



# Well-being Index For Pharmacy Personnel

State Report  
For State Boards of Pharmacy  
NABP District One States

October 2022

*For Every Pharmacist. For All of Pharmacy.*

pharmacist.com

# Well-being Index Resources Accessed

*July 2019 to October 2022 and January 2022 to October 2022*

## Well-being Index for Pharmacy Personnel Resources Accessed

When individuals complete their WBI, they are directed to resources under 9 categories.

Since its launch, the assessors using the WBI for Pharmacy Personnel accessed resources under Stress & Resiliency the most often. In 2022 to date, the same category of resources was also the most accessed. A breakdown of resources accessed follows in the next slide.

The frequency of categories accessed, can be used to inform planning for resources and programming developed/offered by state associations and state boards of pharmacy.



# Well-being Index for Pharmacy Personnel

## Resources Accessed – Percentage of All Views

Resource Categories	July 2019 through October 2022	January 2022 through October 2022
Stress & Resiliency	34%	32%
Relationships & Work-life Balance	16%	17%
Emotional Concerns	14%	15%
Career Development	12%	15%
Fatigue	8%	6%
<i>Suicidal Thoughts</i>	8%	3%
<i>Health Behavior</i>	5%	9%
Money / Financial	2%	2%
Alcohol / Substance Use	1%	1%

The only difference in rank order

# **DISTRESS PERCENT CHANGES**

## ***National and District***

### **September 2022 versus October 2022**

# Changes in Distress Levels

As of October 2022

State	Change in Distress % September 2022 vs October 2022	Distress % October 2022	State Rank for Distress Percent October2022
<b>Largest Increase in Distress Percent</b>			
Wyoming	<b>+3.33%</b>	20.00%	51
Arkansas	<b>+2.63%</b>	30.58%	18
South Dakota	<b>+1.47%</b>	26.47%	47
Maine	<b>+1.02%</b>	19.05%	52
Alaska	<b>+0.50%</b>	31.17%	35
<b>Largest Decrease in Distress Percent</b>			
Puerto Rico	<b>-2.14%</b>	42.86%	7
Tennessee	<b>-1.02%</b>	29.77%	41
Utah	<b>-0.68%</b>	29.85%	40
Idaho	<b>-0.55%</b>	33.06%	31
Florida	<b>-0.47%</b>	34.34%	22
<b>NATIONAL</b>	<b>-0.06%</b>	<b>31.99%</b>	<b>----</b>



# Changes in Distress Levels – District One

As of October 2022

	Change in Distress % Sep 22 vs Oct 22	Distress % Oct 2022	Distress % State Rank Oct 2022	Change in Distress % Aug 22 vs Sep 22	Distress % State Rank Sep 2022	Distress % State Rank Aug 2022	Distress % State Rank July 2022	Distress % State Rank June 2022	Distress % State Rank May 2022	Distress % State Rank Apr 2022	Distress % State Rank Jan 2022	Distress % State Rank Dec 2021	Distress % State Rank Jul 2021	Distress % State Rank Apr 2021	Distress % State Rank May 2020	Distress % State Rank Apr 2020
<b>Connecticut</b>	No Change	46.48%	4	No Change	4	4	4	5	5	4	4	4	2	3(t)	7	8
<b>Maine</b>	1.02%	19.05%	52	No Change	51	51	51	51	51	51	51	51	50	50	47	42
<b>Massachusetts</b>	-0.23%	42.08%	9	No Change	9	9	9	7	7	7	6	6	6	7	3	3
<b>New Hampshire</b>	No Change	47.95%	2	-0.66%	2	2	2	2	2	2	2	2	4	5	4	4
<b>Rhode Island</b>	No Change	31.82%	33	No Change	33	32 (T)	37	32	33 (T)	34 (T)	37	38	40	37	26	27
<b>Vermont</b>	No Change	30.77%	37	No Change	37	36	26	40	40	45	43	44	47(t)	46	50	50

Note: Some historic data from 2020/2021/2022 has been removed to allow space for current month. Refer to previous months' reports or contact [ashaughnessy@aphanet.org](mailto:ashaughnessy@aphanet.org) for data.

(T) = Tied with another state(s)

# **DISTRESS PERCENT MONTHLY REPORTS**

## **State-Specific**

### **September 2022 versus October 2022**



# WELL-BEING INDEX FOR PHARMACY PERSONNEL

## STATE DISTRESS PERCENT\*

### OCTOBER 2022

As of October 6, 2022, the Connecticut distress percent was 46.48% (ranked 4/52) with 53 assessors.

### SEPTEMBER 2022

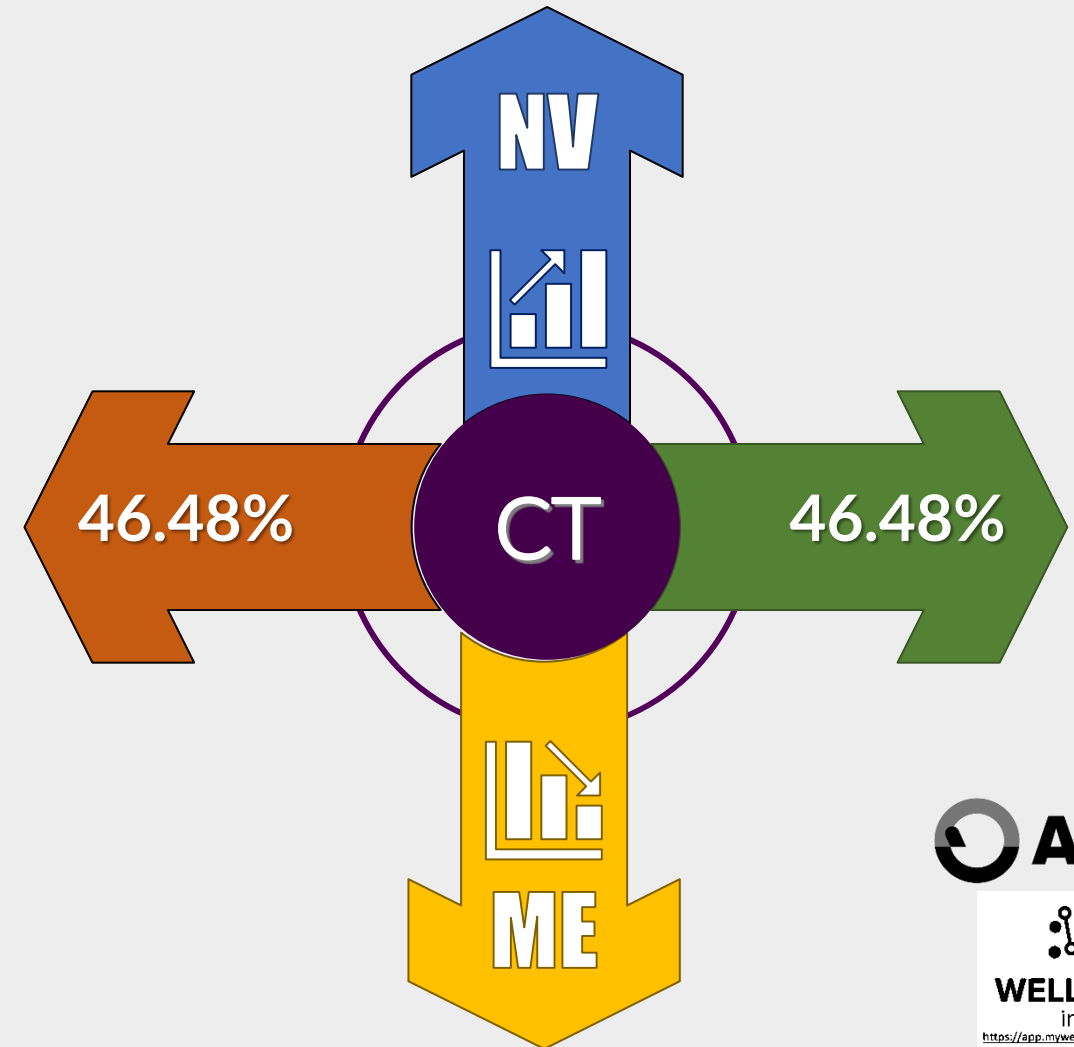
As of September 6, 2022, the Connecticut distress percent was 46.48% (ranked 4/52) with 53 assessors.

### STATE COMPARISON

As of October 6, 2022

Nevada is the highest at 59.74% (n=33)

Maine has the lowest 19.05% (n=26)



\*Distress Percent is the percentage of individuals with a Well-Being Index (WBI) score  $\geq 5$ . It measures the percent of individuals that are at a high risk of distress.

# WELL-BEING INDEX FOR PHARMACY PERSONNEL

## STATE DISTRESS PERCENT\*

### OCTOBER 2022



As of October 6, 2022, the Maine distress percent was 19.05% (ranked 52/52-the lowest) with 26 assessors.

### SEPTEMBER 2022



As of September 6, 2022, the Maine distress percent was 18.03% (ranked 51/52) with 26 assessors.



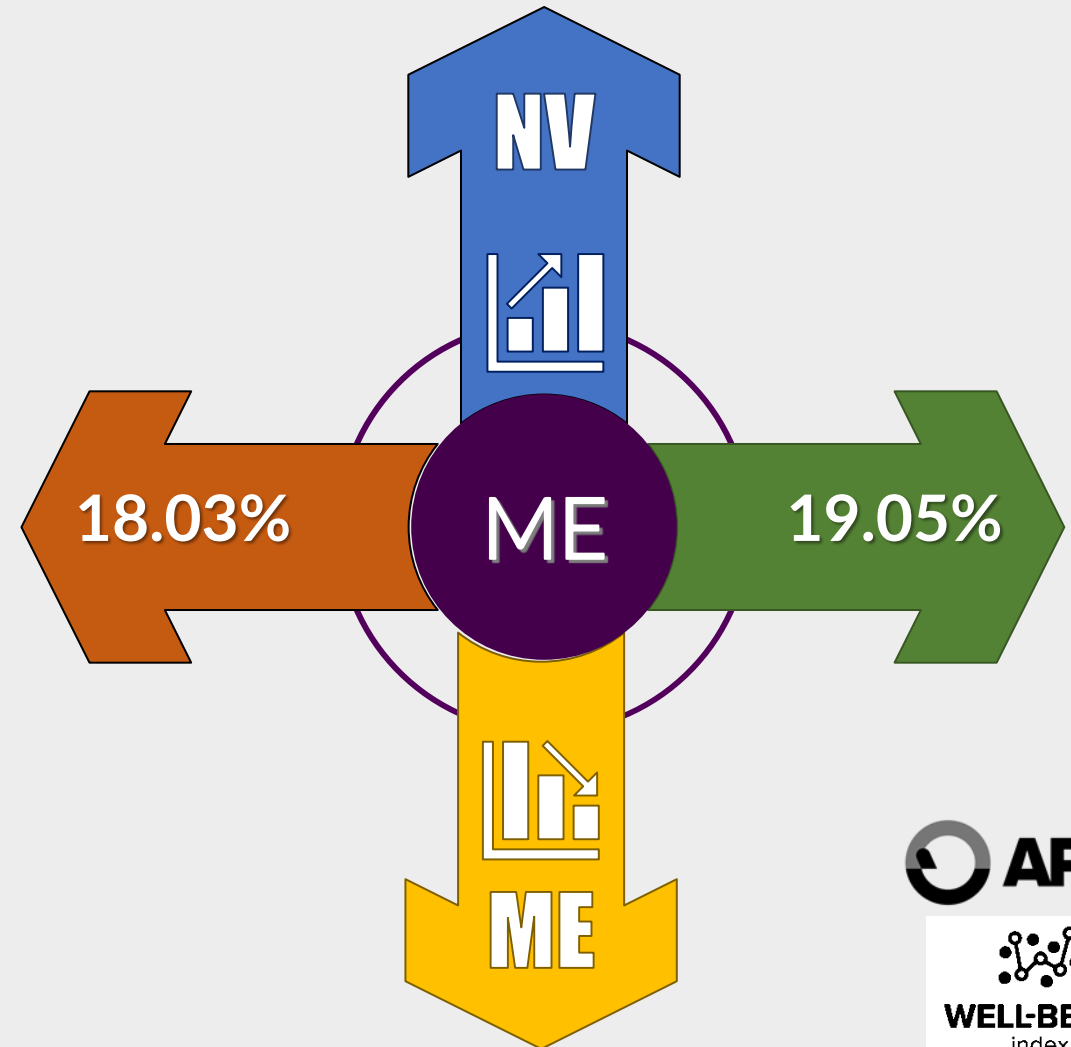
### STATE COMPARISON

As of October 6, 2022



Nevada is the highest at 59.74% (n=33)

Maine has the lowest 19.05% (n=26)



\*Distress Percent is the percentage of individuals with a Well-Being Index (WBI) score  $\geq 5$ . It measures the percent of individuals that are at a high risk of distress.

# WELL-BEING INDEX FOR PHARMACY PERSONNEL

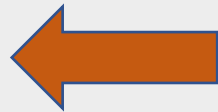
## STATE DISTRESS PERCENT\*

### OCTOBER 2022



As of October 6, 2022, the Massachusetts distress percent was 42.08% (ranked 9/52) with 113 assessors.

### SEPTEMBER 2022



As of September 6, 2022, the Massachusetts distress percent was 42.31% (ranked 9/52) with 113 assessors.



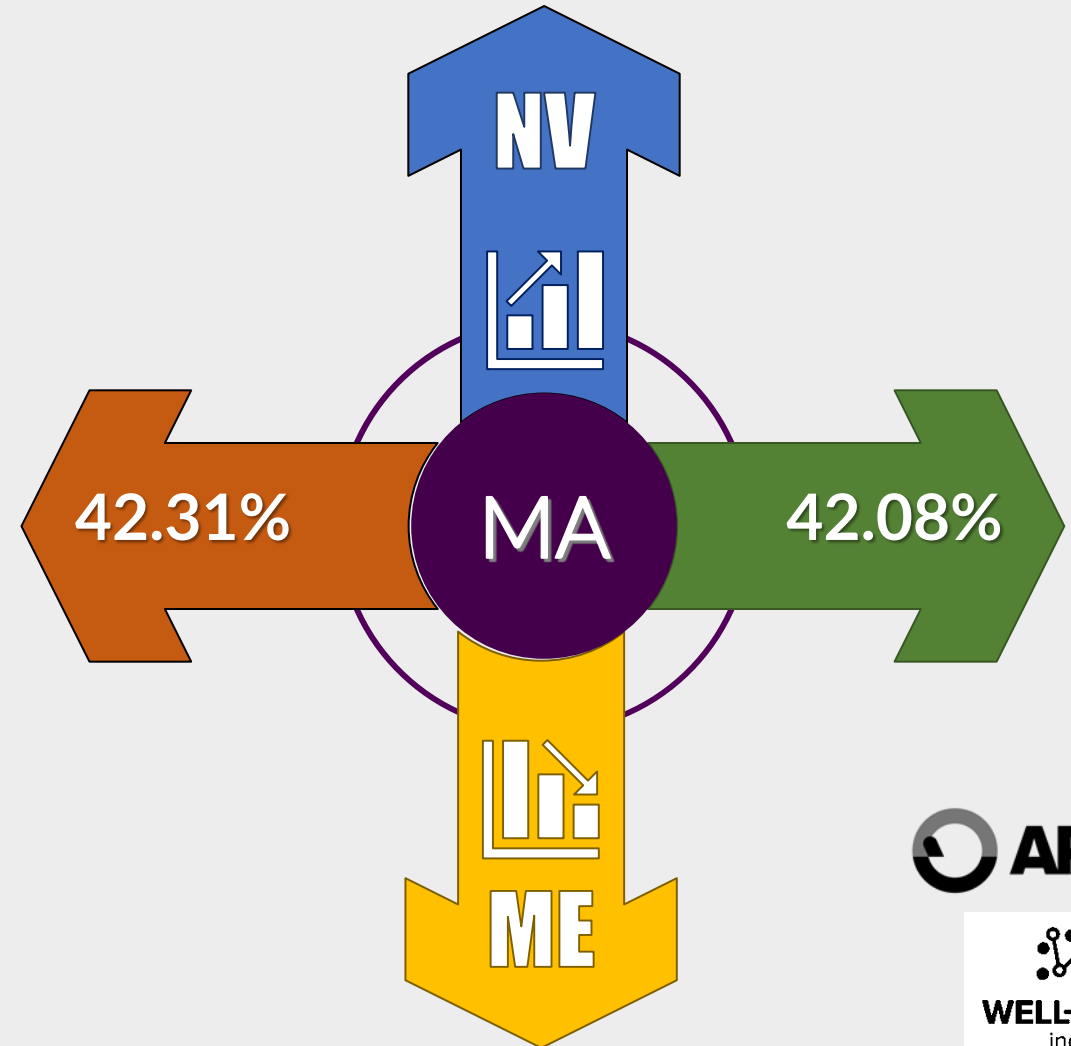
### STATE COMPARISON

As of October 6, 2022



Nevada is the highest at 59.74% (n=33)

Maine has the lowest 19.05% (n=26)



\*Distress Percent is the percentage of individuals with a Well-Being Index (WBI) score  $\geq 5$ . It measures the percent of individuals that are at a high risk of distress.

# WELL-BEING INDEX FOR PHARMACY PERSONNEL

## STATE DISTRESS PERCENT\*

### OCTOBER 2022

As of October 6, 2022, the New Hampshire distress percent was 47.95% (ranked 2/52) with 30 assessors.

### SEPTEMBER 2022

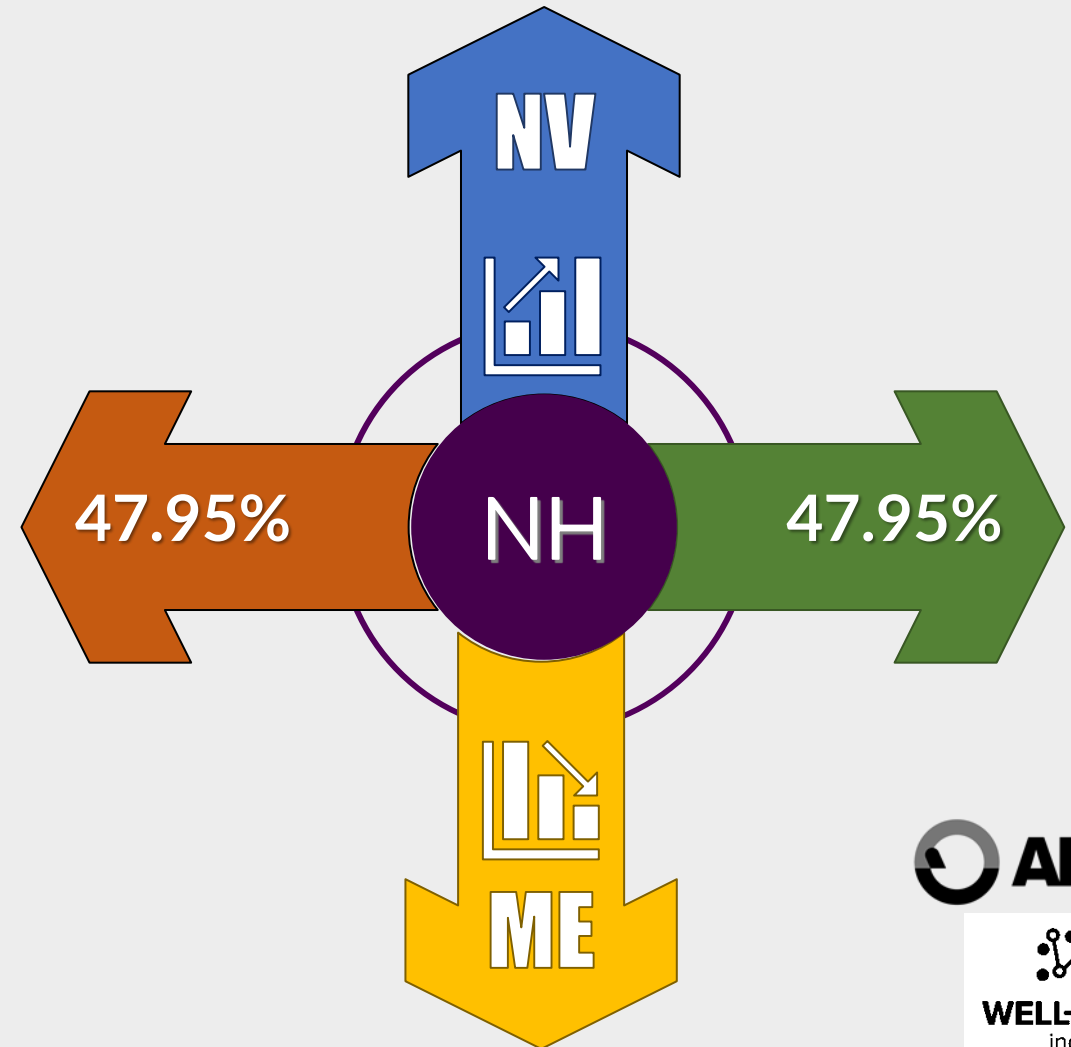
As of September 6, 2022, the New Hampshire distress percent was 47.95% (ranked 2/52) with 30 assessors.

### STATE COMPARISON

As of October 6, 2022

Nevada is the highest at 59.74% (n=33)

Maine has the lowest 19.05% (n=26)



\*Distress Percent is the percentage of individuals with Well-Being Index (WBI) score  $\geq 5$ . It measures the percent of individuals that are at a high risk of distress.

# WELL-BEING INDEX FOR PHARMACY PERSONNEL

## STATE DISTRESS PERCENT\*

### OCTOBER 2022

As of October 6, 2022, the Rhode Island distress percent was 31.82% (ranked 33/52) with 37 assessors.

### SEPTEMBER 2022

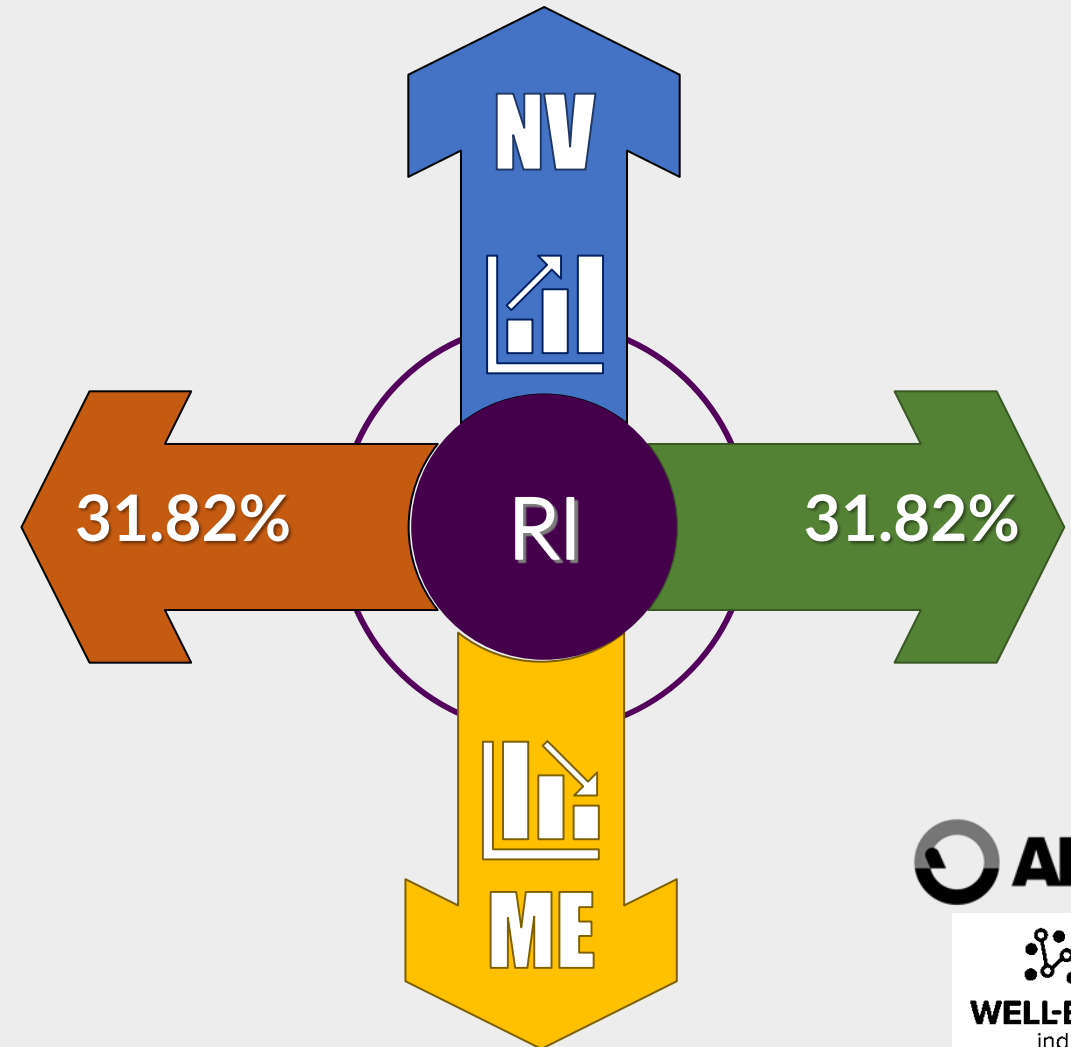
As of September 6, 2022, the Rhode Island distress percent was 31.82% (ranked 33/52) with 37 assessors.

### STATE COMPARISON

As of October 6, 2022

Nevada is the highest at 59.74% (n=33)

Maine has the lowest 19.05% (n=26)



\*Distress Percent is the percentage of individuals with a Well-Being Index (WBI) score  $\geq 5$ . It measures the percent of individuals that are at a high risk of distress.

# WELL-BEING INDEX FOR PHARMACY PERSONNEL

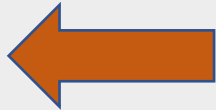
## STATE DISTRESS PERCENT\*

### OCTOBER 2022



As of October 6, 2022, the Vermont distress percent was 30.77% (ranked 37/52) with 26 assessors.

### SEPTEMBER 2022



As of September 6, 2022, the Vermont distress percent was 30.77% (ranked 37/52) with 26 assessors.

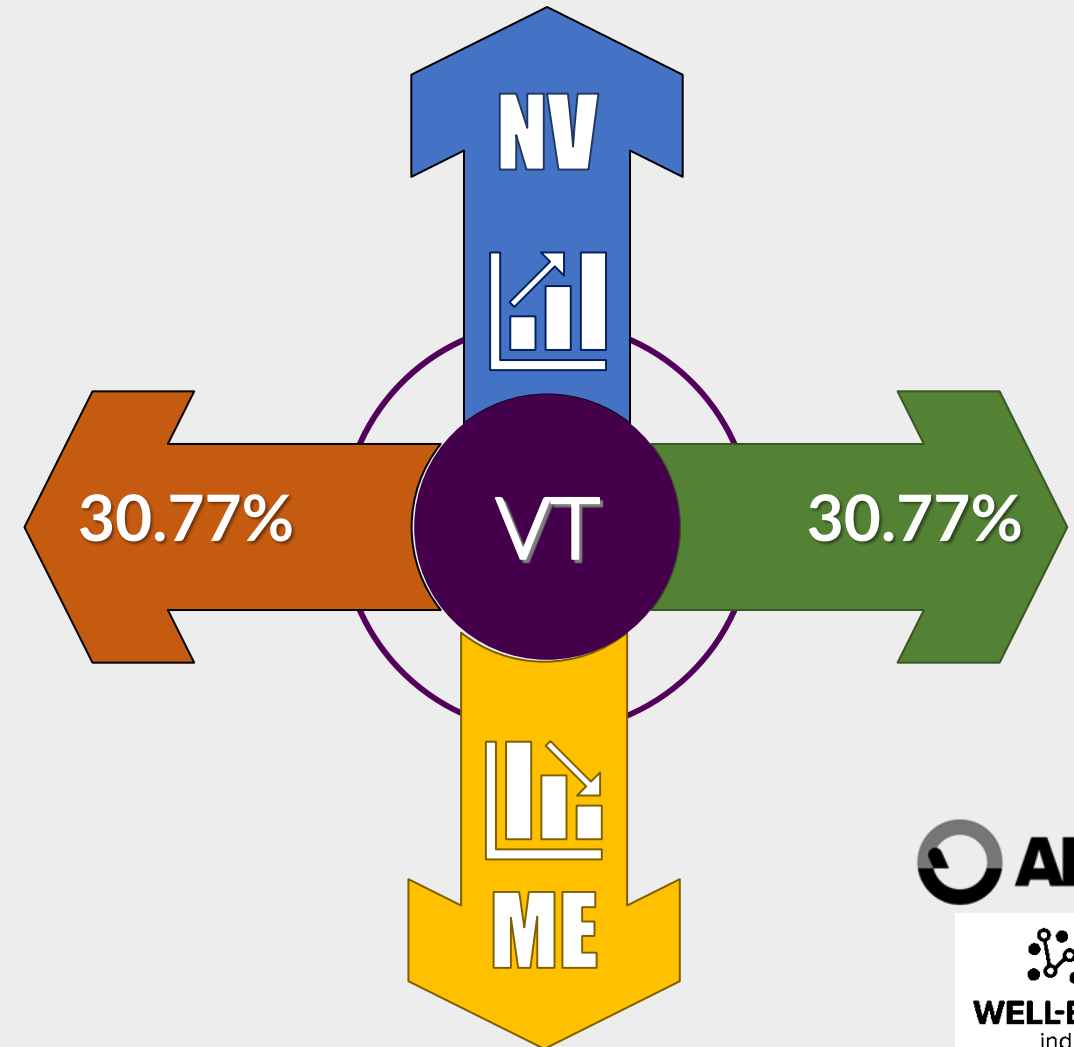
### STATE COMPARISON



As of October 6, 2022

Nevada is the highest at 59.74% (n=33)

Maine has the lowest 19.05% (n=26)



\*Distress Percent is the percentage of individuals with a Well-Being Index (WBI) score  $\geq 5$ . It measures the percent of individuals that are at a high risk of distress.

# **Well-being Resources Promo Slides\***

## **For Your Use in State Social Media and Periodicals**

*\*Please do not change the content of these promotional slides*



## **Burnout is real.**

**Take advantage of APhA's online screening tool, invented by the Mayo Clinic, to evaluate your fatigue, depression, burnout, anxiety, and stress and assess your well-being.**

**It takes less than 5 minutes to answer 9 short questions.**

**It's 100% anonymous, free, and you do not need to be an APhA member.**

**Resources are available once you submit your assessment.**

**Well-being Index for Pharmacists, Student Pharmacists, & Pharmacy Technicians**

**<https://app.mywellbeingindex.org/signup>**

***Invitation Code: APhA***

***Or Scan***



You're committed to pharmacy.  
We're committed to your well-being.  
[www.pharmacist.com/wellbeing](http://www.pharmacist.com/wellbeing)





***Your experiences – positive and negative – tell a powerful story!***

Your experience can be the spark that helps change and enhance the pharmacy workplace, pharmacy personnel well-being, and patient safety.

Submit your experience report to  
***Pharmacy Workplace and Well-being Reporting.***  
[www.pharmacist.com/pwwr](http://www.pharmacist.com/pwwr)

Your report is confidential, anonymous, and protected by the Alliance for Patient Medication Safety - a recognized national patient safety organization.

***Share the PWWR link with your colleagues!***