

## BACKGROUND

- It is reported that 10-12% of healthcare professionals will develop a substance use disorder in their career
- Stigma is a common barrier to seeking help for mental health or substance use related conditions as a healthcare professional
- Most states have a confidential network of help and support for pharmacists seeking or already in recovery

## OBJECTIVE

- To identify the trends of alcohol consumption among practicing pharmacists and the need for opportunities to enhance their wellbeing and support

## METHODS

### Study Design

- Anonymous online survey regarding alcohol consumption and awareness of professional resources available
- Survey sent out by email with one-week follow-up, and closed after one month
- SIUE IRB #2144, Exempt

### Study Population

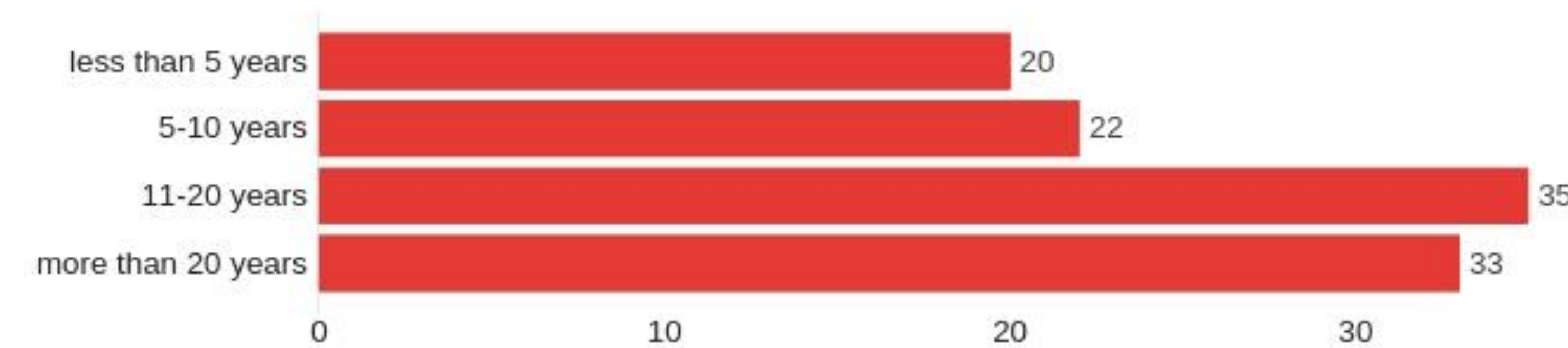
- Inclusion: practicing pharmacists in the U.S.
- Distributed to practicing pharmacists that were members of national organizations in addition to a local hospital system and academic networks

### Data Analysis

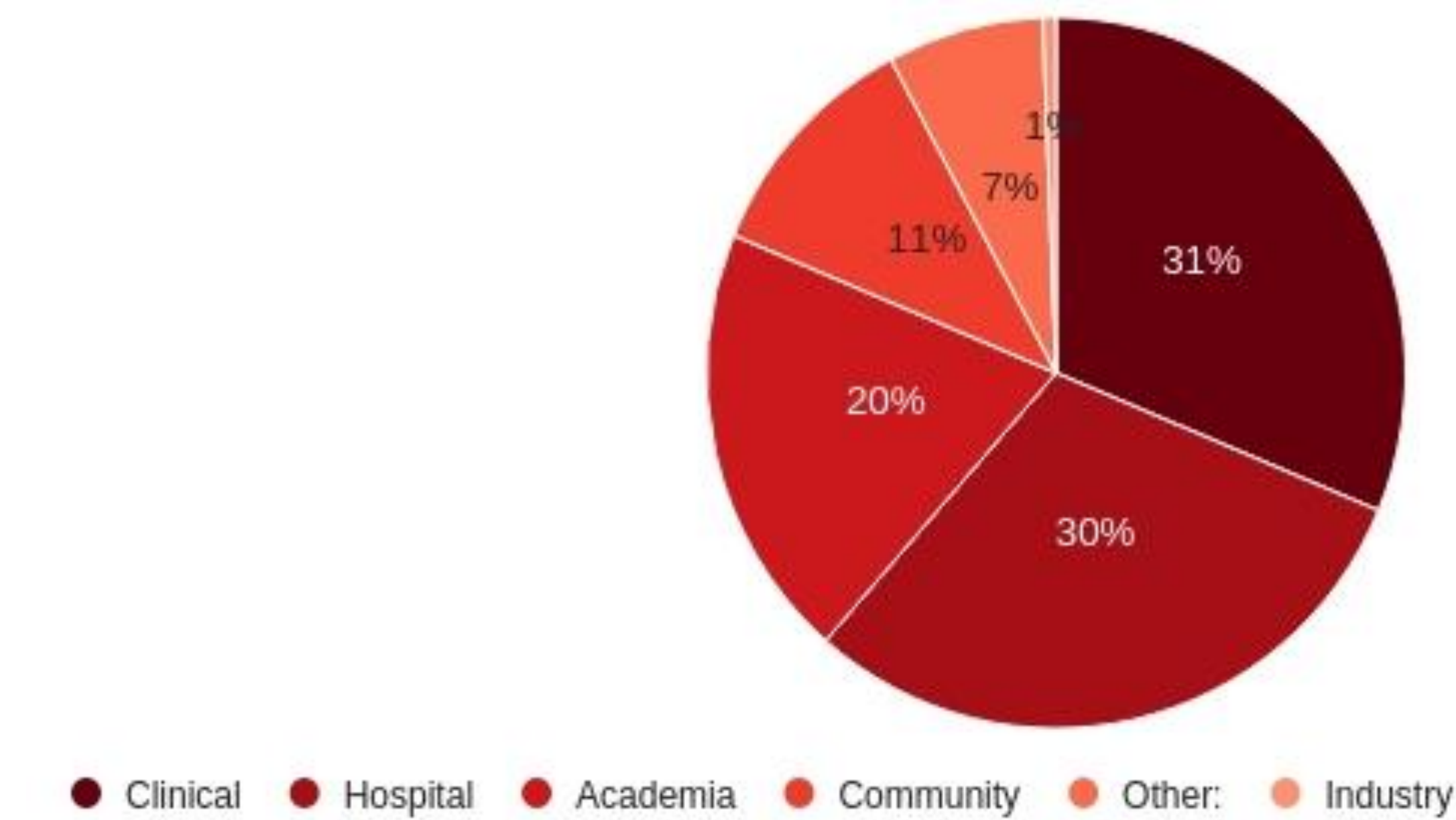
- Descriptive statistics

## RESULTS

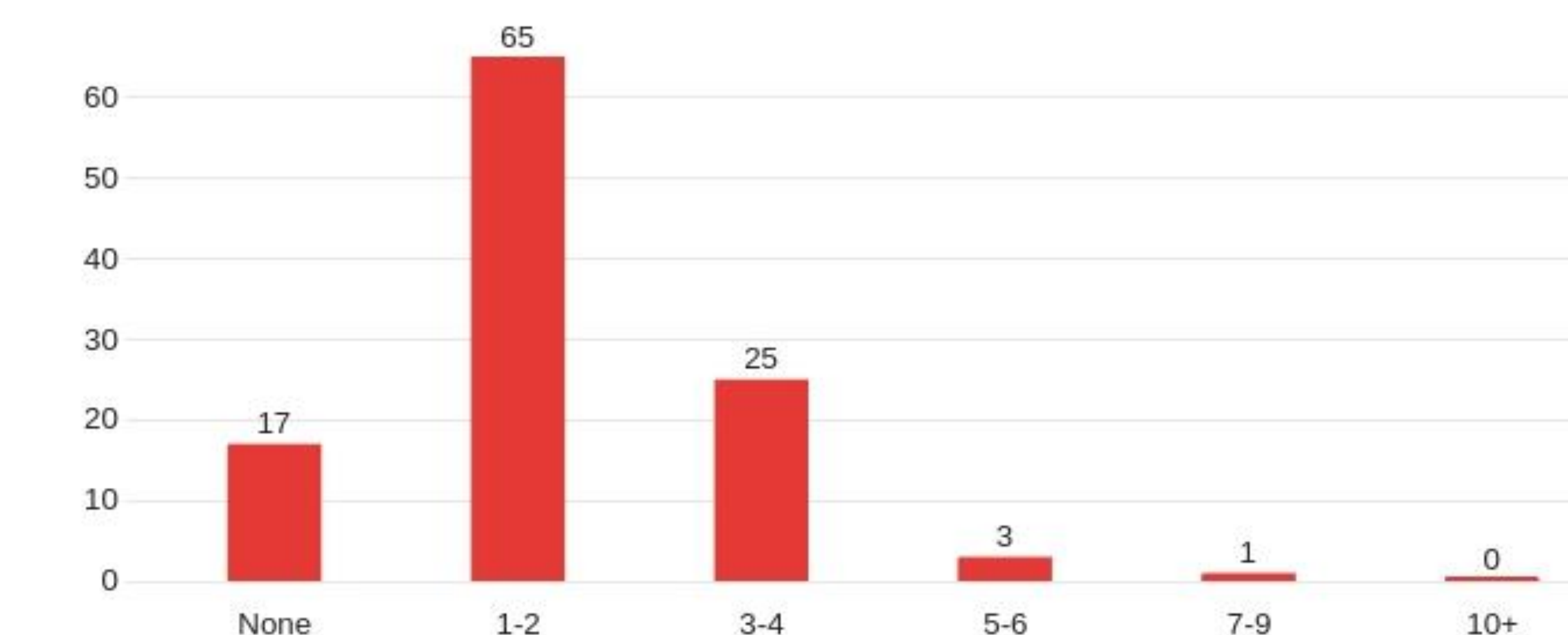
**Figure 1: Years of Practice**



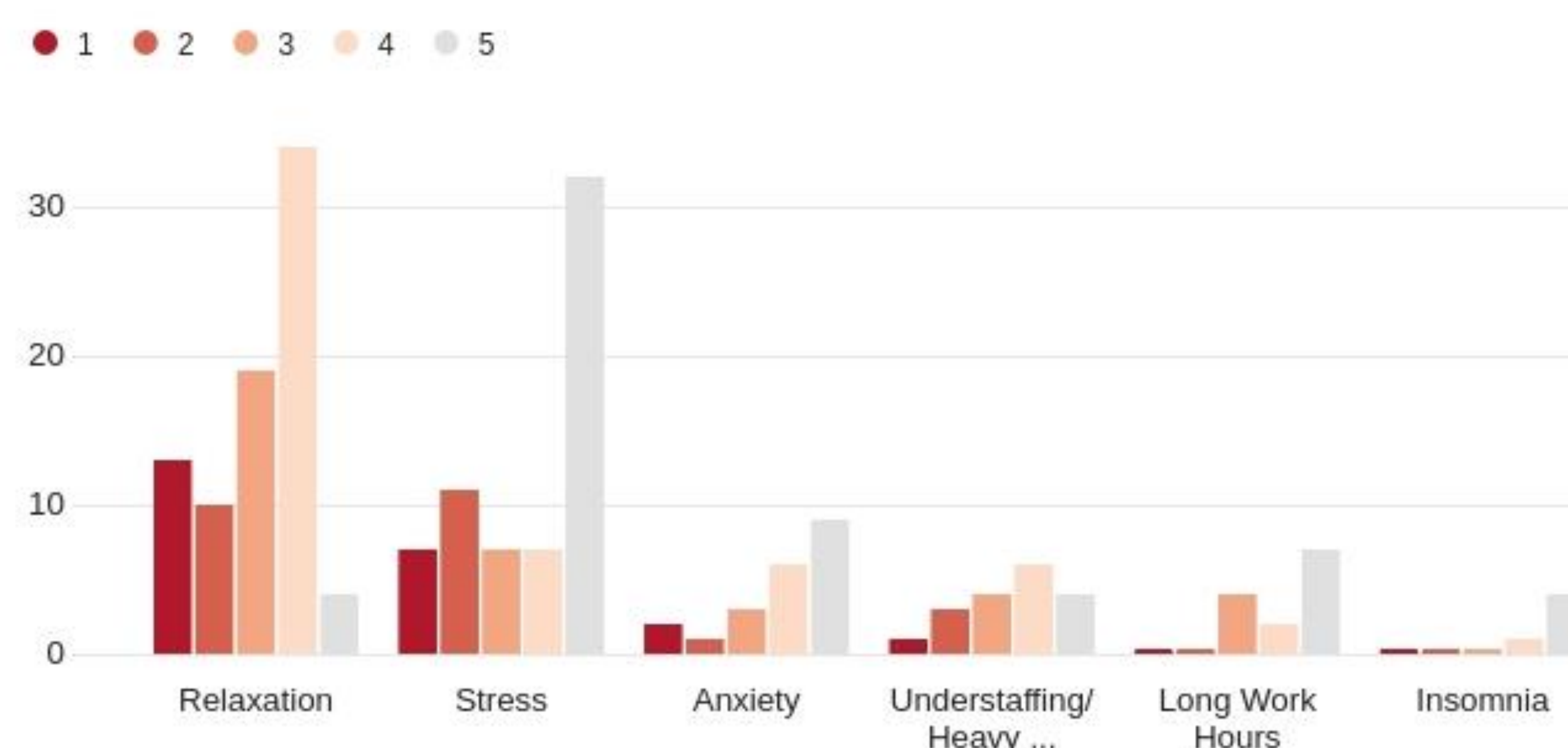
**Figure 2: Practice Site**



**Figure 3: Number of Drinks in a Typical Day**



**Figure 4: Top 5 Influences on Alcohol Consumption**



- Number of respondents: 121
- 71.1% female and 27.9% male
- 46.8% spent 40 or more hours per week at work
- 10.8% of participants had not had a drink containing alcohol in the past year
- Episodes of binge drinking reported:
  - 14.4 % every 3 months
  - 3.6 % every month
  - 2.7 % weekly
- Top reasons for consumption included: socialization, celebrations, relaxation, peer influence, relaxation, and stress
- 11.7% had researched resources for themselves or a colleague
- 55.3% of participants were unaware of professional help programs



## DISCUSSION

- 42.3% of participants had at least one episode of binge drinking in the last year
- Results suggest there is need for employee well-being resources
- Professional repercussions did not seem to discourage most from seeking help for themselves or a colleague
- Pharmacists should be able to optimally use resources available to them

## LIMITATIONS

- Underreporting number of drinks
- Not all questions were applicable to a person if they did not drink

## CONCLUSION

- Many pharmacists surveyed consumed alcohol in the past year
- The lack of awareness of professional networks stands out as a pitfall in a pharmacist's well being
- More attention should be brought to this to improve knowledge of these helpful resources

## AUTHOR CONTACT

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