

Stress First Aid for Pharmacy Residents

Session Facilitators:

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Session Summary:

This two-part virtual session is part of the general orientation for incoming Pharmacy Residents to support their introduction to the residency program and prepare them for the challenges that are an inherent part of experiential learning in the hospital setting. Part 1 is comprised of a 45 minute webinar that the pharmacy residents can view independently view. Part 2 is a facilitator-led, interactive discussion that will focus on reviewing the Stress First Aid model and related concepts (e.g., stress continuum, stress signature, and 7 C's) and how they can be related to the pharmacy residency context. Pharmacy residents will be encouraged to reflect on where they expect stress to show up during their residency, how to identify when stress is beginning to have an adverse impact (e.g., yellow, orange, or red zones of the "stress signature"), and what strategies and resources are available for help when needed.

All session resources are located under **Stress First Aid and Peer Support Training** on the [COVID-19: Resources for Staying Mentally & Emotionally Well webpage](#) (scroll to bottom).

Learning objectives:

After attending this session, the pharmacy resident will be able to:

1. Recognize the role of the Stress First Aid model in managing stress associated with their training program through self-care and peer support.
2. Locate Stress First Aid resources on the VIHA intranet.
3. Identify the indicators that make up their own personal stress signature and begin a regular practice of monitoring for these indicators.
4. Identify when additional help is needed and know where to get that help.