

Activity Announcement

Well-Being and Burnout: Tactics to Ease and Restore Health

Planned in cooperation with the ASHP Section of Pharmacy Practice Managers

ACPE Activity Number: 0204-0000-18-230-H04-P and 0204-0000-18-230-H04-T

Release Date: December 3, 2018

Expiration Date: December 3, 2021

CE Credit: 1.5 Hours, no partial credit

Activity Type: Application-based

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

Accreditation for Pharmacists



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

This activity is from a recording from a 2018 Midyear session and those that claim credit for the session should not claim credit for this activity.

Target Audience

This session is designed for pharmacists who precept learners and write letters of recommendation on their behalf.

Activity Overview

Job burnout is a special type 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. Attendees will be asked to reflect on their existing departments methods for assessing and reducing stress as well as their own stress levels at work. They will be provided cohort specific data and interact with the speakers discussing fictional case based scenarios associated with burnout. They will also be exposed to strategies used to reduce stress and burnout.

Learning Objectives:

- Review the signs and symptoms of burnout.
- Describe strategies for yourself and your team focusing on work-life integration tactics.
- Analyze Maslach Burnout Inventory (MBI) data targeting emotional exhaustion, depersonalization, and personal accomplishment.
- Apply team dynamic tactics, which can be used to reduce the potential of burnout and restore well-being.

Faculty Information

- **Robert P. Granko, Pharm.D., M.B.A., FASHP**, Director of Pharmacy, Cone Health – Moses H. Cone Hospital, Greensboro, NC
- **Samuel Calabrese, B.S.Pharm., M.B.A., FASHP**, Associate Chief Pharmacy Officer, Cleveland Clinic, Cleveland, OH
- **Jennifer E. Tryon, Pharm.D., M.S., FASHP**, Associate Vice President and Chief Pharmacy Officer, Wake Forest Baptist Health, Winston-Salem, NC

Methods and CE Requirements

This activity consists of faculty slides presentation recordings, active learning activities, discussion, and handouts. Participants must participate in its entirety to claim continuing pharmacy education credit online at ASHP eLearning



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Portal. Follow the prompts online to complete the evaluation, claim credit and view the statement of credit immediately.

Per ACPE requirements, CPE credit must be claimed within 60 days of being earned. Claim your CE at <http://elearning.ashp.org>. Once you have processed and claimed your CE credit, we encourage you to check your NABP eProfile account to verify your credits were transferred successfully before the ACPE 60-day deadline. It is an electronic direct-report process so your credits should appear in your account within a few minutes. After the 60 day deadline, ASHP will no longer be able to report your credit(s) for this activity.

Faculty Disclosures

In accordance with the ACPE's and ACCME's Standards for Commercial Support, anyone in a position to control the content of an educational activity is required to disclose to the accredited provider their relevant financial relationships. In accordance with these Standards, all potential conflicts of interest have been resolved. *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.*

As defined by ACCME, 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 planners, presenters, reviewers, and ASHP staff report no financial relationships relevant to this activity.**

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.