

## **Assessing the Impact of Wellness Days in the School of Pharmacy**

Madison Rogers, PharmD Candidate, Kayla Boedeker, PharmD Candidate

### **Abstract:**

*Introduction:* The Southern Illinois University Edwardsville (SIUE) School of Pharmacy implemented a Wellbeing and Resilience committee during the 2020-2021 school year. A major initiative of this committee was the introduction of Wellness Wednesdays. The purpose of this study is to assess the effectiveness of current wellness events hosted by student organizations at the SIUE School of Pharmacy. This information will be used to determine if change is needed to improve wellness events at the School of Pharmacy.

*Methods:* This cross-sectional study was divided into two phases. Phase I used an online survey distributed through email and social media to all current SIUE students, from first to fourth professional year. Phase II involved a different type of event hosted by the researchers with a different format than other wellness days. Following this wellness event, another online survey was distributed to attendees.

*Results:* In the Phase I survey, 46.7% of students agreed or strongly agreed that Wellness Wednesdays had a positive impact on their wellbeing. In the Phase II survey, 35% of attendees agreed or somewhat agreed that they felt more inclined to attend as it was not held by a student organization. Overall, students were still able to benefit from a different format of wellness event when compared to how wellness events were previously hosted.

*Conclusion:* Overall, this study showed wellness events have an impact on pharmacy students when hosted by non-student organization leaders. These results will be shared with the Wellbeing and Resilience committee to enhance the SIUE SOP wellness, while also improving student self-care.