I am very honored and excited to be writing this director’s column for the first time! I appreciate all of the support I received from preceptors and residents as I stepped into this new role as Director of the Ambulatory Care Residency Program starting July 1.

I first want to recognize and personally thank Dr. Todd Sorensen, who served as Director for 14 years. His impact on residents has been amazing, and was illustrated by the attendance at a recognition party held for him on June 28. I’d like to extend a special thank-you to each of you who were able to travel to Minneapolis to attend this fun event. Many residents voiced words of appreciation for the professional mentorship they received from Todd during their residency training and beyond. Todd’s leadership and development skills led to the growth of our residency program to its current state. I am grateful that Todd has continued to stay with the program as the site coordinator and preceptor for the leadership residents.

(continued on page 2)
**From the Director, continued.**

The model that Todd developed for our program is unique. We have been a national example for multi-site programs, and I plan to further strengthen this national reputation. Our model builds on expertise of sites and preceptors, allowing them to focus on the educational experience of residents. Collegiate administration assumes responsibility for core learning activities, residency project mentorship when needed, and achieving and maintaining accreditation.

As I reflect on my vision for our residency program, I see the primary goal of our program as training pharmacists to be advanced patient-centered care ambulatory care providers of comprehensive medication management. It is perfectly clear that the root of our current success is in the quality of the residency training sites and preceptors. I have great respect and appreciation to all of our preceptors for their dedication to their residents and ongoing practice development!

One of my goals for the program is to be the premier ambulatory care PGY1 residency in US. We are known to be the largest ambulatory care residency in the country currently. In 2013, 61 of our 86 applicants were from institutions other than the University of Minnesota, which illustrates that our program is nationally known and recognized. I believe we can continue to build on this, particularly in the scholarship of our program. This includes advancing the quality of resident projects through mentorship, so that they can be disseminated in a scholarly fashion in order to share the impressive work occurring at our sites.

We are seeing first-hand the increase in need and demand for residency training which is driving the profession to expand the number of residencies available. I have already been contacted by new sites interested in starting a residency through our program, so I’m anticipating new growth in our number of sites in the 2014-2015 year. I look forward to continuing to advance and grow our residency program. There are many exciting times ahead of us!

All the best,

Sarah M. Westberg
Professor and Director, Ambulatory Care Residency Program
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**2012-2013 Residents: Where are they now?**

- **Justin Anderson** – Westside Community Health Services – La Clinica, St. Paul, MN
- **Ashley Crowl** – PGY2 Resident in Ambulatory Care, Park Nicollet, Minneapolis, MN
- **Kara Kent** – Clinical Pharmacist, Barton Memorial Hospital, South Lake Tahoe, CA
- **Kimberly Kosloski Tarpening** – Clinical Pharmacist, University of Utah – Health Care, Salt Lake City, UT
- **David Laffrenzen** – Hospital Pharmacist, St. Elizabeth’s Medical Center, Wabasha, MN
- **Anusha McNamara** – Currently seeking employment
- **Laura Palombi** – Staff Pharmacist, Thrifty White Pharmacy, MN
- **Christine Schroeder** – Clinical Pharmacy Specialist, NorthPoint Health and Wellness, Minneapolis, MN
- **Anita Sharma** – PGY2 Resident in Ambulatory Care, Woodwinds Health Campus, Woodbury, MN
- **Lindsay Sorge** – Medication Management Pharmacist, Park Nicollet, Minneapolis, MN
- **Brittany Symonds** – Medication Therapy Management Practitioner, Fairview Pharmacy Services, Richfield, MN
- **Amy Ullman** – Clinical Pharmacy Specialist (anticoagulation), Chillicothe VA Medical Center, Chillicothe, OH
- **Kaitlin Yost** – Medication Therapy Management Pharmacist, Fairview Pharmacy Services, North Branch and Princeton, MN
Alumni Profile: Magdi Awad, Class of 2010
Community Clinic Emphasis

Magdi Awad, Class of 2010, completed his residency at Westside Community Health Care Center. As with many graduates of pharmacy residency programs, Magdi has found himself educating in both institutional and clinical settings. He resides as a faculty member at Northeast Ohio Medical University (NEOMED) and also as the Director of Pharmacy Services at AxessPointe Community Health Center, a Federally Qualified Health Center (FQHC) with three locations in Northeast Ohio.

In his role as assistant professor at NEOMED, he teaches in the didactic portion of the Pharm.D. curriculum and precepts fourth-year pharmacy students during their two-month Ambulatory Care/Underserved rotation. In his role as the Director of Pharmacy Services at AxessPointe, he works alongside an additional part-time clinical pharmacist to precept students and residents and to also provide clinical services. Initially, services provided included monthly CME in-service to medical providers, medication therapy management, disease management and spirometry. In 2011, Magdi introduced medication-access programs and in 2012 he introduced pain-management services. He also began utilizing the 340B program through a contract pharmacy. In August of 2013, AxessPointe held a grand opening for its own dispensing pharmacy at its Akron site. AxessPointe also started its own residency program in 2012.

Magdi’s hard work and positive impact on the community and hard work has not gone unrecognized. He is a recipient of the 30 For the Future Award, given to young professionals impacting the greater Akron, OH area. As a young healthcare professional who has had a positive impact in healthcare in NE Ohio, he has also been added to the Who to Watch in Health Care list.

Magdi is thankful he had the opportunity to be a part of Westside during his residency program. Westside provided Magdi with ample learning opportunities and projects that strengthened his clinical skills while also preparing him to develop his own practice site. Preceptors at Westside (continued on page 4)
allowed him to tailor his experience to match his needs and goals, and were valuable resources later when he was starting both the 340B pharmacy and the precepting program. The residency program also exposed him to a variety of practice settings, preceptors with unique expertise, and strong leadership and advocacy preparation.

Magdi finds many rewarding aspects to his career, but finds the impact on students, especially those who have never realized the great role and value a pharmacist can play, to be the most satisfying. Seeing first-hand how his services can improve the clinical and humanistic outcomes for his patients comes in at a close second.

Alumni Profile: April Lundquist, Class of 2005

Rural Emphasis

April (Hanson) Lundquist, Class of 2005, completed her residency at Tyler Healthcare Center in Tyler, MN. April is currently the Director of Pharmacy at Sanford Sheldon Medical Center in Sheldon, IA, a 25 bed critical access hospital. Like many other professionals who work in leadership positions in rural hospitals, April often finds herself working in many roles with a variety of responsibilities. As the Director of Pharmacy, April finds her position to be diverse and rewarding. Some of her daily responsibilities include medication reconciliation, discharge medication reconciliation, discharge medication counseling, anticoagulation dosing, and pharmacokinetic dosing/monitoring. April also finds herself involved in budgeting, coordinating and assisting with CPOE development/improvement, bedside barcode set up, staff education, precepting, and acting as the P&T Chair.

April has found successes in her career through innovation and people. She’s discovered that working with pharmacy students, patients, and assisting nursing or medical staff is the most rewarding. Highlights of her career include implementing new services such as pharmacist managed anticoagulation monitoring, computer system/automated dispensing machine, CPOE, and bedside barcoding.

April still finds it unbelievable at times that Todd Sorenson took the risk of placing her, a new graduate, into a small rural hospital to establish pharmacy services. She is thankful she was placed at a site that exposed her to the role of the pharmacist in a rural hospital so she could see first-hand the impact a pharmacist can make in rural healthcare. To her, no other experience could have provided that depth of knowledge.

April enjoys the tremendous variety of responsibilities in her position. She often finds herself telling pharmacy students that in this role, she
knows a lot of “stuff” but is not an expert on anything. Outside of her time spent at the Sanford Sheldon Medical Center, April and her husband Scott live in Sioux Center, IA. They enjoy bicycling, home improvement projects and cheering on the Iowa State Cyclones.

**Alumni Profile: Leslie Helou, Class of 2004**

**Leadership Emphasis**

Leslie Helou completed her Pharmaceutical Care Leadership Residency in 2004. Her post-residency employment background is unique, with her residency experience allowing her to advance to a role in Corporate Strategy early in her career. She is currently employed by Upsher-Smith Laboratories, Inc., working as the CNS Program Lead and Director, Strategic Portfolio Management.

As the Director for Strategic Portfolio Management, she finds herself responsible for therapeutic area insights in the Strategic Portfolio Management Group. Some of her responsibilities include: tracking unmet medical needs, promising areas of research, and clinical trial regulatory trends in the company’s therapeutic areas of interest, including epilepsy, Parkinson’s disease, and Alzheimer’s disease. Additional responsibilities include identifying, evaluating and recommending to management the compounds to add to the development portfolio in the above mentioned therapeutic areas.

As the Program Lead for comprehensive development program in neurology, Leslie finds herself managing all aspects of development for a Phase 3 asset being developed to treat an Orphaned Designated condition. She is responsible for ensuring the development program meets the requirements for a successful filing with the FDA while also generating data and patient care programs that meet the needs of patients, their caregivers, and the providers who treat them.

For Leslie, direct patient care and interactions with other providers in the clinic produced a perspective that leadership in the pharmaceutical industry valued. She has certainly had her successes. Within two years in industry, she was asked to take on a significant amount of responsibility with a limited amount of experience. Her ability to embrace the business side of pharmaceutical development, while also understanding the science behind it, resulted in being selected to lead a development program after only eight years as an employee.

Leslie finds many elements of her career rewarding. She finds researching the needs of patients and their caregivers, and incorporating those needs into the development of a product that will hopefully provide benefit to hundreds of thousands of patients, to be the most significant.
New Site Profile

Walgreens/Hennepin County Medical Center
The passing of the Affordable Care Act provided opportunities for pharmacists to participate in new integrated care and payment models such as ACOs and transitional care. During this transitional period of health care reform, it has never been more critical to fully establish the key role that pharmacists play as part of the healthcare team. Three major healthcare players: the University of Minnesota College of Pharmacy, Hennepin County Medical Center (HCMC), and Walgreens, joined together in creating a residency focusing on the role that pharmacists play in not only improving patient care but also reducing healthcare costs.

This residency offers a unique experience in a variety of settings with the purpose of identifying models for improving care transitions from the hospital to community pharmacy and reducing readmissions for high-risk patients. Hennepin County Medical Center, located in downtown Minneapolis, is a level one trauma center with many nationally recognized programs and specialties that also provides care through primary care clinics in surrounding suburban communities. Walgreens is a leader in community pharmacy and strives to continually improve patient care. Walgreens mission is focused on being the most trusted, convenient, multichannel provider and advisor of innovative pharmacy, health and wellness solutions in communities across America. They also offer a variety of services including immunizations and health testing.

Walgreens/HCMC currently has one resident position, whose time is spent at both HCMC and Walgreens. The resident divides their time between the two organizations, working two days per week alongside Dr. Kristen Fischer at the HCMC Whittier clinic and two to three days per week at Walgreens working with Dr. Michelle Aytay. At the Whittier Clinic, the resident has an opportunity to work collaboratively with staff and resident physicians in managing patients for anticoagulation, diabetes, asthma, and comprehensive medication management services. At Walgreens, she is able to participate in providing medication therapy management for Medicare Part D and employer group plans. In addition, she is actively involved in other clinical services, such as participating in health fairs and immunizations.

As this is the first year for this collaborative residency site, Dr. Wingen will be focusing her residency project on transitions of care. She will be following patients from the HCMC system to their Walgreens community pharmacy. The project will include the convenient care location of the patient’s local Walgreens, combined with the clinical information and established relationships with clinic providers through HCMC. It will be exciting to hear results from her project in June!
Meet Our Residents, 2012 - 2013

Charmin Amundson, Pharm.D.
Alma mater: Creighton University
Clinic Site: St. Cloud Veterans Affairs

One of Charmin’s primary roles in her residency position is to help manage Veterans’ chronic disease states as part of an interdisciplinary group called Patient Aligned Care Teams. Charmin’s main scope of practice allows her to adjust medications and order labs in order to optimize patients’ medications.

Madeline Charles, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Clinic site: Goodrich Pharmacy

At her practice site, Maddy is excited for the pharmacy to be moved into the new Riverway HealthPartners Clinic in Anoka. She is planning to expand pharmacist utilization in the clinic setting and see more patients for medication therapy management services. Maddy has been working on organizing flu shot clinics for local businesses and senior living facilities and has been seeing patients in the community pharmacy and clinic setting for medication therapy management.

Ashley Crowl, Pharm.D.
Pharmaceutical Care Leadership Resident (Year 2)
Alma mater: University of Missouri – Kansas City
Clinic Site: Park Nicollet

Ashley currently provides medication management in both a family medicine and internal medicine clinic. She works closely with physicians, care coordinators, diabetes educators and other members of the health care team to ensure that they are providing the best care to their patients. When she is not providing direct patient-centered care, she is working on quality improvement projects to better the clinic. She also teaches in the Pharmaceutical Care Lab at the College of Pharmacy and work with third years to foster their growth in clinical skills and patient assessment. Upon completion of her residency, she hopes to pursue a position as clinical faculty at a college of pharmacy while continuing to be actively involved in pharmacy organizations and advocating for the pharmacy profession.

Cassie Dillon, Pharm.D.
Alma mater: University of Minnesota - Duluth
Clinic Site: Essentia Health

Cassie is currently located in the Internal Medicine Department. Cassie is involved in interdisciplinary team rounds for hospice, managing patients’ cholesterol through Statin Protocol, research with the Institute of Rural Health, and various other things.

Mike Eannelli, Pharm.D.
Alma mater: University of Minnesota - Duluth
Clinic Site: FirstLight Health System

Mike desires to work in the emergency department in an effort to identify and refer frequent users of the ED to outpatient Medication Therapy Management services. If possible, he would like to develop a specialized MTM service for the oncology patient population.

Anjanette Finnegan, Pharm.D.
Alma mater: Creighton University
Clinic Site: Community-University Healthcare Center

Anjanette works within an inter-professional team to manage health conditions of underserved individuals. She has special interest in improving medication outcomes in patients with psychiatric illness.

Natalie Hanson, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Clinic Site: New Ulm Medical Center

Natalie is working on the development of an outpatient antimicrobial stewardship tool for use by providers in the clinic at New Ulm Medical Center. She is working to build the pharmacist role within the clinic by conducting comprehensive medication reviews as well as participating in other patient care initiatives. She also staffs the hospital pharmacy weekly and rounds within the hospital every morning.
Taylor Hill, Pharm.D.
Alma mater: University of Minnesota – Duluth
Clinic Site: Essentia Health

Taylor provides medication management services working alongside other care team members at Duluth Family Medicine Clinic, Essentia Health Proctor Clinic, and Essentia Health Lakewalk Clinic. He enjoys working with patients who have diabetes and is interested in becoming a certified diabetes educator.

Brittany Hogan, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Clinic Site: Fairview Pharmacy Services

Brittany splits her time between two primary care clinics helping patients optimize their medications during Medication Therapy Management (MTM) visits. She also spends one day a week at the Fairview Pharmacy Services office building participating in management opportunities. Her research project aims to evaluate the impact of transitions of care MTM referrals and visits on reducing emergency room visits and hospital readmissions.

Marjan Khazaeli, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Clinic Site: Fairview Pharmacy Students

Marjan divides her time seeing patients at two clinics and learning about Fairview’s role in an Accountable Care Organization. In addition to seeing patients, she is working on developing co-visits with medical residents, establishing diabetes group visits for Somali patients, and eventually being a TA for pharmacy students in the spring semester.

Britney Klocke, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Clinic Site: St. Cloud VA Health Care System

At the St. Cloud VA, Britney manages Veterans’ chronic disease states as part of interdisciplinary Patient Aligned Care Teams. The scope of practice allows a pharmacist to make medication adjustments and to order lab work necessary to provide optimal patient centered care.

Britney also works as part of an interprofessional team to provide care and education through shared medical appointments where Veterans’ learn from and support each other.

Lisa Krohn, Pharm.D.
Alma mater: University of Minnesota – Twin Cities
Clinic Site: Park Nicollet

As part of the medical home model, Lisa works directly with a team of physicians, nurses, and assistants to manage patients’ chronic disease states within a primary care clinic. Her research project involves investigating the types of interventions medication therapy management pharmacists make after a patient is discharged from the hospital.

Lauren Lapinta, Pharm.D.
Alma mater: St. John’s University
Clinic Site: West Side Community Health Services

At Westside pharmacists work one on one with patients as well as part of an interdisciplinary team to provide low cost health care to low income and immigrant families. As the pharmacy resident she is currently responsible for providing Medication Therapy Management, anticoagulation management, insulin titrations, diabetes education, blood pressure monitoring and answering drug information questions. One of the highlights of this residency for her is participating in diabetes groups with guided discussion with patients essentially empowering them to control diabetes through lifestyle choices and modifications as well as medications while performing the necessary monitoring and assessment.

Zach Merk, Pharm.D.
Pharmaceutical Care Leadership Resident (Year 1)
Alma mater: University of Minnesota – Twin Cities
Clinic Site: Smiley’s Clinic

Zach is currently providing comprehensive medication management services as part of an interdisciplinary team. He teaches pharmaceutical care skills at the University of Minnesota, precepts pharmacy students in several environments, and provides HIV education to at risk populations for the Minnesota AIDS project.
Matthew Rioux, Pharm.D.
Alma mater: University of Illinois at Chicago
Clinic Site: Essentia Health

Matthew is currently working in the Internal Medicine department to provide comprehensive medication reviews for patients as part of the interprofessional team. Along with that, he is serving on the Statin Protocol Committee to develop improved processes for the continued implementation of pharmacists in managing cholesterol as part of their collaborative practice agreement. He also enjoys working with UMD Pharmacy students in their Pharmaceutical Care Skills course.

Andrea Rosenberg, Pharm.D.
Pharmaceutical Care Leadership Resident (Year 1)
Alma mater: University of Minnesota – Twin Cities
Clinic Site: Broadway Family Medicine Clinic

As a first year leadership resident, Andie is working within an interprofessional care team to provide comprehensive medication management to ensure that their patients are getting the most out of their medication regimens. In addition to clinic practice, she teaches at the University of Minnesota.

Laura Runstrom Pharm.D.
Alma mater: Ferris State University
Clinic Site: Avera Marshall Regional Medical Center

Currently, a large majority of Laura’s time is spent managing the outpatient Coumadin Clinic as well as conducting Diabetes Education Sessions with Type 1, Type 2, gestational and pump diabetic patients. She also has the opportunity to gain exposure to a variety of inpatient experiences and work closely with physicians on the floor. Additionally, she provides “Med. Group” sessions with inpatient psychiatric patients and conduct nursing home reviews on a monthly basis.

Anita Sharma, Pharm.D.
Pharmaceutical Care Leadership Resident (Year 2)
Alma mater: Philadelphia College
Clinic Site: Woodwinds Health Campus

Anita is developing a pharmaceutical care practice in the context of an accountable care organization. Since the Woodbury Clinic is uniquely located inside of the Woodwinds Hospital, Anita is collaborating with members of the healthcare team to create a transitions of care program between the hospital and clinic. Anita also splits her time teaching at the College of Pharmacy. She is helping to develop and deliver Team-Based Learning lectures in Pharmacotherapy this semester.

Aekta Vasavada, Pharm.D.
Alma mater: Northeastern University
Clinic Site: Westside Community Health Services

Aekta is involved in the pharmaceutical care of patients being managed with warfarin as well as patients with Type 2 diabetes, hypertension, hyperlipidemia, and other chronic disease states. Her residency project will focus on improving medication adherence in a medical home patient population.

Heather Wingen, Pharm.D.
Alma mater: University of Minnesota – Duluth
Clinic Site: Walgreens and Hennepin County Medical Center

Heather’s time is split between two sites, HCMC Whittier Clinic and Walgreens pharmacy, focusing and comparing clinical skills and knowledge at a clinic and community setting. In the near future the primary focus will be on transitions of care, working with HCMC patients at the Walgreens community pharmacy.

Timothy Yeh, Pharm.D.
Alma mater: Ohio Northern University
Clinic Site: Coborn’s Pharmacy

As the resident at Coborn’s Pharmacy, Tim enjoys conducting medication management services in both clinic and community settings. Through these experiences, he is constantly looking for ways to improve continuity of care, medication adherence, and effectiveness of drug therapy. Tim is also a vaccine coordinator for his Coborn’s site and is on track to administer nearly 400 influenza vaccinations by mid-October.
Identifying the need to formally recognize the unique and important contributions to resident education by our preceptors, the Preceptor of the Year Award was launched in the spring of 2012. The preceptor award nominations and accompanying letters are submitted by residents from the respective site, each letter illustrating the preceptor’s dedication and commitment to education and the success of the year. Winners each year are given the Parliament of Distinction traveling trophy. Many people view owls as a sign of wisdom and teaching, and knowing a group of owls are called a parliament, the Parliament of Distinction award was created! The trophy is a traveling trophy; each year the trophy is handed over to the new recipient.

Top: Dr. Nicole Paterson, preceptor at Fairview Pharmacy Services and nominated by then resident Heidi Mandt, was the first recipient of the award for 2012.

Bottom: Dr. Chrystian Pereira, preceptor at Smiley’s Clinic, was nominated by Anita Sharma and selected as the award recipient for 2013.