



Addressing the COVID-19 Crisis: An Open Forum Webinar Series for Pharmacists

May 14, 2020



Michael D. Hogue, PharmD, FAPHA, FNAP
Dean and Professor
Loma Linda University School of Pharmacy
President, APhA

Host and Moderator

Today's Focus:

Discuss perspectives on well-being and resilience for pharmacists during the COVID-19 pandemic



Dr. Ken Duckworth
Chief Medical Officer
National Alliance on Mental Illness

Guest Speaker



Daniel Zlott, PharmD, BCOP
Vice President
Professional Education Resources
American Pharmacists Association

Subject Matter Expert: Q&A



Michael Baxter
Senior Director, Regulatory Policy
American Pharmacists Association

Subject Matter Expert: Q&A

Format for Today's Webinar

- 1:00 pm:** Introductions – *Michael Hogue*
- 1:05 pm:** Discussion with Ken Duckworth– *Michael Hogue*
- 1:20 pm:** Open Forum: A Minute for Your Thoughts – *Michael Hogue*
- 1:45 pm:** Overview of APhA Well-being resources –*Michael Hogue*
- 1:50 pm:** Wrap Up: Review of APhA's Ongoing Activities and What's Coming

Discussion with Dr. Ken Duckworth

Discuss perspectives on well-being and resilience for pharmacists during the COVID-19 pandemic

Polling Question

I have personally experienced increased anxiety during the COVID-19 pandemic.

- A. Strongly agree
- B. Agree
- C. Neutral
- D. Disagree
- E. Strongly disagree

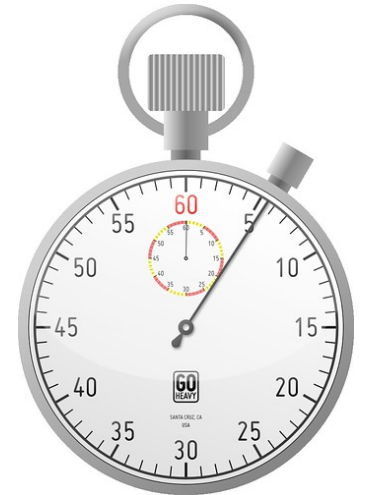
Polling Question

I have personally experienced increased sleep disturbances during the COVID-19 pandemic.

- A. Strongly agree
- B. Agree
- C. Neutral
- D. Disagree
- E. Strongly disagree

Open Forum Ground Rules

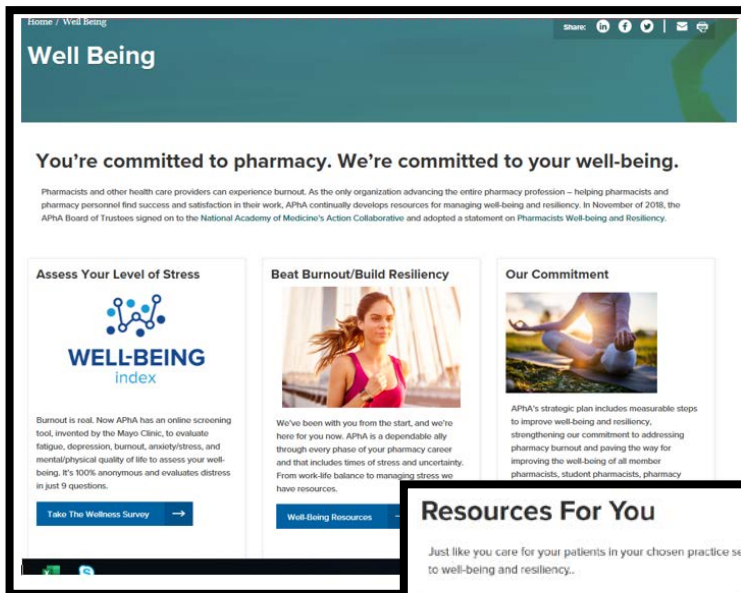
- Use the **Questions** field on the GoToWebinar toolbar to submit comments and questions related to the topic discussion
- Individuals whose submissions are selected will be asked by the moderator to state the comment or question for the audience. The line for the individual will be unmuted to read their comment or question.
- To maximize the number of questions/comments addressed, a **60-second time limit** will be in effect for everyone to state their question or comment.
- We will try to get to as many comments and questions as possible. We have created a new forum for COVID-19 discussions where further discussion post-webinar. Information on participating in this forum will be provided at the end of the open forum.



Open Forum Discussion: A
Minute for Your Thoughts
Comments, Questions, Feedback

APhA Well-being Resources

Well-Being Center on pharmacist.com www.pharmacist.com/well-being




Well Being

You're committed to pharmacy. We're committed to your well-being.

Pharmacists and other health care providers can experience burnout. As the only organization advancing the entire pharmacy profession – helping pharmacists and pharmacy personnel find success and satisfaction in their work, APhA continually develops resources for managing well-being and resiliency. In November of 2019, the APhA Board of Trustees signed on to the National Academy of Medicine's Action Collaborative and adopted a statement on Pharmacists Well-being and Resiliency.

Assess Your Level of Stress




Well-Being index

Burnout is real. Now APhA has an online screening tool, invented by the Mayo Clinic, to evaluate fatigue, depression, burnout, anxiety/stress, and mental/physical quality of life to assess your well-being. It's 100% anonymous and evaluates distress in just 9 questions.

[Take The Wellness Survey](#)


Beat Burnout/Build Resiliency



We've been with you from the start, and we're here for you now. APhA is a dependable ally through every phase of your pharmacy career and that includes times of stress and uncertainty. From work-life balance to managing stress we have resources.

[Well-Being Resources](#)

Our Commitment




APhA's strategic plan includes measurable steps to improve well-being and resiliency, strengthening our commitment to addressing pharmacy burnout and paving the way for improving the well-being of all member pharmacists, student pharmacists, pharmacy

Resources For You


Just like you care for your patients in your chosen practice setting, APhA is here for you. Our resources are designed to help our members cope with many factors contributing to well-being and resiliency.

Stress and Resiliency




[Access Resources](#)

Relationship / Work Life Balance




[Access Resources](#)

Help With Suicidal Thoughts




[Access Resources](#)


Emotional/Financial Support

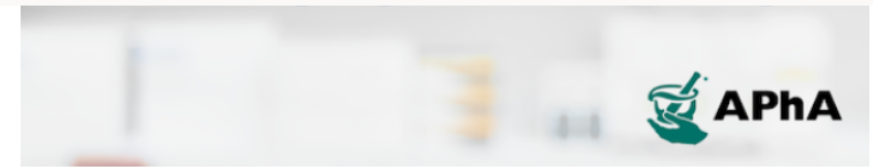


Alcohol and Substance Use



Career Development





Pharmacists' Guide to Coronavirus: Weekly Summary on COVID-19

Message from Alex C. Varkey, APhA Trustee and Chair of the APhA Well-Being Steering Committee



I'm Alex Varkey, Director of Pharmacy at Houston Methodist Hospital. Health care professionals, by and large, have been at risk of burning out, even prior to COVID-19. That certainly is true for pharmacists and pharmacy personnel. Add a global pandemic, and it becomes something that's unbearable for a lot of people; and the natural tendency still is to suffer silently. We've heard about the unfortunate passing of the emergency medicine physician in New York, to suicide. That's a cautionary tale for all of us.

With the stigma associated with mental health, people don't necessarily know that it's okay to not be okay. We, as health care leaders and as peers and as colleagues, need to do our part to be extra supportive and be there for one another. So that things like what happened in New York don't continue to happen. So that all of us don't feel that we're alone and dealing with this on our own.

I'm extremely fortunate to be able to work in a place like our hospital. Our health system as a whole has done an outstanding job in supporting our team members. They've implemented several programs and support groups. Health care professionals need to not feel isolated. We need coping strategies and ways to just feel supported by one another. Your APhA membership is very much a part of that. Our community is strong, and we are here for you in many ways. If you feel lost, reach out to your fellow members. Let us know how you're doing.

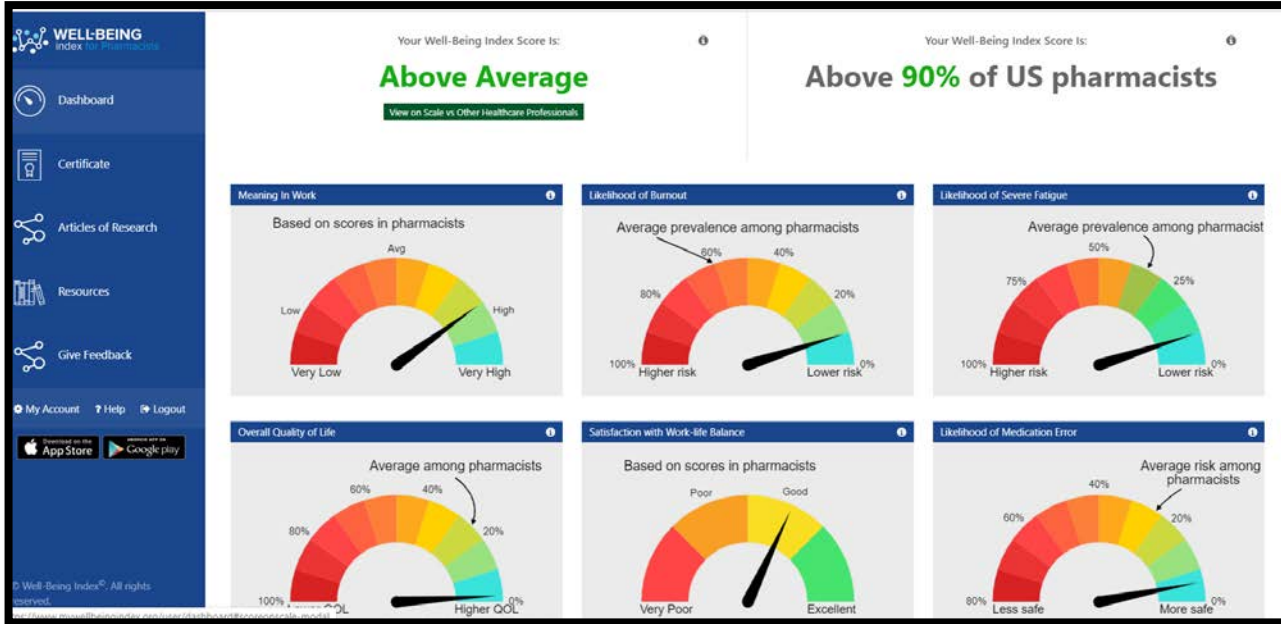
—APhA Trustee Alex C. Varkey, PharmD, MS, FAPhA

APhA COVID-19 Update – May 9th Spotlight on Well-being with Tips and Links to Well-being apps Check your email!



WELL-BEING
index

<https://app.mywellbeingindex.org/signup>
Invitation Code: APhA



Your Report with overall score, comparison to all pharmacists and where you fall on each of the dimensions

Available Resources after you assess





Burnout is real.

Take advantage of APhA's online screening tool, invented by the Mayo Clinic, to evaluate your fatigue, depression, burnout, anxiety, and stress and assess your well-being.

It takes less than 5 minutes to answer 9 short questions.

It's 100% anonymous, free, and you do not need to be an APhA member.

Resources are available once you submit your assessment.

Pharmacists Well-being Index

<https://app.mywellbeingindex.org/signup>

Invitation Code: APhA

Review of APhA's Ongoing Activities and What's Coming

NEW Episodes – APhA’s 15 on COVID-19

An education series designed to help you sort COVID-19 fact from fiction. Each episode is 15-20 minutes and provides CPE.

Episode 15: Sedation Drugs

<http://elearning.pharmacist.com/products/6100/15-on-covid-19-05-08-2020-sedation-drugs/>

Episode 16: Anticoagulation in COVID-19

<http://elearning.pharmacist.com/products/6106/15-on-covid-19-05-14-2020-anticoagulation/>



Advocating for You on Coronavirus



Pharmacist testing:

- Pharmacy outreach to Admiral Giroir to support regulatory and legislative clarification to achieve more widespread pharmacist testing capacity
- Upcoming meeting with CMS to address questions and concerns with the interim final rule

DIR:

- 240 patient and healthcare advocates sent a letter urging Congress to fix DIR fees

FDA clarifications:

- Pharmacies are included in “patient care setting for CLIA-waived tests”
- Drug Supply Chain Security Act – flexibility for dispenser to dispenser transactions



APhA

AMERICAN PHARMACISTS ASSOCIATION

Tell Congress Pharmacists Can Help Fight COVID-19 & Influenza



American Pharmacists Association



Congress is currently crafting new emergency legislation to address the COVID-19 pandemic. Please contact your federal legislators immediately and ask them to allow pharmacists to test Medicare patients for COVID-19 and influenza.

You can personalize the message by editing the content to share a relevant personal experience related to patient care. Legislators value real life examples of pharmacists helping patients. Remember to be polite and include your name and the city of your residence or pharmacy practice.

GO TO: actioncenter.pharmacist.com

Take Action Now!

Congress is currently crafting new emergency legislation to address the COVID-19 pandemic. Please contact your federal legislators immediately and ask them to allow pharmacists to test Medicare patients for COVID-19 and influenza.

Next

Allow American Pharmacists Association to contact me about important future issues



Powered by OneClickPolitics

22%

2259 people took action

Post on **ENGAGE**

Pharmacy's Response to COVID-19

POST your questions

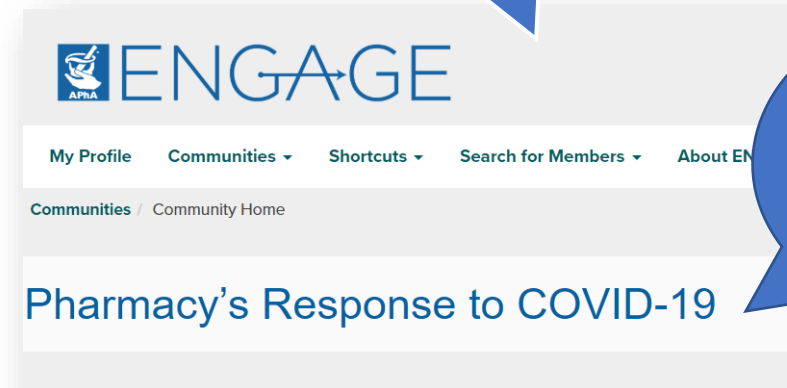
SHARE your lessons learned

SUPPORT your colleagues

ACCESS the latest information

What are you doing to manage your well-being during COVID-19?

What strategy did you learn to build resilience?



Join Us

Same day, Same time, Same Place

- Weekly webinar will be on **Thursday, May 21st, from 1-2 pm ET**
- The webinar recording and slides will be available within 24 hours

COVID-19 Resources and Training for You



Webinars

Addressing the COVID-19 Crisis: An Open Forum Webinar Series for Pharmacists are weekly webinars conducted every Thursday from 1:00 pm–2:00 pm ET. Each open forum webinar is moderated by APhA President Michael Hogue.

- May 14: **Register for the webinar.** This week's focus will be on pharmacist well-being and resilience during COVID-19. Our featured speaker Dr. Ken Duckworth, Chief Medical Officer, will join us from the National Alliance on Mental Illness (NAMI).
- May 7: **Access the recording and view the slides.** Two front-line practitioners shared their perspectives on pharmacy practice during COVID-19 in both the community and health-system settings. The webinar also addressed the latest information on the clinical and regulatory fronts.
- April 30: **Access the recording and view the slides.** An overview of compounding, including how it relates to drug shortages, featured three FDA representatives from the Center of Drug Evaluation and Research (CDER) in the Office of Compliance.
- April 23: **Access the recording and view the slides.** This webinar provided an update on the most recent evidence for medications being studied for COVID-19. We were also joined by Tennessee pharmacist Beth Bryan, PharmD, for her front-line perspective on launching COVID-19 testing in a community pharmacy.

<https://www.pharmacist.com/coronavirus/resources-training>