

## Introduction

Institutions of higher education are often regarded as protected environments where faculty and students exchange ideas in a collegial atmosphere.

Consequently, incidents of violence on campus are particularly shocking and often evoke concerns about the safety of all individuals. Universities are not free from violence and such incidents include physical or sexual assault, stalking, and rioting.

In addition, healthcare workers suffer from more workplace violence than any other professional except law enforcement and security personnel.<sup>1</sup>

## Objective

To address concerns, Wegmans School of Pharmacy implemented a self-defense workshop for faculty, staff, and students.

The objective of the workshop is to provide participants essential self-defense skills related to:

- Situational awareness
- Identifying threatening situations
- Learning physical and verbal techniques
- Developing decision-making skills



**ST. JOHN FISHER  
UNIVERSITY**

WEGMANS SCHOOL OF PHARMACY

## Empowering Pharmacy Faculty, Staff, and Students Using Self-Defense Workshop

David Hutchinson, PharmD, BCPS, BCPPS  
Katherine Juba, PharmD, BCPS  
Ramil Sapinoro, Ph.D.

St. John Fisher University  
Wegmans School of Pharmacy  
Rochester, NY

### Table 1. Common Jiu-Jitsu Techniques Shared with Participants at the Workshop

Combat Base	Standard Wrist Releases
Trap and Roll Escape	Front Choke Defenses
Super Slap	Rear Attack Defenses
Punch Defenses	Punch Block Series
Guard Get-Up	Guard Chokes
Hair Grab Defenses	Elbow and Shrimp Escape

1. Kumari A et al. Interventions for workplace violence against health-care professionals: A systematic review. *Work* 2022; 73: 415-427
2. Harrell E et al. Bureau of Justice Statistics, Bureau of Labor Statistics, National Institute for Occupational Safety and Health. Indicators of workplace violence, 2019. [cited 2024 June 10]. <https://bjs.ojp.gov/library/publications/indicators-workplace-violence-2019>

## Self-Defense Workshop

Self-defense classes are led by a Gracie University Certified Instructor. A total of 20 core techniques of Brazilian Jiu-Jitsu are introduced from the Gracie Combatives® and Women Empowered® programs in a fun, safe, and cooperative environment.

### Figure 1. Images from the Workshop



### Figure 2. Average Annual Rate of Nonfatal Medical Workplace Violence per 1,000 Workers, 2015 - 2019<sup>2</sup>

