

Health and Wellbeing of Long-Term Care Pharmacists During Flu Season

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Background

- Influenza virus's ability to mutate leads to seasonal outbreaks that can strain the healthcare system.
- Vaccination remains most effective strategy for preventing the flu.
 - Pharmacists provide vaccinations
- Pharmacists help the community fight the flu
 - Improves health outcomes.
- HealthDirect serves ~40,000 beds and administers ~20,000 flu vaccines annually
- Purpose of study: observe how flu season affects LTC pharmacists

Methods

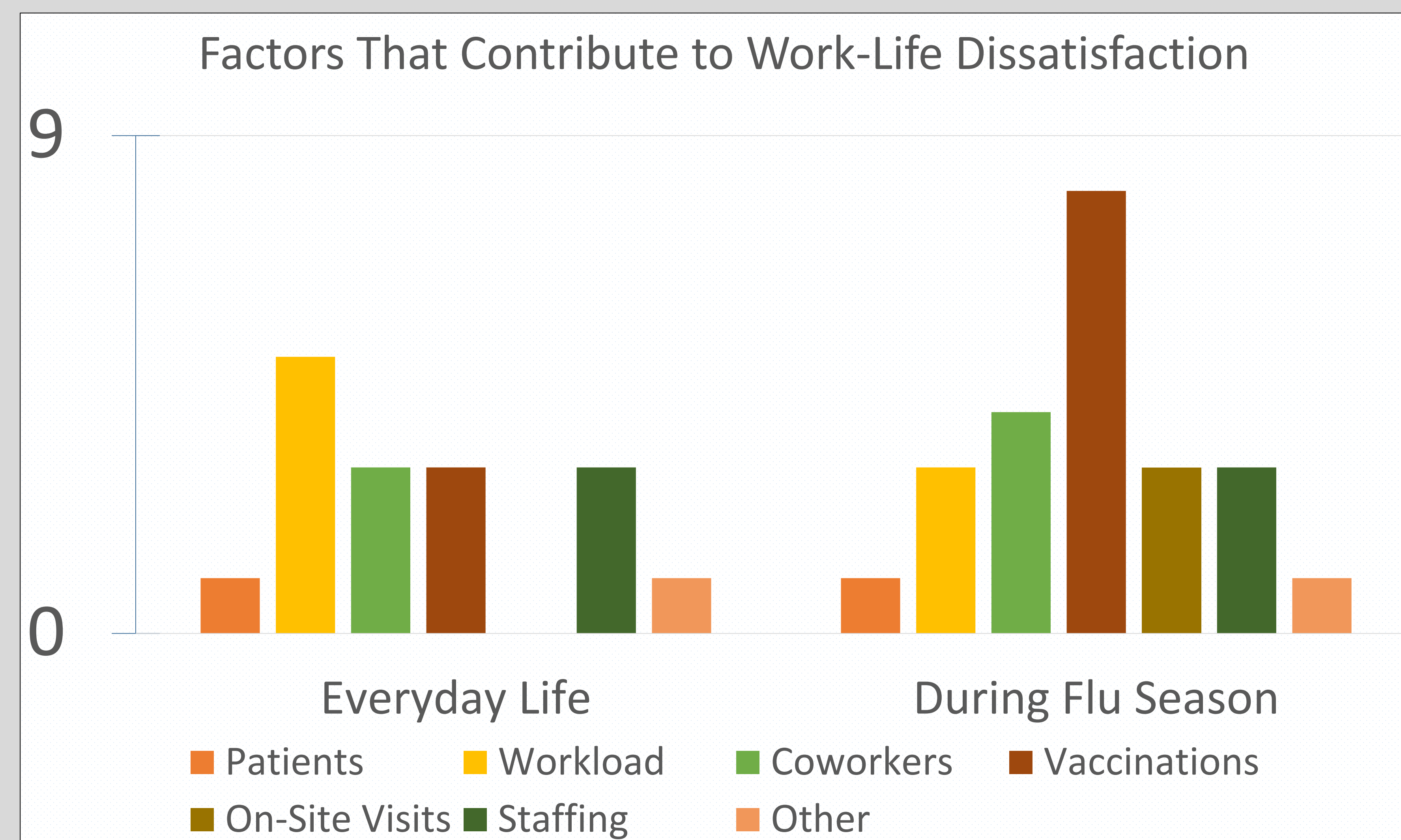
- Survey was sent to 52 pharmacists
 - Via email
 - HealthDirect Pharmacy Services pharmacists
- 3 weeks to complete survey

Limitations

- Small sample size
- Lack of follow-up
- One LTC pharmacy surveyed
- Future research would benefit from larger sample sizes throughout many pharmacy settings.

Results

- 9 pharmacists completed survey (17.9% response rate)
 - Rank answer with how strongly they agree or disagree
 - Select factors that contribute to work-life dissatisfaction
 - Write in ideas to lessen work-life stress and improve wellbeing
- **Everyday Life**
 - 33% strongly agreed and 56% somewhat agreed that their everyday workload was manageable
 - 78% somewhat agreed they completed all tasks daily
 - Regarding burnout, responses were mixed: 44% reported some level of burnout, 33% were neutral, and 22% disagreed
 - 89% strongly agreed their work was meaningful
 - 78% somewhat agreed their location was well-staffed
- **During Flu Season**
 - Only 33% somewhat agreed their workload was manageable
 - Task completion decreased significantly, with 33% somewhat agreeing they complete all tasks every day
 - Burnout increased substantially, with 89% agreeing
 - Work meaningfulness remained high, though shifted slightly: 33% strongly agreed and 67% somewhat agreed
 - Staffing adequacy perception declined, with 78% indicating staffing issues



Results cont.

Please state any changes or ideas that could help lessen work-life stress and dissatisfaction.

Please state any changes or ideas that could help lessen work-life stress a...

Having coworkers who want to work as a team, instead of against each other

Spread the vaccination schedule out more

More help to do flu clinics

Having enough staff



Conclusions

- Many interventions that could improve pharmacist wellbeing
 - Seasonal staffing adjustments
 - More distributed vaccination scheduling
 - Structured approach for after-hour calls
- Unable to draw a conclusion, but we can see a trending shift in work-life satisfaction during flu season

References

1. Guerci, J., Campbell, C. T., & Curtis, S. D. (2020). The Pharmacists' Role in Disease Outbreaks: Navigating the Dynamics of Uncertainty Before, During, and After Disease Outbreaks. *The journal of pediatric pharmacology and therapeutics : JPPT : the official journal of PPAG*, 25(5), 384–389. <https://doi.org/10.5863/1551-6776-25.5.384>
2. Health and Wellbeing of Long-Term Care Pharmacists During Flu Season. (n.d.). Qualtrics. https://siue.co1.qualtrics.com/survey-builder/SV_8IbBWxSomDa82yO/edit