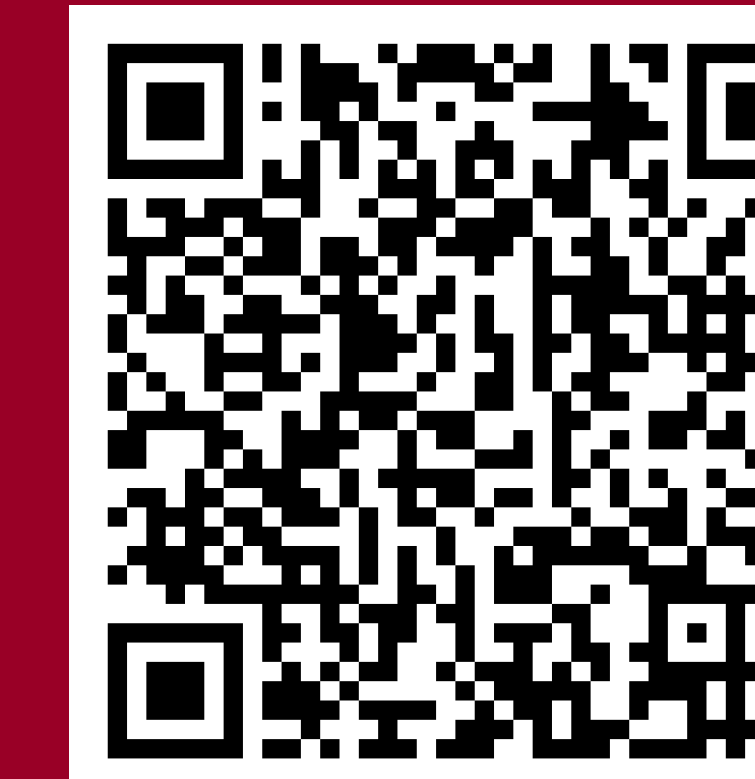




The Development and Implementation of Intentional Student Wellness Programming Using a Novel Survey Tool

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Access Electronic Copy of Poster & References

Background

- Graduate and professional student well-being has been declining nationally since before the COVID-19 pandemic
- Current literature evaluating student well-being lacks:
 - Assessment of students' basic needs as defined by Maslow's Hierarchy of Needs
 - Assessment of students' willingness to change well-being behaviors identified as areas for improvement

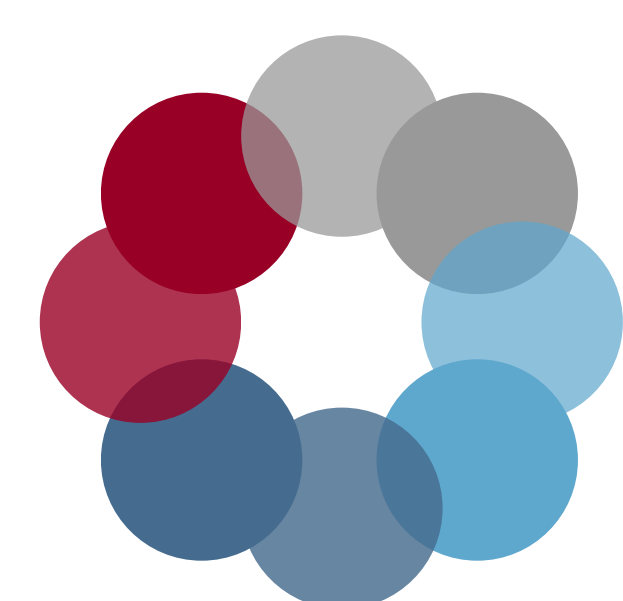
Objectives

- Identify student needs as they relate to well-being in the College of Pharmacy
- Design intentional, meaningful programming that supports student success and well-being

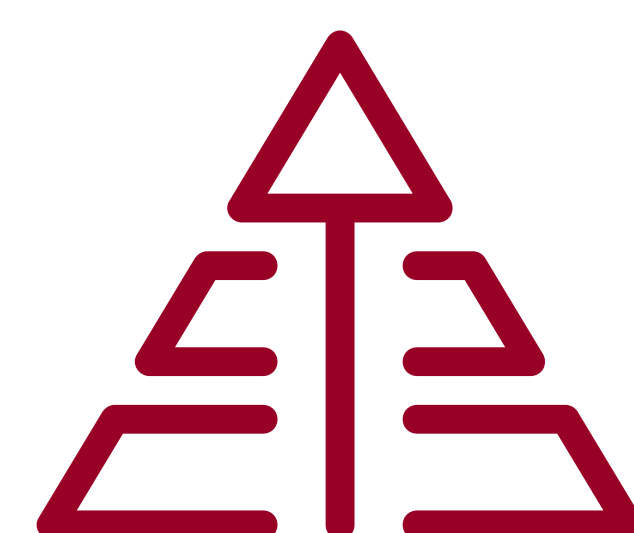
Part 1 - Student Needs Assessment



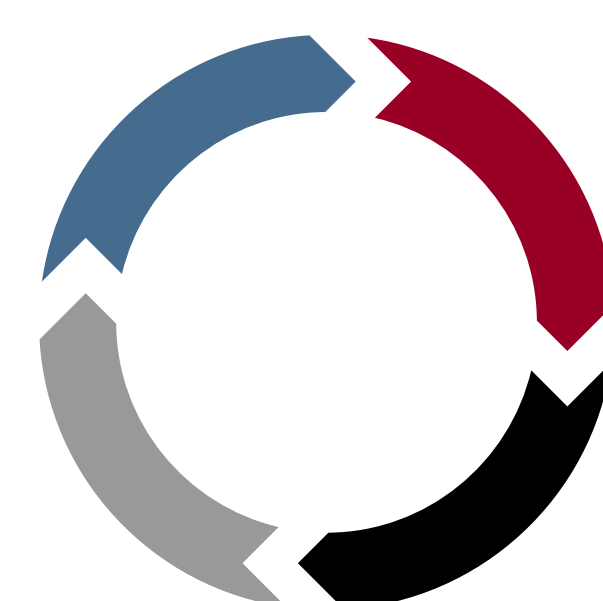
Access the Full Assessment



8 questions to assess self-perceived health across SAMHSA's 8 Dimensions of Wellness



7 questions to assess basic needs according to Maslow's Hierarchy of Needs

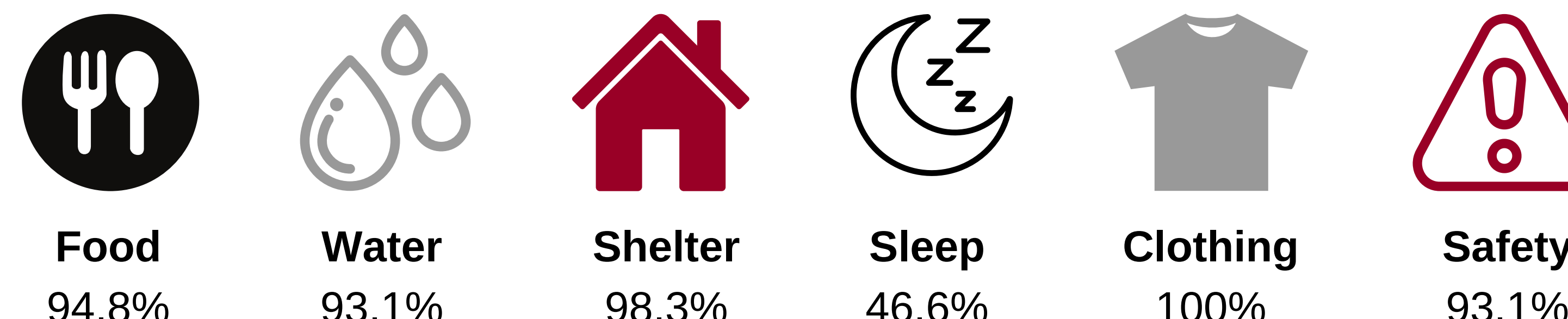


8 questions to assess willingness to improve wellness across each Dimension of Wellness per the Transtheoretical Model of Change

- 42-item survey developed in Google Forms and validated through 3 rounds of feedback for content and readability
- Distributed via email to all students enrolled in Union University College of Pharmacy in Fall 2021
- Research approved by Union University's Institutional Review Board

Part 2 - Needs Assessment Results

- 58/145 (40%) students completed the needs assessment
- Basic Needs Assessment** - % of students who felt their basic needs were met consistently



- Personal Wellness Assessment** - mean score of students' self-perceived health using a Likert scoring system from 1 (very unhealthy) to 5 (very healthy) and % of students in "Contemplation" or "Preparation" stages of change



- Conclusion** - the most impactful opportunities for student wellness are in the areas of Physical, Emotional, and Financial wellness and also the basic need of sleep

Part 3 - Implementation

- Well-Being Committee** established in Spring 2022 as a collaboration between Union University College of Pharmacy's SSHP and APhA-ASP chapters with the goal of addressing the identified wellness needs of the student body



Committee Membership
6 student members with equal representation across participating cohorts and organizations, selected by application process

- Monthly Wellness Newsletter**, the D.O.S.E., named after the "happy" chemicals dopamine, oxytocin, serotonin, and endorphins.



Food For Finals
n=20
85% Felt Benefit
90% Enjoyed Event



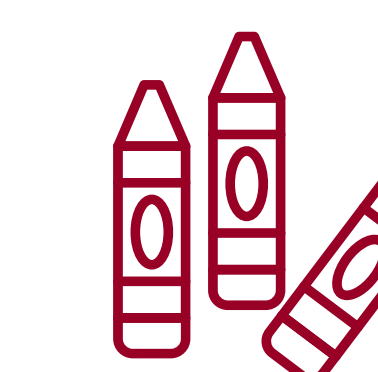
Copper the Therapy Dog
n=17
76.5% Felt Benefit
90% Enjoyed Event



Financial Planning Talk
n=11
50% Felt Benefit
75% Enjoyed Event



Gratitude Boards
n=2
100% Felt Benefit
100% Enjoyed Event



Coloring Contests
n=15
60% Felt Benefit
80% Enjoyed Event



Yoga Event
n=6
66.7% Felt Benefit
100% Enjoyed Event

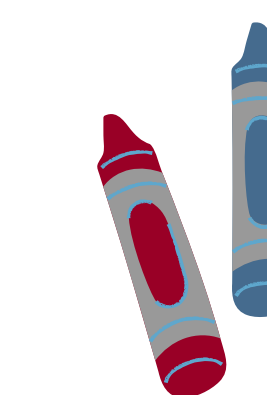
Committee Sponsored Events and Assessment
n = number of students who evaluated the event;
% of post-intervention survey respondents indicating perceived wellness benefit
% of respondents who enjoyed the intervention event

Part 4 - What's Next?

- Establishing longitudinal integration of wellness programming into the student experience



Weekly Words of Affirmation



Community Mural



Financial Features

- Utilization of the "TeamReach" App to communicate recurring and PRN physical wellness opportunities