

Timely Topics

Albany College of Pharmacy and Health Sciences
Office of Continuing Education and Professional Development
A live on-line Webinar

Thursday, May 19, 2022 / 1:00 am – 2:00 pm

Pharmacist Stress and Burnout in the Workplace

Presented by

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At the completion of this activity, the pharmacist will be able to:

1. Summarize the existing pressures on all health care providers, which were exacerbated by the COVID-19 pandemic
2. Identify the factors and root causes which have led to high levels of frustration and burnout in pharmacists and pharmacy technicians in the pharmacy workplace
3. Describe some possible coping mechanisms to reduce the impact on employees' mental health
4. Suggest some possible workplace changes to decrease the intense pressure pharmacists and technicians face when they go to work

0045-0000-22-005-L99-P / 1 Contact Hour

Activity Overview: Individual pharmacists and pharmacy technicians, and the pharmacy industry as a whole need to work together to reduce stress and burnout and maintain well-being in the workplace. All involved in the profession need to know what strategies can be adopted to guard against burnout as well as coping mechanisms for work related stress. Employers need to protect staff members from physical harm, emotional exhaustion, and cognitive burden. All involved need to know to deal with potential and actual burnout in pharmacy, which can range from monitoring, communicating, and providing feedback, knowing the difference between normal stress and fatigue and real burnout, requesting, or making changes to finding ways to cope with stress. Ideally, learning to effectively team up with co-workers, documenting poor outcomes, and advocating for a better workplace will have an impact on patient safety and quality.

Intended Audience: Practicing pharmacists, preceptors and student pharmacists.

Live On-line Webinar: Albany College of Pharmacy and Health Sciences is pleased to have launched live, on-line broadcasting of continuing pharmacy education activities. Participants may register to view activities on-line from off campus. Attendees who register for remote viewing will receive a link to attend the program using their computer, tablet or phone, along with instructions to access Zoom Meeting **one week prior to the webinar**. They will be able to listen to the speakers and view the educational materials and respond to polling questions. In order to qualify as a live activity, questions may be posed to the presenters by means of the on-line chat function.

Continuing Education: Continuing Education credit has been approved for 0.1 live continuing education units (CEUs) or 1 contact hour of live continuing education. **Participants must log in using your full name so that proof of participation can be confirmed.** Participants must also complete the online learning assessments for the activity attended after the program to receive credit for this activity. **You will have 45 days from the day of the program to complete the evaluations and learning assessments to receive ACPE credit.** Upon completion and verification, your continuing pharmacy education credits will be sent to CPE Monitor. Statements of credit may be printed from the CPE Monitor website at: www.nabp.net/pharmacists.

ACPE policy states that paper and/or electronic statements of credit are no longer required to be distributed directly to learners as proof of ACPE credit. This official record of credit is located on the learner's e-profile in CPE Monitor. Printed copies of statements will no longer be distributed by Albany College of Pharmacy and Health Sciences.

Registration Fee: There is a registration fee of \$25.00 for pharmacists. There is no cost for student pharmacists. You can register for this CE by going to the following link:

<https://pharmacyce.acphs.edu/user/login> . **The deadline to register is Tuesday, May 17, 2022.**

Statement of Disclosure: In accordance with ACPE Standards, ACPHS requires that speakers and program planners disclose any relationships that they may have with commercial interests whose products or services may be mentioned in their presentations. Dr. Magaldi has nothing to disclose.



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