

I am a Pharmacy Professional and I... Work Remotely

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Theme: I am a Pharmacy Professional and I... am Part of a Pharmacy Family

Email your response to mgrant@pswi.org by December 1.

Responses should be <100 words and include a photo.

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Working remotely has taught me how to better balance my family and work lives, all while being a teacher in both roles. With two small kids at home and directing courses all summer, it has been a challenge knowing when I should teach my students or teach my kids, and when to plan for my next research project or plan for the next at home adventure. While we never really developed a routine during those crazy weeks, working remotely taught me that I can succeed in both realms by dividing my time into smaller pieces instead of huge chunks. For example, between conducting home-grown science experiments and constructing obstacle courses, I learned how to navigate multiple virtual platforms and transform hands-on skills instruction into distance learning applications. I learned I may not be a great kindergarten teacher, but I can roll dice to practice addition and subtraction. Despite being unable to provide as much immediate verbal feedback as I like, I can still help my students provide detailed recommendations through written feedback. Although challenging, working remotely has given me the opportunity change my outlook on teaching in different, but equally successful, ways.

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Working remotely is not new, as I've done this off and on since 2012. So the coronavirus did not cause cold-turkey virtual work! Here are a few things that have made my 'home' work life successful.

- A good view out the window all four seasons: sky, trees, flowers, leaves, snow, squirrels, a red fox, and an eagle now and then. This helps get through those short days of light in the Wisconsin winter.
- Speaking of light, lots of it. Dark is depressing and lonely and you don't need either of those given all the time you are working alone.
- Two large monitors. Do not skimp on simple, affordable technology to make your 'home' work life easier. It's hard enough to be on the computer all day and worse if you are trying to read, compare documents, and manage multiple websites and emails on one little laptop screen.
- Walk away from the keyboard. Yes, throw in a load of wash, take the dog out, or for that matter, take 'you' out for a walk. You would not sit at the computer eight straight hours if you were 'at work' and you are!
- Read something non-pharmacy at least once per day. Take breaks, in other words.
- Skype with colleagues. We all need the human connection.

