

# Preface

## ■ *Situation 1: An Independent Pharmacy Owner*

Phone calls, patient questions, employee management, recommendations, ordering from the best supplier, managing, checking, payroll reports, and inventory balance. As I glanced up at the clock, I notice its 7:30 PM and my pharmacy closed at 6:00 PM. My heart drops to the pit of my stomach. I have officially missed my son's baseball game yet again. After my commute home, I walk into the house and find my son getting ready for bed. "Don't worry mom, you can watch me play next season." I continue to beat myself up for it late into the night as restful sleep does not happen under the weight of a guilty conscience.

## ■ *Situation 2: A College of Pharmacy Faculty Member*

Committee meetings scheduled 4 out of 5 days this week, 2 of which I am running. Manuscript revisions due Tuesday. Grant application due Wednesday. New lecture for pharmacy students, for whom I am a course director, to be delivered Thursday. Unexpected explosion of e-mails to be addressed at exactly this point in time—of course, the worst time. On top of that, who left work late attempting to resubmit the manuscript only to sit through an hour's worth of heavy traffic home? Yes. Me. Thankfully, my husband had already started dinner. "*But Mommmmm, you said you'd make a craft with me yesterday, and you didn't. And today you have no time either.*" My heart sank. It was Tuesday and I had just

cracked open my laptop to complete my grant application. “*You’re always saying you can’t.*” And boy, does my little 7-year-old girl, going on 17, know how to rip my heart out. Sigh. I quickly make a mental note to over-compensate this weekend. I’ll make it a “mommy and me” day. Yes, I will do it this time. I PROMISE.

### ■ *Situation 3: The Pharmaceutical Industry Professional*

I have a college-aged daughter. She’s double majoring in theater and international relations. I tell her about how busy and burnt out I am feeling at work lately with all of this travel and numerous visits with key opinion leaders. Now, they have asked me to lead the team when the new product is launched. “*You’ve always been telling me about work and life balance, Dad. What are YOU doing to get work and life balanced?*” Oh man. When did she grow up so quick? I’m a hypocrite, telling her to do these things when I can’t get it together myself. I need to stop preaching and get balanced. STAT.

How many pharmacist women (*and men!*) out there can relate to these situations? Undoubtedly, too many of us. How many other countless, similar situations of missing out because of professional obligations come to mind? Also more than likely—too many, unfortunately.

How many times in practice have we wondered what others are doing to achieve the same goal? How many times have we felt we were working in a silo? What best practices are available that would help us approach something in a consistent, effective manner? How do we stay balanced in our personal and professional lives? How can others help?

As pharmacists, we encounter thousands of patients on a daily basis. In essence, we’ve heard it all, dispensed it all, medicated it all, smelled it all, and . . . and we still keep going. This book serves as a resource to connect pharmacist parents—through communal sharing of experiences, through advice and expert tips, and most importantly, through each other. Pharmacy students will also find it insightful during their journey in pharmacy, and supporters of pharmacy (e.g., pharmacy organizations, employers, colleges and schools of pharmacy, etc.) will find it beneficial in helping to address challenges of burnout and diversity, equity, and inclusion facing pharmacists in the workplace today.

Achieving work and life balance and wellness is essential to all pharmacists. To achieve it, we need support, we need advice, we need motivation, and we need help . . . most of all, from each other.

Now, let's get started talking about it!

Suzanne and Rosalyn