

Ambulatory Care Residency Program

Newsletter

Our Residents

Pictured seated, left to right: Stephanie Smith, Mollie McFaggen, Mark Nickell, Emily Holm; standing front row: Lisa Schleper and Katie O'Brien; middle row: Lindsay Sorge, Jessica Hammes, Maria Amaro, Maggie Wallace, Anusha Raju, and Heidi Mandt; back row: Mark Kasella, Alison Knutson, Mike Akers, Jenifer Morgan, and Vincent Murphy (not shown – Jonica Hazaert).



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A Note From the Director

Student pharmacists who will soon be graduating are acutely aware of the gap that exists between the number of graduates pursuing residencies and the number of positions available. In last spring's PGY1 residency matching process, there were over 3,277 applicants but only 2,173 positions available. In the past two years, the number of residency positions has increased 16 percent however the number of applicants has grown by 31 percent. The gap between applicants and positions is widening and as a result, a great deal of discussion is occurring nationally, seeking mechanisms to increase the capacity for residency training in the U.S.

As this discussion continues, the multi-site, centralized administration model utilized by our program is frequently being highlighted as a model that can facilitate residency training expansion. By December, I will have had the pleasure of sharing our program's story with audiences at three national meetings in 2011. In February, I was pleased to attend the Pharmacy Residency Capacity Stakeholders Conference in Washington, DC. I was asked to participate on a panel that highlighted "success stories" in residency

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From the Director, continued.

expansion, specifically speaking to our College of Pharmacy-based administration and our focused expansion of rural-based residencies. I was also able to contribute our program experience to the work group discussions that led to conference recommendations.

In July I had the opportunity to participate in a program at the annual meeting of the American Association of Colleges of Pharmacy, sharing our story of how a school-based residency program can successfully influence pharmacy practice and residency education across a state. Virginia Commonwealth University was also highlighted, sharing their experience with community pharmacy partners.

Finally, in December we will have yet another opportunity to share our story, presenting a session at the ASHP Midyear Clinical Meeting. The targeted audience for this session will be pharmacy leaders from health systems and pharmacy practice department chairs and faculty. Our program will be the only one highlighted, providing an opportunity to share in more depth how residency education can fit within the mission and vision of an academic institution and describe the “win-win” that we know can be created through academic-practice partnerships.

What do these presentations mean for our program? It’s validation that what we’ve developed here - through collaborative efforts between the school and health care organizations - is innovative and well-positioned for the future. It has also provided a venue to highlight the need for growth specifically in PGY1 programs focused on ambulatory care. My experience at the Residency Capacity Stakeholders Conference reminded me how much of the national dialogue around residency expansion is focused on growth of training opportunities in hospital settings. The discussion at this conference minimally acknowledged the continuing shift of health care delivery from the acute care to ambulatory care environment and the implications of this evolution for where a future residency-trained pharmacy workforce will be needed. As a profession, we need to consider how our educational system remains aligned with where the health system is moving. I hope that our preceptors, residents and alumni take pride in knowing that our program’s story is helping to convey this message and shape program design beyond the borders of our state.

All the best,

Todd D. Sorensen, Pharm.D.

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**2010-11 Residents’
Graduation**

2010-2011 Residents: Where are they now?

Kassy Bartelme – Assistant Professor, Concordia University, Mequon, WI

Andrew Bzowycykj – Clinical Assistant Professor, University of Missouri, Kansas City, MO

Jennifer Chen – Teaching Specialist, University of Minnesota College of Pharmacy, Minneapolis, MN

Amy Engelhart – Staff Pharmacist, St. Cloud Hospital, St. Cloud, MN

Jenifer Morgan – PGY2 Practice Development Residency, Park Nicollet Clinic, St. Louis Park, MN

Amanda Pasche – Clinical Pharmacist, Goodrich Pharmacy, Anoka, MN

Jenny Rivera – Clinical Pharmacist, Westside CHS, St. Paul, MN

Heidi Schultz – Clinical Pharmacist, Fairview Pharmacy Services, Minneapolis, MN

Mariette Sourial – Assistant Professor, West Palm Beach Atlantic University, FL

Mary Jo Vierkant – Clinical Pharmacy Specialist, North Memorial Medical Center, Minneapolis, MN



Site Profile: Essentia Health Clinics

Essentia Health is an integrated health system serving patients throughout Minnesota, Wisconsin, North Dakota, and Idaho. The headquarters are located in Duluth, Minnesota. Essentia Health was originally formed in January 2004 through a partnership between the Benedictine Health System and St. Mary's/Duluth Clinic Health System, both based in Duluth. In January 2008, Innovis Health joined Essentia Health and all of the hospitals and clinics owned by the Benedictine Health System were transferred to Essentia Community Hospitals and Clinics.



Left to right: Mike Swanoski (preceptor) with residents Maria Amaro and Michael Akers

In 2010-11, records indicate that our residents engaged in an average of 500 patient encounters during their patient care learning experiences.

Medication Therapy Management (MTM) services that began in Essentia Health's Internal Medicine (IM) department in 2004 have evolved into a thriving practice. Pharmacists practice side-by-side with physicians, physician assistants, nurse practitioners, and nurses in a truly interprofessional manner. An MTM patient encounter with a pharmacist usually occurs prior to a medical provider appointment. During the encounter the pharmacist assesses each medication for indication, effectiveness, safety, and adherence to identify drug therapy problems. Following visits, the pharmacist reports recommendations either verbally or in writing to the medical provider, then documents the encounter in the electronic health record. MTM

services have expanded beyond the IM department to include patients from neighborhood and regional clinics, pediatrics, memory care clinic, chronic pain clinic, and oncology.

Essentia Health became a University of Minnesota Ambulatory Care Residency site during 2008-2009. Our former residents are all involved in successful, challenging positions (see below).

Residency Graduates

Name	Year	Current Practice Site
Audrey Imberg	2008-2009	MTM pharmacist - Mayo Clinic, Mankato, MN
Sean Stewart	2009-2010	Assistant Professor - Concordia College of Wisconsin, Milwaukee, WI
Jennifer Chen	2010-2011	Teaching Specialist - University of Minnesota College of Pharmacy, Minneapolis, MN

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Site Spotlight: Avera Marshall Regional Medical Center

With pharmacy services in rural health systems becoming increasingly complex, desire on the part of these systems to hire residency-trained pharmacists has grown significantly. Few regions in the state have experienced this more than southwestern Minnesota. The population distribution in the region includes a plethora of small towns with populations less than 3000 and very few “cities” with populations exceeding 10,000. As a result, there are many small rural health systems across the region – systems that are frequently seeking to expand the scope of services provided by their pharmacists.



Aerial view of Avera Marshall Regional Medical Center in Marshall, Minnesota

Recognizing this dynamic, our program is excited to have Avera Marshall Regional Medical Center join our ranks in 2011. We anticipate that our partnership with Avera Marshall – one of the larger rural health facilities in the region – will serve as a pipeline for residency-trained pharmacists to the area. Marshall (population of 12,000) is an economic center in the region, serving as the home of Southwest Minnesota State University and the national headquarters of the Schwan Food Company. The medical center is part of Avera Health, based in Sioux Falls, South Dakota.

Approximately 25 percent of the U.S. population lives in rural areas, however, only 12 percent of U.S. pharmacists practice in rural communities.

The beginnings of this residency partnership provide a glimpse of potential pipeline success. Avera Marshall’s Director of Pharmacy, Evert Olesen, is a 2009 graduate of our program. As he finished his residency training at Johnson Memorial Health Services in Dawson (50 miles north of Marshall), Avera Marshall was seeking a new Director of Pharmacy. Because they had a desire to increase the clinical services provided by pharmacists in the institution, the organization had a strong preference for residency-trained candidates. Evert accepted the position in the summer of 2009 and spent the next two years enhancing core pharmacy operations and implementing new clinical services. By 2011, the department was ready to welcome its first resident, Emily Holm. Emily is focusing on continuing to expand medication management services in Avera Marshall’s ambulatory care clinic, already achieving significant growth in referred patient visits and development of collaborative practice agreements in her first three months.

A key element of our stated vision for our program is that it will serve as “an instrument for pharmacy practice development, particularly in underserved urban and rural communities.” This partnership with Avera Marshall and the value we believe it will bring to pharmacy practice in southwestern Minnesota is a great example of our program’s vision becoming reality.

Meet Our Residents, 2011-2012

Essentia Health, continued.

Due to increasing demand for pharmacists at Essentia Health, we have expanded from one to two ambulatory care pharmacy residents this year. Each resident is involved in many exciting opportunities. The residents typically spend three days per week in the clinic practicing MTM as described above. One morning per week is spent participating on the hospice care team serving as the medication expert. Teaching is also integrated into the residents' experience, as they facilitate the College of Pharmacy's pharmaceutical care lab located on the Duluth campus one day per week. Moreover, each resident staffs at an Essentia Health community pharmacy one day per week. The residents also spend one month during their residency completing an acute care rotation at St. Mary's Hospital to further expand their experience in different pharmacy practice settings and learn to improve the process of care transition. Management and leadership learning opportunities are also included throughout the residents' time at Essentia Health. Currently, the residents are leading the development of collaborative practice agreements with physicians in the IM department as well as implementing pharmacy services in the bariatric clinic.



Michael Akers, Pharm.D.

Alma mater: University of Maryland

Site: Essentia Health

Mike serves on the hospice and asthma teams, helps precept pharmacy students on APPEs, delivers CME presentations to clinic providers, and teaches at the UMD College of Pharmacy.



Maria Amaro, Pharm.D.

Alma mater: University of Minnesota – Twin Cities

Site: Essentia Health

After her residency, Maria plans to seek a career in a clinical ambulatory care practice where she can precept pharmacy students and remain involved in community pharmacy.



Jessica Hammes, Pharm.D.

Alma mater: University of Minnesota – Twin Cities

Site: First Light Health System

Growing up in a rural community has led Jessica to pursue a residency program where she will be able to explore both healthcare triumphs and challenges faced by rural community members.



Jonica Hazaert, Pharm.D.

Alma mater: University of Minnesota – Duluth

Site: Fairview Pharmacy Services with Genetics and Rare Diseases Specialty

The second year of her residency program is focused on research and providing MTM to patients with lysosomal storage disorders in the Advanced Therapies Clinic at the University of Minnesota.



Emily Holm, Pharm.D.

Alma mater: University of Nebraska Medical Center

Site: Avera Marshall Regional Medical Center

As part of her residency, she performs MTM reviews for admissions/discharge, as well as inpatient and outpatient psychiatric and long-term care consulting.

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Mark Kasella, Pharm.D.
Alma mater: University of Minnesota – Duluth
Site: St. Cloud VA Health Care System

At his practice site, he works in clinic as part of a Patient Aligned Care Team (Medical Home Model) to make appropriate therapeutic decisions surrounding the care of veterans.



Jenifer Morgan, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Site: Park Nicollet Clinic – St. Louis Park

She spends a portion of her time collaborating with practice faculty on scholarship projects, including review of decision-making and referral cut points for MTM services.



Alison Knutson, Pharm.D.
Pharmaceutical Care Leadership (Year 2)
Alma mater: University of Minnesota – Twin Cities
Site: Park Nicollet Creekside Clinic

As a second year leadership resident, her time is split between establishing an MTM program within the clinic and teaching at the College of Pharmacy.



Vincent Murphy, Pharm.D.
Alma mater: Creighton University
Site: Westside Community Health Services

After residency, Vince would like to continue his work in the ambulatory care setting working to develop MTM services and expand the use of collaborative practice agreements.



Heidi Mandt, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Site: Fairview Pharmacy Services

When she is not seeing patients, she assists her site preceptor in mentoring pharmacy students and providing in-service educational programs to nurses and other clinic staff.



Mark Nickell, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Site: Goodrich Pharmacy

He is involved in planning various flu clinics, providing quarterly chart reviews for a local group home, conducting monthly health and wellness visits, and helping precept pharmacy students.



Mollie McFaggen, Pharm.D.
Alma mater: University of Minnesota – Duluth
Site: Community-University Health Care Center

In addition to MTM services, she is involved with patient assistance programs to help patients gain access to medications they may otherwise not be able to afford.



Katie O'Brien, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Site: St. Cloud VA Health System

As part of the medical home model, she works directly with providers in the therapeutic management of chronic disease states.



Anusha Raju, Pharm.D.
Pharmaceutical Care Leadership
(Year 1)
Alma mater: Northeastern University
Site: Broadway Family Medicine
Clinic

As a first year leadership resident, she spends half of her time at Broadway Family Medicine and half of her time at the College of Pharmacy.



Lindsay Sorge, Pharm.D.
Pharmaceutical Care Leadership
(Year 1)
Alma mater: University of
Minnesota – Twin Cities
Site: Smiley’s Family Medicine Clinic

Because her personal philosophy revolves around the idea that the overall health of patients is best improved through preventative care, Lindsay is currently working towards a Masters in Public Health.



Lisa Schleper, Pharm.D.
Alma mater: University of
Minnesota – Twin Cities
Site: Westside Community Health
Services

In addition to MTM, she participates in diabetes group visits and HIV/AIDS clinics. At La Clinica, she welcomes the challenge of using Spanish to communicate with many patients.



Maggie Wallace, Pharm.D.
Pharmaceutical Care Leadership
(Year 2)
Alma mater: North Dakota State
University
Site: University of Minnesota –
Hennepin County Medical
Center – Richfield Clinic

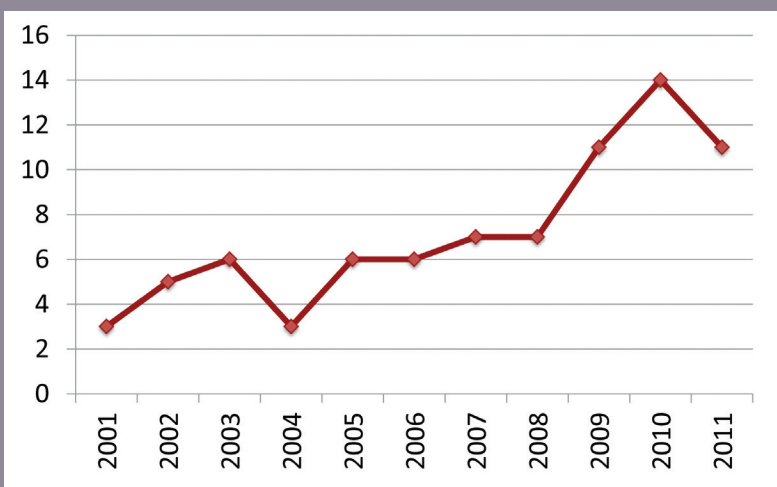
After completing the second year of her leadership residency, Maggie plans to pursue a career in academia, both providing didactic education and practicing at an ambulatory care clinic.



Stephanie Smith, Pharm.D.
Alma mater: University of
Minnesota – Twin Cities
Site: Fairview Pharmacy Services

She is involved in working with pharmacy students, providing medication safety information to patient groups, and working to expand MTM services provided in the community.

10 Years of Growth in Residency Graduates



Alumni Updates

Audrey Imberg started a new job at the Mayo Health System in Mankato to pilot a pharmacist-led accountable care organization using MTM as the primary delivery method. She's excited because this move will bring her closer to fiancé, Jim Umbreit. They plan to be married in April 2012 and will live in Lonsdale.

Holly Kadrmas is working as a clinical pharmacist at HealthPartners (HP), providing MTM services to the HP White Bear Lake, Coon Rapids, and Brooklyn Center clinics. She has signed up as a preceptor with the MN Board of pharmacy and will start taking 4th year pharmacy students this year.

Laura Odell is currently the supervisor of the Mayo Clinic Medication Therapy Management Program in Rochester, MN and recently completed her Masters in Public Health from the University of MN in August 2011!

Vibhuti Arya, faculty member at St. John's University and working with the NYC Health Department's Bureau of Chronic Disease Management received a grant this summer through a private foundation in NYC to explore building the framework for MTM among high-risk patients suffering from chronic disease in NYC.

Amy Dittmer (Edge) married in June 2011 to Bryan Dittmer and accepted a position as the Director of Pharmacy at Glencoe Regional Health Services in Glencoe, MN in June 2011.

Leslie Helou was promoted to Therapeutic Lead, CNS Strategic Planning & Portfolio Management in September 2011 at Upsher-Smith.

Todd Lemke is serving his 4th year as a faculty member with the HRSA Patient Safety and Clinical Pharmacy Services Collaborative which currently has over 100 teams across the United States improving medication safety and access to clinical pharmacy services for safety net patients in both urban and rural areas. On the farm, Todd and his family have branched out and started raising organic beef cattle.

Kelly Schweim continues to provide MTM services for Fairview Pharmacy at the University of Minnesota Primary Care Center and Fairview Ridges Clinic. She is a preceptor for ambulatory care residents and 4th year pharmacy students. She and her husband, Bob, live in Lakeville with their children Ivan (5 yrs) and Ellie (6 mos).

Heather Maracle is working full time as a Medication Therapy Management Pharmacist with Fairview. She is currently practicing at the Fairview Northeast and Columbia Heights Clinics, as well as General Mills Corporate Headquarters. She also became a preceptor, and began working with her first student this month!



Residents lawn bowling at Brit's Pub in downtown Minneapolis