









Clinical and administrative rotations have evolved during the COVID-19 pandemic which affects pharmacy students, residents, and preceptors alike. Many learning experiences expanded “virtual” based opportunities which may bring a level of unfamiliarity within a teaching environment. Virtual rotations can provide successful learning experiences for students, residents, and other learners, but carry their own set of challenges that both preceptors and learners must navigate.

First, it is important to find a virtual platform that works best for both the preceptor and the learner to use. Setting expectations up front about using these virtual platforms will benefit all parties (





Implementing various social distancing measures for the workplace is recommended by public health organizations. These measures include decreasing in-person social contact, limiting large gatherings, and work redeployment remotely, when feasible.<sup>9</sup> Many utilize video streaming services such as Zoom® to safely organize the virtual gatherings with colleagues. This may help foster collaboration and provide a support system in times of increased stress. However, video streaming services may address increased feelings of isolation which can occur in times of social distancing.

As the pandemic persists and social distancing continues to be the norm, traditional means to decompress remain limited. Although social distancing reduces transmission risks, recommendations against congregation in non-essential public areas - including fitness centers, restaurants, shopping areas, and parks - provide fewer options for clinicians to retreat and recharge beyond their homes. In addition, many states and counties have implemented stay-at-home, shelter-in-place, or self-quarantine orders that prevent pharmacists from spending time with loved ones who may have previously provided support and decompression.

Despite these restrictions, clinicians could utilize phone calls, text messages, or video chats to interact with their loved ones and can help provide a sense of normalcy and improve well-being. Leaning into your colleagues, taking time to connect with others are all important things to help with coping during the pandemic. Also, focusing on what one can control may help the sense of anxiety or unease in these unprecedented times. This may include keeping to a personal schedule, practicing self-care, continuing an exercise routine, and abiding by a healthy diet.

Here are some resources to provide support during these challenging times:

Meditation:

[Headspace](#) - exclusive meditation and mindfulness app ( )

[Ten Percent Happier](#) - free services for healthcare providers for six months; includes weekday live meditations at 3:00pm EST



