

The Road to Resilience: Develop Your Map to Navigate Burnout

ACPE Activity Number: 0204-0000-20-405-L04-T, 0204-0000-20-405-H04-T

Activity Date: 5/14/2020

Release Date: 6/11/2020

Expiration Date: 5/15/2023

Activity Type: Knowledge-based

CE Credits: 1.0

Activity Fee: Exclusively for subscribers of PharmacyTechCE and ASHP pharmacy technician members.

Target Audience: This activity was planned to meet the educational needs of all pharmacy technicians.

Accreditation for Pharmacy Technicians



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

Activity Overview

The road from burnout to resiliency is fraught with obstacles, and this seems to be especially true for members of the healthcare workforce. Learn what burnout is, how it can affect our day-to-day and long-term perspective, and be equipped with strategies to enhance your personal resilience. This activity will provide an overview of burnout in the healthcare workforce and offer strategies to continue or get on the road to resilience.

Learning Objectives

After participating in this CPE activity, participants should be able to:

- Describe burnout syndrome and known drivers of burnout in the healthcare workforce.
- Discuss the impact of burnout on pharmacy technician personnel.
- List personal strategies to enhance resilience.

Faculty Information

Mayrim Millan-Barea, Pharm.D.

PGY2 Health-System Pharmacy Administration and Leadership Resident
The Johns Hopkins Hospital
Baltimore, Maryland

Dr. Mayrim Millan-Barea earned her Doctor of Pharmacy degree from Notre Dame of Maryland University in May 2018. Dr. Millan-Barea is in her second year of the Health System Pharmacy Administration and Leadership Residency, which includes the completion of a Master of Business Administration in Health Care Management at the Johns Hopkins Carey Business School. Dr. Millan-Barea's professional interests include operations, formulary management, medication-use policy, academia, and staff engagement and development.

Tara Feller, Pharm.D., M.B.A., MPH, BCPS

Operations Manager, Adult Inpatient Pharmacy
The Johns Hopkins Hospital
Baltimore, Maryland

Tara Feller is Pharmacy Operations Manager at The Johns Hopkins Hospital in Baltimore, Maryland. She completed a PGY1/PGY2 Health-System Pharmacy Administration (HSPA) Residency at The Johns Hopkins Hospital, while completing a Master of Business Administration at Johns Hopkins University Carey Business School. Dr. Feller received her Doctor of Pharmacy (Pharm.D.) and Master of Public Health (MPH) from the University of Iowa. Prior to pharmacy school, she graduated from Loras College in Dubuque, Iowa with a Bachelor of Science in Biochemistry. Dr. Feller is currently the chair of ASHP's New Practitioner Forum Membership and Outreach Advisory Group.

Disclosures

Planners, presenters, reviewers, ASHP staff, and others with an opportunity to control CE content are required to disclose relevant financial relationships with ACCME-defined commercial interests. All actual conflicts of interest have been resolved prior to the continuing education activity taking place. ASHP will disclose financial relationship information prior to the beginning of the activity.

A relevant financial relationship is defined as a financial relationship between an individual (or spouse/partner) in control of content and a commercial interest, in any amount, in the past 12 months, and products and/or services of the commercial interest (with which they have the financial relationship) are related to the continuing education activity.

An ACCME-defined commercial interest is any entity producing, marketing re-selling, or distributing healthcare goods or services consumed by, or used on, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests—unless the provider of clinical service is owned, or controlled by, an ACCME-defined commercial interest.

- In this activity, no persons associated with this activity have disclosed any relevant financial relationships.

Methods and CE Requirements

Webinar

This activity features slide presentations, active learning, and questions/discussion with faculty. For live: Participants must participate in the entire activity to get the Attendance code to claim continuing pharmacy education credit online at ASHP eLearning Portal. Follow the prompts to complete the evaluation, claim credit and view the statement of credit immediately after the activity, but within 60 days after the activity, but no later than .

Enduring Activity

This online activity features slide presentations, active learning, an assessment, and evaluation. Participants should claim CE credit for this home-study educational activity only if they have not claimed credit for the live activity. Participants must view the entire presentation, take the activity assessment (a minimum score of 70% is required), and complete the course evaluation to receive CE credit.

Important Note – ACPE 60 Day Deadline:

Per ACPE requirements, CPE credit must be claimed within 60 days of being earned – no exceptions!

To verify that you have completed the required steps and to ensure your credits have been reported to CPE Monitor, we encourage you to check your NABP eProfile account to validate your credits were transferred successfully before the ACPE 60-day deadline. After the 60 day deadline, ASHP will no longer be able to award credit for this activity.

System Technical Requirements

Live webinar: [Download the GotoWebinar App](#) and view webinar [system requirements](#)

Home study: [Home Study Technical Requirements](#)