

Wellness as a Component of the Curriculum and Co-Curriculum at the University of New England

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Wellness and Integrative Medicine Track

Learning Outcomes:

- Emotional and cognitive influences on health and visa versa
- Behavioral Lifestyle modifications
- Complementary and alternative medicine
- Fundamentals of nutrition

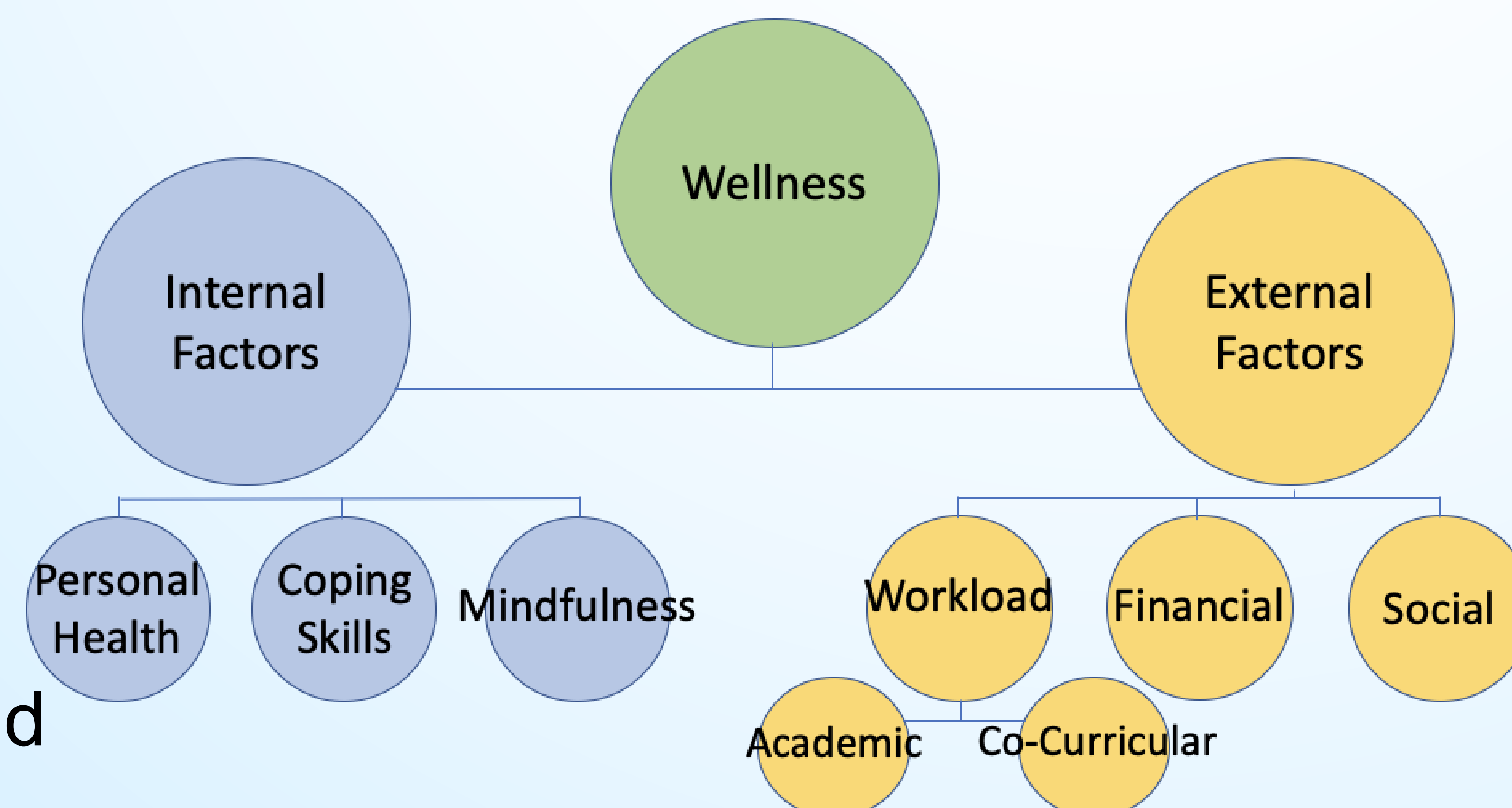
Three Elective Courses

- Lifestyle Medicine (2 cr.)
- Phytotherapy (2 cr.)
- Nutraceuticals (2 cr.)
- Nutrition Education and Health Behavior Change (3 cr.)
- Nutrition Across the Lifespan (3 cr.)

Rotation Experiences

- Completed with a designated faculty member with a practice grounded in wellness
- Focus on careful consideration of evidence based risk versus benefit on a patient specific basis with interprofessional team

Wellness Task Force



Activities:

- Student surveys on factors contributing to burnout
- Student and Faculty led research projects
- Faculty and Staff stressors

Members:

Students P1, P2, P4, Faculty (4) and Staff (2).

Findings:

- Student Survey:** limited time available for self care, most time was spent on work or school
- Workload analysis:** unbalanced class & exam schedule
- Burnout factors:** internal and external to the College of Pharmacy
- Literature review and Invited Guests:** ideas for alleviating burnout; many easy to implement

