

The Package Insert: Student Leading In Precarious Times

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HIGHLIGHTS OF THE PACKAGE INSERT

Leading In Precarious Times
Initial UF Approval: 2021

WARNING:

Monitor for compassion fatigue, burnout, and imposter syndrome.

Signs and Symptoms:

- Anxiety
- Sense of inadequacy and inefficacy
- Self-doubt
- Isolation
- Mood Swings
- Frequently comparing yourself to others

INDICATION AND USAGE

This presentation is a self-reflection on the experiences of student pharmacist Victoria Ayoola, Class of 2022, as she narrates the skills she acquired as a National Officer of the Student National Pharmaceutical Association using the ProQOL measure.

A package insert details directions for healthcare professionals in an effort to prescribe and dispense medications properly including approved uses, warnings and precautions, and how to administer or apply medication.

DOSE AND APPLICATION

Daily Reflection: the pandemic may have provided some of the best opportunities for redefining, stretching and transformation in student leaders. Student leaders are encouraged to celebrate themselves and their progress at every stage of their journey, while working to hone their skills through precarious times.

INTERACTIONS

- Patients
- Pharmacists
- Student Pharmacists
- High School Students
- Public Health Officials

A strong passion for learning, creativity and innovation stands as the basis for adapting through uncertainty. How does a global crisis impact student quality of life, leadership and resilience?

“Professional quality of life is the quality one feels in relation to their work as a helper. Both the positive and negative aspects of doing your work influence your professional quality of life. People who work helping others may respond to individual, community, national, and even international crises. They may be health care professionals, social service workers, teachers, attorneys, police officers, firefighters, clergy, transportation staff, disaster responders, and others”

ProQOL: Free, 30 minute self report measure of positive and negative aspects of your work.

How does it help?

Individual, personally

–The ProQOL can help you plan where to put your energy to increase our resilience

•Organizational planning

–Can help organizations find ways to maximize the positive aspects and reduce the negative aspects of helping

CS-CF Model

