**Assessment of Burnout Among Health-System Pharmacy Staff**

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**Background:** Burnout can be characterized by detachment from one's work priorities, emotional exhaustion, depersonalization, and declining professional accomplishment. This syndrome has been shown to have a significant impact both clinically and economically on pharmacists. Pharmacists are at an increased risk of experiencing burnout. However, data is sparse concerning burnout in pharmacy technicians.

**Purpose:** This study aims to determine the prevalence of well-being and multiple dimensions of distress among currently employed pharmacy staff at various health-systems in the Commonwealth of Virginia.

**Methods:** This project was determined to be exempt from institutional review board (IRB) review. An anonymous survey utilizing REDCap® was distributed to pharmacy staff among health-systems throughout the Commonwealth of Virginia. The survey was available for four weeks, and a reminder email was sent at the midway point. The survey consisted of three sections: demographic data, the Well Being Index (WBI) score, and two subsequent questions assessing quality of life and fatigue. All participants must have been currently employed and at least 18 years of age. Incomplete surveys were not included in the analysis. The primary outcome observed was the percentage of pharmacy staff at risk of burnout. The secondary outcomes included the median level of fatigue and median perceived quality of life. Subgroup analyses were conducted to analyze the incidence of primary and secondary outcomes dependent upon the staff member's role and practice setting. All data were analyzed utilizing REDCap® and descriptive statistics via Microsoft Excel Version 2108.

**Results:** 244 surveys were included in the data analysis. The mean WBI score (SD) was 4.27 (2.44), with 51.2% of participants at risk of experiencing burnout.The median levels of fatigue and perceived quality of life were 5 and 7, respectively, based on a Likert scale of 0 to 10. Understaffing and high job demands were identified as the most common contributing factors to burnout. 63% of participants described their current state of well-being as worse than before the COVID-19 pandemic. Carilion Clinic had WBI scores comparable to those of other aggregated respondents. Carilion Clinic's percent at risk of burnout was 3.7% lower than other Virginia health-systems.

**Conclusions:** More than half of respondents were at risk for burnout. Pharmacy staff at Carilion Clinic may experience a decreased risk of burnout compared to other Virginia health care organizations. The median quality of life and level of fatigue was similar amongst all health-systems and positions. The COVID-19 pandemic has likely contributed to most participants’ current state of well-being. Overall, pharmacy staff members are at a high risk of experiencing burnout.