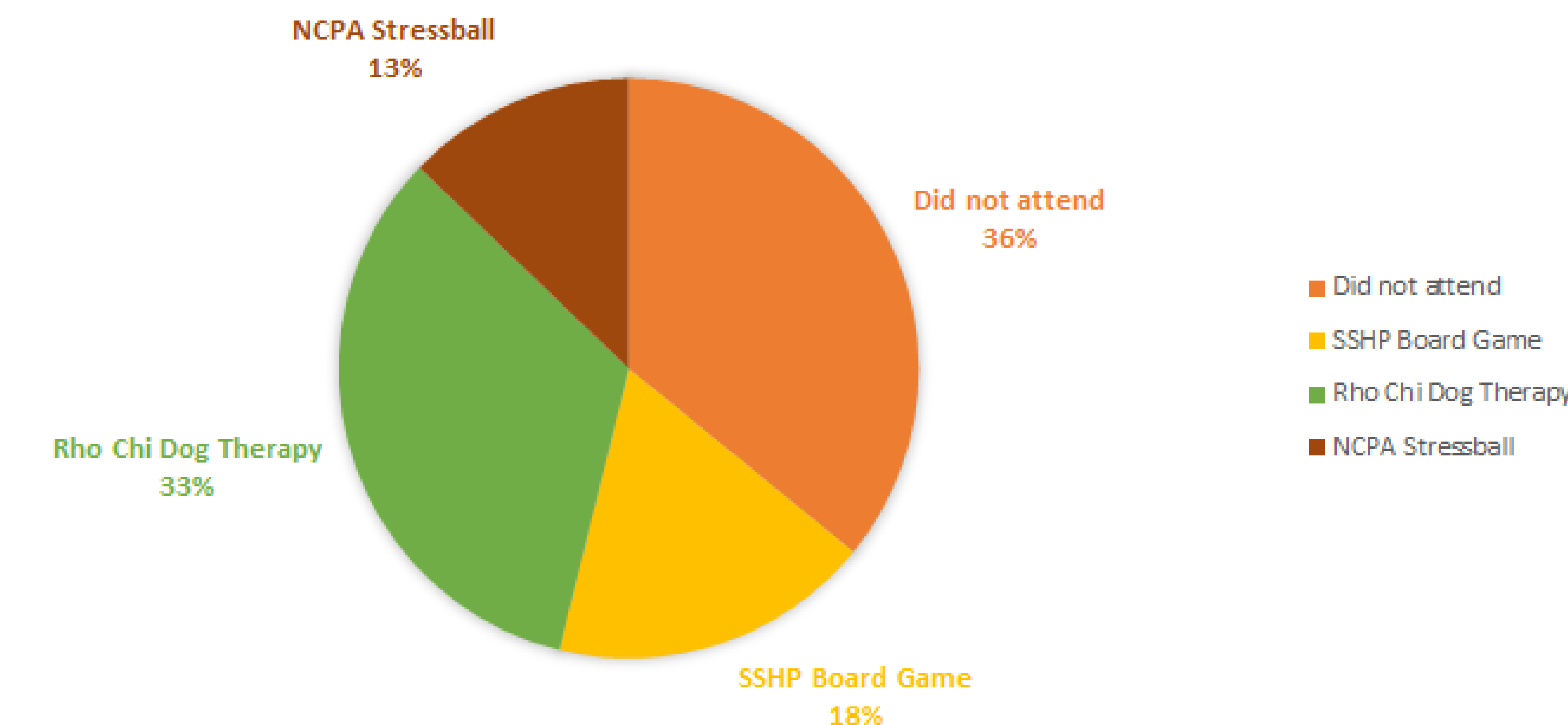
Survey Item	Response (%)
Survey Completion Rate	23/32 (71.9)
Gender (n=32)	
Male	6 (18.8)
Female	26 (81.3)
Year of School (n=32)	
P1	12 (37.5)
P2	8 (25)
P3	4 (12.5)
Faculty	8 (25)
Age Group (n=32)	
18-21	10 (31.3)
22-25	8 (25)
26-30	5 (15.6)
30+	9 (28.1)
Members of Organizations (n=32)	
APhA-ASP	15 (46.9)
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 3: Likert Scale Results



## RESULTS, cont.

Chart 2: Event Attendance



## DISCUSSION

The services that were provided by the Mental Health First Aid task force showed perceived positive outcomes on student wellbeing, which mimics other wellness programs across the country. However, this study did have limitations, including low participant rate, the short period of time the survey was assessing, and the timing of some events. Even with these limitations, the general conclusion of the project was positive.

## CONCLUSION

The survey showed a majority of respondents saw a positive outcome on personal well-being and expressed an interest in attending future events. Though the data gathered is limited based on time and student participation, it does show potential for future expansion of the current system. With an increased focus on mental health and improvements to the options provided to students, SIUE SoP is on the right track to assist students in the management of stress and burnout.

## RESOURCES

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