

## **A Closer Look at the Emergency Medicine PRN**

### Overview of the PRN

The ACCP Emergency Medicine Practice and Research Network (EMED PRN) includes pharmacists and students who practice within the specialty or have interest within the field of emergency medicine. In 2008, select members of ACCP identified that emergency medicine was a common interest and specialty for increasingly more of the ACCP membership. In May 2008, the EMED PRN was formed with 50 founding members. Dr. Michael Thomas served as the first chair and worked with his colleagues to establish the PRN's long-term vision, which included fostering and supporting specialized educational opportunities through advanced residency training in emergency medicine while supporting active and meaningful research in this specialty area. Today, with its 10 years of growth and success, the PRN has almost 1100 members, including 10 Fellows of ACCP. Moreover, the PRN has successfully supported 10 student and resident travel awards for ACCP Annual Meetings and has honored numerous pharmacists for their practice achievements in the profession and specialty. This year, the PRN also expanded the support of research within the specialty by funding its first \$2500 grant, which was awarded to a group of researchers within the PRN. The PRN has also engaged more of its membership base using social media, including Twitter (@accpemedprn), which has almost 1600 followers. These members are actively engaged in social media education and advocacy and play a pivotal role in soliciting interest for the emergency medicine specialty.

### Opportunities and Resources for Resident and Fellow PRN Members

The EMED PRN encourages the participation of students, residents, and fellows through service on one of its committees, including the Awards and Recognition, Collaborative Organization for the Development of Emergency Medicine Pharmacists (or CODE), Media, Programming, Research, and Student Task Force committees. As part of the Student Task Force Committee, students have the opportunity to match with an emergency medicine pharmacist within their geographic area who may serve as a mentor to help guide their interest in the practice of emergency medicine pharmacy. Members can become involved in one of the committees at any time by contacting the current officers or committee chairs. As previously mentioned, the PRN offers student and resident travel awards. Awardees receive a monetary award to help support attendance at ACCP Annual Meeting and have the opportunity to present their research at the PRN's business meeting. Attendance at the PRN's business meeting allows students, residents, and fellows to network with leaders in the field. With its growing membership, the EMED PRN represents a diverse group of practitioners with backgrounds as diverse as its membership.

The EMED PRN's commitment to advancing students and pharmacy residents led it to create a monthly journal club. No matter where the PRN members are geographically located, they can participate in this online activity. Because emergency medicine does not often allow for time commitments of participating in journal clubs, the PRN extends the discussion onto its Twitter account and e-mail list. Continuing the discussion allows colleagues and experts from around the globe to offer their appraisals and critiques. Although students and residents often present the journal article, members of the PRN's Resident/Student Committee are the organizers.

### Current Clinical Issue: Burnout in the Pharmacy Profession

Burnout is gaining increasing awareness within the medical community – particularly within emergency medicine. The rates of those who leave the specialty are significant. Rates of physician depression and suicide are gaining increased attention and work in identifying the cause.<sup>1</sup> Emergency medicine pharmacists want to evaluate the burnout phenomenon and what they might do for the practice and profession to mitigate burnout and support those who may be experiencing it.

Burnout collectively affects the pharmacist's overall mental health and wellness. Although burnout is defined several ways within the literature, it manifests as exhaustion, depersonalization, and a lack of efficiency within the pharmacist's professional and personal life.<sup>2</sup> Many causes of burnout have been identified within the medical community, including pharmacy.<sup>3-5</sup> These include stressors such as workload, work environment, sense of community and teamwork experienced by pharmacists, emotional challenges related to patient care, missed family interactions, and feeling as though they cannot disconnect from work, among many others. Burnout directly affects patient care and work performance and can become a safety issue on top of a personal wellness crisis.<sup>6</sup> Strategies to address burnout in the literature include refocusing the culture within the institution to better foster decompression and recharging. In addition, such strategies are aimed at creating wellness programs and incorporating resilience training in high-stress, high-acuity specialty areas.<sup>4,7,8</sup>

The EMED PRN is refocusing its attention on addressing burnout rates among emergency medicine pharmacists and evaluating the prevalence of this phenomenon within this specialty. One group of practitioners is actively researching burnout rates among emergency medicine pharmacists with the hope of identifying those at risk and interventions that can successfully reduce burnout rates.

Current Chair: Nadia Awad, Pharm.D., BCPS

Chair-Elect: Craig Cocchio, Pharm.D., BCPS

### References:

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