

Activity Announcement

Extinguishing the Burnout: Yourself and Your Team

Planned in cooperation with the ASHP Section of New Practitioners Forum

ACPE Activity Number: 0204-0000-18-011-H04-P and 0204-0000-18-011-H04-T

Release Date: March 15, 2018

Expiration Date: March 15, 2021

Activity Type: Knowledge-based

CE Credits: 1.0 hour, no partial credit

Activity Fee: Members – Free / Non-Member – Not Available

Accreditation for Pharmacists and Pharmacy Technician



The American Society of Health-System Pharmacists is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

Target Audience

This continuing pharmacy education activity is designed for pharmacists and pharmacy technicians.

Activity Overview

Job burnout is a special tube of job stress – a state of physical, emotional, or mental exhaustion combined with doubts about your competence and the value of your work. With the advent of practice model change for pharmacists, the level of stress and workload has increased to those of our physician colleagues. Literature has revealed that Burnout Syndrome is associated with increased job turnover, reduced patient satisfaction, and decreased quality of care. Based on their expertise, pharmacists are being asked to take on a larger role within the medical team to improve patient therapy, prevent adverse events, and reduce readmissions. This has had an impact on work schedules, work responsibilities, and overall work-life integration. For the employee, understanding the signs and symptoms of burnout will allow individuals to proactively implement strategies to reduce stress levels before reaching burnout. For the leader, recognition of these signs and symptoms of job stress and burnout in employees and prevention strategies, will allow for a more engaged team and reduction in turnover. This session will explore the literature associated with burnout syndrome and job stress within healthcare, provide participants with a guide to signs and symptoms of burnout, and provide strategies to reduce stress and prevent burnout.

Learning Objectives

- Define the signs and symptoms of burnout and understand the difference of burnout versus stress.
- Describe mechanisms for dealing with and reframing how you and your team look at those functions that are causing burnout.
- Identify ways to re-evaluate goals and incorporate de-stressing and burnout reduction tactics, improve and recover from burnout, and lead a more healthy lifestyle.

Schedule of Educational Activities

- Discuss personal and professional impact of burnout.
- Describe adjustments one can make to reduce burnout.

Faculty Information

- **Sam Calabrese, B.S.Pharm., M.B.A., FASHP**, Associate Chief Pharmacy Office, Cleveland Clinic, Cleveland, OH



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- **Robert Granko, Pharm.D., M.B.A.**, Director of Pharmacy, The Moses H. Cone Memorial Hospital, Greensboro, N.C.
- **Jennifer Tryon, Pharm.D., M.S., FASHP**, Associate Vice President and Chief Pharmacy Officer, Wake Forest Baptist Medical Center, Winston-Salem, N.C.

Disclosures

In accordance with the ACPE's and ACCME's Standards for Commercial Support, everyone in a position to control the content of an educational activity is required to disclose to the accredited provider their relevant financial relationships. An individual has a relevant financial relationship if he or she (or spouse/domestic partner) has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the activity content over which the individual has control.

A **commercial interest** is any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. The Standards for Commercial Support do not consider providers of clinical service directly to patients to be commercial interests. The existence or non-existence of relevant financial relationships will be disclosed to the activity audience. All identified conflicts of interest must be resolved prior to the activity.

All faculty, planners, and staff report no relevant financial relationship for this activity.

Methods and CE Requirements

This activity consists of recorded faculty slides presentations, active learning activities, discussion, and handouts. Participants must participate in the entire activity and complete all the required components to claim continuing pharmacy education credit online at ASHP eLearning Portal. Follow the prompts to claim and view or print the statement of credit immediately or within 60 days of completing the activity.

Per ACPE requirements, CPE credit must be claimed within 60 days of being earned.

System Technical Requirements

Courses and learning activities are delivered via your Web browser and Acrobat PDF. Users should have a basic comfort level using a computer and navigating web sites.

View the [minimum technical and system requirements](#) for learning activities.