Greetings! It’s been another great year for our program. I continue to be humbled by the wonderful residents, preceptors, and alumni in our program. When I travel to various national and local conferences, it never ceases to amaze how many close connections we have to our residency family. In New York at ACCP, two of our current residents ended up sitting next to a previous resident from 2013!

This past year, our Assistant Program Director Sarah Schweiss and leadership residents, Kyle Walburg and Sara Massey, worked hard to enhance our resiliency and wellness curriculum. Dr. Schweiss was invited to speak at the ASHP National Preceptor Conference in Dallas, Texas to present our work on resilience. We are excited that Dr. Schweiss was able to share what we have been doing for resilience and be recognized in this growing need in residency program training. Also, we were able to publish and present our ongoing work on entrustable professional activities (EPAs) use in residency, this has been exciting for us and something Minnesota continues to be at the forefront on using.

Lastly, we continue to monitor the professional landscape as a residency program and college of pharmacy. Through the challenges, there will be opportunity and we feel confident that our graduates will be changing the communities they serve for the better.

Sincerely,

Jean Moon, Pharm.D., BCACP
Associate Professor, Pharmaceutical Care & Health Systems
Program Director, Postgraduate (PGY1) Pharmacy Residency Program
Clinical Pharmacist, Broadway Family Medicine
College of Pharmacy
University of Minnesota
jmoon@umn.edu
Spring 2019 Resident Retreat

New this year, a day-long resident retreat was hosted on April 5th in Saint Paul, MN. The spring retreat did not include an overnight component like the retreat in the fall but did include guest speakers! Residents left feeling refreshed and ready to take on the end of the residency year.

2018-2019 RESIDENTS: WHERE ARE THEY NOW?

Kendra Babcock — Clinical Pharmacist, Genoa Healthcare, Golden Valley, MN

Kaity Bader — Medication Therapy Management (MTM) Pharmacist, Fairview Health, Minneapolis, MN

Tiffany Cheng — Medication Therapy Management Pharmacist, Fairview Pharmacy, Eagan, MN

Kristine Conrow — Specialty / MTM / Retail Pharmacist, Walgreens, Minneapolis, MN

Elise Durgin — PGY2 Clinical Pharmacogenomics Resident, Children’s Minnesota, Minneapolis, MN

Ben Hierlmeier — Clinical Pharmacist, Mayo Clinic, Eau Claire, WI

Sara Massey — 2nd Year Pharmaceutical Care Leadership Resident, U of MN CoP / MOBE, Minneapolis, MN

Haley Pals — PGY2 Psychiatric Pharmacy Resident, William S. Middleton VA Hospital, Madison, WI

Swetha Pradeep — Clinical Pharmacist, Federally Qualified Urban Health Network, Minneapolis, MN

Anjoli Punjabi — Clinical Pharmacist, MOBE, Plymouth, MN

Rebekka Schrecengost — Clinical Pharmacist, Essentia, Duluth, MN

Kristen Schroeder — Clinical Pharmacy Specialist, St. Cloud VA Health Care System, St. Cloud, MN

Anne Schwartz — PGY2 Ambulatory Care Pharmacy Resident, The University of Kansas Health System, Kansas City, KS

Charlie Sieberg — Pharmacy Coordinator, New Ulm Medical Center, New Ulm, MN

Michelle Tran — Medication Therapy Management Pharmacist, M Health Fairview, Twin Cities, MN

Kyle Walburg — 2nd Year Pharmaceutical Care Leadership Resident, UMN CoP / North Memorial Camden Clinic, Minneapolis, MN

Other Events

>> Residents and preceptors attending the 2019 Minnesota Society of Health - System Pharmacists (MSHP) Midyear Clinical Meeting hosted at the Earle Brown Heritage Center in Brooklyn Center, MN.

<< The residents share a picture with Jean Moon at the Minnesota Pharmacists Association (MPHA) Annual Learning Networking Event (ALNE). The event was hosted at Minneapolis Marriott Northwest on October 3 - 4, 2019.
Meet Our Residents, 2019 - 2020

**Kelly Beneke, PharmD**  
Site: New Ulm Medical Center  
benek041@umn.edu

Kelly grew up in Glencoe, MN. She earned her Doctor of Pharmacy degree from South Dakota State University (SDSU) in May 2019. During her time at SDSU, she was actively involved in many professional organizations and held various leadership positions. She learned valuable leadership and communications skills that she will bring to her residency and future pharmacy career. Kelly’s passion for serving rural health communities started while interning at Coborn’s Pharmacy in Belle Plaine and First Choice Pharmacy in Gaylord, and continued during her pharmacy rotation in Sitka, AK. She is excited to provide patient care to the New Ulm community and help her patients reach their health goals. In her spare time, Kelly enjoys gardening, fishing, and spending time with her finance, Austin, and two puppies, Olle and Kona.

**David Bunch, PharmD**  
Site: 1st Year Pharmaceutical Care Leadership / Smiley’s Family Medicine  
bunch032@umn.edu

David grew up in Oak Harbor, WA on Whidbey Island. He graduated from Washington State University College of Pharmacy and Pharmaceutical Sciences with a Doctor of Pharmacy degree in 2019. David is very passionate about leadership and mentorship having served in leadership positions at the local, state, regional, and national levels during pharmacy school most notably with the American Pharmacists Association-Academy of Student Pharmacists, Washington State Pharmacy Association, and Kappa Psi Pharmaceutical Fraternity Inc. He became interested in academia while serving as a co-instructor for a Practical Politics in Pharmacy class during his second and third year. During his final year rotations he developed a strong passion for ambulatory care and chronic disease state management. David is excited to develop his skills in patient care at Smiley’s Family Medicine and teaching at the University of Minnesota. He plans to pursue a career in ambulatory care and academia after residency to continue to invest in both patients and student pharmacists. Outside of pharmacy David likes to play music, watch sports, travel, and be active.

**Amanda Bisel, PharmD**  
Site: Allina Health  
bisel004@umn.edu

Amanda grew up in Wrenshall, MN (a tiny town just SW of Duluth). She attended the University of Minnesota in the Twin Cities to complete her Bachelors of Science in Chemistry in 2015. Amanda continued into pharmacy school in the Twin Cities. After shadowing a pharmacist working in ambulatory care, she was hooked. On rotations for school, the passion for pursuing a career in ambulatory care continued to grow with each experience. While in school, she enjoyed participating in anything interprofessional classes, case competitions, and volunteering. Her passions within pharmacy include patient education, smoking cessation, and anticoagulation. Outside of pharmacy, Amanda enjoys camping, hiking, running, biking, painting, and crafting. She is very excited to be joining the crew at Allina Health!

**Analisa Buysee, PharmD**  
Site: Avera Marshall  
buyss024@umn.edu

Analisa grew up in the small town of Minneota in rural Southwest Minnesota. She earned her Bachelors of Science in Pharmaceutical Sciences and Doctor of Pharmacy degrees from South Dakota State University. While attending pharmacy school, Analisa was a member of Phi Lambda Sigma, Kappa Psi, and Rho Chi. She was also heavily involved in the SDSU Chapter of APhA-ASP, serving as Chapter President.
She enjoys watching football, crocheting, reading, and gardening. Early on in pharmacy school, Analisa developed a dream of starting her own ambulatory care practice in rural Minnesota and is excited to learn the skills necessary to achieve this dream throughout her PGY1 Residency. After completion of her PGY1 Residency, Analisa is hopeful to start her career at a clinic in Southwest Minnesota.

Sarah Clark, PharmD  
Site: Fairview Pharmacy Services  
pupke004@umn.edu

Sarah graduated with her Doctor of Pharmacy degree from the University of Wisconsin-Madison School of Pharmacy. Sarah is passionate about working with diverse patient populations and advocating for the underserved. Throughout pharmacy school she worked with low income patients at the University of Wisconsin Hospital and Clinics Medication Assistance Program, she held various leadership roles in the Pharmacy Global Health organization, and she was a course coordinator for the Health Care in Diverse Communities course held in the School of Medicine. Along with peers and faculty at the School of Pharmacy, Sarah worked to create an interprofessional course titled Topics in LGBTQ Healthcare. Working as an ambulatory care intern at the University of Wisconsin Hospital and Clinics solidified Sarah’s love for direct patient care and her desire to pursue a career which allows her to build patient relationships and manage medication therapy and chronic diseases. Originally from South Minneapolis, Sarah is excited to move home and to have the opportunity to serve patients within the community where she grew up. In her free time, Sarah enjoys traveling, playing with her puppy, family time up north, cooking with her husband, and game nights with friends.

Jamie Erickson, PharmD  
Site: Cashwise Clinic Pharmacy / Affiliated Community Medical Centers  
katze030@d.umn.edu

Jamie grew up in rural Minnesota, in the very small town of Brownton. She earned her Bachelor of Science degree in Biology from the University of Minnesota, Duluth in 2014. She continued her education at the University of Minnesota and earned her Doctor of Pharmacy degree in 2019. During her pharmacy education Jamie held various leadership roles in her fraternity, Phi Delta Chi, and was also a member of Minnesota Pharmacy Student Alliance (MPSA) and American College of Clinical Pharmacy (ACCP). She most enjoyed her time spent volunteering at the HOPE Clinic and the American Cancer Society Relay for Life. Jamie is passionate about interprofessional collaboration, direct patient care, and medication therapy management. It was her APPE rotation at Cashwise/ACMC that ultimately inspired her to pursue a residency and future career in ambulatory care. She believes that ambulatory care pharmacists may make small changes but have the potential to make great impacts on patients' lives. In her free time, Jamie enjoys spending time with her family, especially her 3-year-old daughter Everley. She also enjoys doing anything outdoors including boating, fishing, riding ATVs, and bonfires.

Anna Hanson, PharmD  
Site: Essentia Health  
klost049@d.umn.edu

Anna grew up in the small town of Breezy Point, MN and received her Bachelor of Science degree in Biology at the University of Northwestern - St. Paul in 2014. She then made the move to Duluth to complete her PharmD at the University of Minnesota-Duluth. Throughout pharmacy school, Anna gained an appreciation for the impact pharmacists can make in chronic disease state management, working alongside patients and providers to optimize care. She is excited for the opportunity to be a part of this at Essentia Health in Duluth. Outside of pharmacy, Anna enjoys spending time outdoors with her family and friends. Her perfect day is a day on the lake skiing, fishing, and paddle boarding with her dog.
Emily Hulke, PharmD  
Site: Goodrich Pharmacy  
hulk0020@umn.edu

Emily grew up in Saint Peter, MN. She earned her Bachelor of Science degree in Biology from the University of Minnesota - Twin Cities and stuck around for pharmacy school earning her Doctor of Pharmacy degree in 2019. Emily’s time spent at the Phillips Neighborhood Clinic and her APPE rotations are what inspired her to pursue a residency. Following residency at Goodrich, she plans to work in an ambulatory care setting developing relationships with patients and working with them to manage their chronic health conditions. In her free time, Emily enjoys finding new TV series to watch, playing board games, cheering on our disappointing Minnesota sports teams, looking at houses on Zillow, and spending time with her family, boyfriend, and dog.

Ally Kingsbury, PharmD  
Site: GuidePoint Pharmacy  
kings175@d.umn.edu

Ally grew up in the small town of Lewiston, MN which is located in southeastern Minnesota. To earn her Bachelor of Science in Biology in 2014, she headed north to Duluth. She continued her education in Duluth by obtaining her Doctorate of Pharmacy from the University of Minnesota in 2019. She was first introduced to ambulatory care through an elective course. Applying her clinical knowledge and developing close connections with patients led her to pursue a career in ambulatory care. She also developed a passion for mental health and completed the mental health focus through the University of Minnesota. Outside of pharmacy, Ally enjoys hiking, watching true crime shows, and anything that involves her dogs. Following her PGY-1 residency, she hopes to complete a PGY-2 in psychiatry or obtain a job as an ambulatory care pharmacist that focuses on mental health.

Kylea Larsen, PharmD  
Site: Coborn’s Pharmacy/ Little Falls Medical Center  
lars6794@umn.edu

Kylea is originally from Sioux Falls, SD. She graduated from the South Dakota State University College of Pharmacy and Allied Health Professions in 2019. During her education at South Dakota State University, Kylea was involved in the American Pharmacists Association Academy of Student Pharmacists, Kappa Psi, and undergraduate research. Between her second and third years of pharmacy school, she also worked as the antibiogram intern for the South Dakota Department of Health and published the state antibiograms for 2016. Kylea worked as an intern in a community pharmacy throughout pharmacy school and picked up her interest in ambulatory care during an IPPE experience in her third year of her pharmacy program. After this experience, she also had the chance to be exposed to a variety of ambulatory care settings while on APPE rotations. She enjoys the patient interactions that she is able to have in the ambulatory care setting and knew that she wanted to pursue a PGY1 pharmacy residency with an emphasis in ambulatory care. Outside of pharmacy, Kylea enjoyed her time as a communication partner for the English Second Language program at South Dakota State University. She is grateful for the relationships she was able to build and the time she was able to spend learning about other people and their cultures. In her free time, Kylea likes to spend time with friends and family, travel, and be outdoors.

Kaylin Maddy, PharmD  
Site: Park Nicollet Health  
maddy016@umn.edu

Kaylin grew up in Lino Lakes, MN and received her Bachelor of Science degree in Biology from the University of St. Thomas before pursuing pharmacy school. In 2019, Kaylin graduated with her Doctor of Pharmacy degree from the UMN and knew early on she wanted to further her education as a resident in the clinical setting.
Sara Maki, PharmD  
Site: Minnesota Community Care  
makix373@umn.edu

Sara earned her Doctor of Pharmacy degree from the University of Minnesota College of Pharmacy in 2019. She previously completed a Bachelor of Science in International Studies & Health from Bradley University and spent time working in adult education and public health before finding her passion for clinical pharmacy in an ambulatory care setting. As a pharmacy student, she co-chaired the Phillips Neighborhood Clinic, a student-run interprofessional clinic with over 1,000 patient encounters per year. During residency, she looks forward to learning with and from her patients, improving clinical outcomes, and further developing her Spanish language skills at MN Community Care primary care clinics in Saint Paul.

Sara Massey, PharmD  
Site: 2nd Year Pharmaceutical Care Leadership Resident/MOBE  
smassey@umo.b

Sara grew up in Neosho, Missouri. She received her Doctor of Pharmacy degree from the University of Missouri-Kansas City (UMKC) in 2018. Throughout pharmacy school, Sara was engaged in many professional organizations and was driven by leadership and professional development. She was President of the UMKC American Pharmacists Association-Academy of Student Pharmacists (APhA-ASP) Chapter and held national leadership positions in APhA-ASP and the American College of Clinical Pharmacy, where she focused on both student development and education. Sara gained interest in academia during her final year of pharmacy school when she worked as a student research assistant and helped develop curriculum maps and assessment strategies at the UMKC School of Pharmacy. During her first year of residency, Sara practiced at Smiley’s Family Medicine Clinic. During this time, she developed teaching and precepting skills, learned more about ambulatory care practice, and developed strong patient-provider relationships at clinic. During her second year, Sara will be practicing at MOBE, a health and wellness organization focused on telemedicine and Comprehensive Medication Management. For fun, Sara enjoys attending concerts with her friends, traveling to different places, and trying new restaurants around the cities.

McKenzie Moore, PharmD  
Site: St. Cloud VA Medical Center  
mlmoore@umn.edu

McKenzie attended Texas Tech University where she earned her Bachelors of Science Degree in 2015 before transitioning to the Texas Tech University Health Sciences Center to complete her Doctor of Pharmacy Degree in 2019. McKenzie is originally from Coahoma, Texas, a small town of 900 people without a single traffic light. She is passionate about ambulatory care and greatly enjoyed her rotations in the clinic setting. She is excited to move to St. Cloud to gain additional experience in ambulatory care by serving veterans at the VA. McKenzie is currently a member of the American Society of Health-System Pharmacists, Rho Chi Honor Society, and an alumni member of Kappa Psi Pharmaceutical Fraternity. Throughout pharmacy school she enjoyed serving as a class representative to student council and participating in summer camps such as Camp New Day for children with type one diabetes and The Zone Camp for children with asthma. In her free time she enjoys drinking coffee, watching movies, hosting game nights, and walking her springer spaniel Finn.

Anh Nguyen, PharmD  
Site: Walgreens / UMP Bethesda  
nguyenth@umn.edu

Anh grew up in Joplin, Missouri and completed her pre-pharmacy prerequisites at Missouri Southern State University. She graduated with her Doctor of Pharmacy degree from the University of Missouri-Kansas City School of Pharmacy in May 2019. As a pharmacy student, Anh was involved in student organizations such as ASHP, APhA-ASP, and Kappa Psi Pharmaceutical Fraternity. While on AAPE rotations, she developed a passion for specialty
pharmacy and ambulatory care, particularly women’s health. Anh will be doing her postgraduate training at Walgreens and Bethesda Family Medicine Clinic. She is excited to work for an institution that strongly strives for pharmacist-driven patient care and continuous community health outreach. After residency, Anh hopes to pursue a career in specialty pharmacy or ambulatory care, with a focus in women’s health. In her spare time, Anh enjoys baking, playing volleyball, traveling, and trying new restaurants.

Brenda Shih, PharmD
Site: Community-University Health Care Center
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Brenda was born in Indiana, but grew up in Cary, North Carolina and Ann Arbor, Michigan. She received her Doctor of Pharmacy from the University of Michigan College of Pharmacy in 2019. As a student, she was involved in professional organizations, volunteering in the community, and research. Her collective experiences inspired her to pursue a career in ambulatory care pharmacy, a career path where she values the role of the pharmacist in forming strong connections with patients and helping them reach their health goals. She believes that preventative health and health education are key components in providing care to patients. Her current interests include chronic disease management, psychiatric pharmacy, and public health. In her free time, she enjoys ballroom dancing, photography, drawing, traveling, and food adventures. She looks forward to serving the patients at Community-University Health Care Center (CUHCC) and exploring the Twin Cities. After completing her PGY1 pharmacy residency, Brenda hopes to work as an ambulatory care pharmacist or pursue a PGY2 in ambulatory care.

Sarah Shockley, PharmD
Site: Fairview Pharmacy Services
sshockle@umn.edu

Sarah grew up in Salisbury, Maryland before moving to North Carolina to pursue her Bachelors of Science in Biological Sciences at North Carolina State University in 2015. She then went on to earn her Doctor of Pharmacy at the University of North Carolina Eshelman School of Pharmacy in 2019. Sarah served in various leadership roles in her local student chapters of ACCP and APhA, as well as being an active member in ASHP, and the pharmacy fraternity PDC. Sarah also had the opportunity to service as a global ambassador during her rotation in Chisinau, Moldova. Though Sarah has additional background working in research and community pharmacy, her passion for ambulatory care grew with her interest in chronic care management and building patient relationships. In her free time, Sarah enjoys running, spending time with friends, going to the theater, and meeting new dogs. Sarah is looking forward to joining the pharmacy team at Fairview Pharmacy Services.

Alicia Smith, PharmD
Site: Welia Health
smit6731@d.umn.edu

Alicia grew up in Isanti, MN. She earned her Bachelor of Arts degree in Chemistry from Gustavus Adolphus College in 2015 and her Doctor of pharmacy degree from the University of Minnesota - Duluth in 2019. As a pharmacy student, Alicia was involved in the Phi Delta Chi fraternity and the Minnesota Pharmacy Student Alliance. She was also a teaching assistant for the Pharmaceutical Care Skills Lab course and worked as a pharmacy intern at Fairview Lakes Medical Center. The most influential experience of her time in pharmacy school was volunteering at various health fairs and having the opportunity to work one-on-one with patients to help them understand their medications. Alicia is looking forward to beginning her residency at Welia Health, formerly First Light Health System, where she will be able to continue to build relationships with patients and help them achieve their health goals. Alicia enjoys spending time outside hiking, kayaking, golfing, and spending time with her friends and family. She also enjoys a competitive afternoon of board games.
Tyler Stevens, PharmD  
**Site:** CentraCare Health - St. Cloud  
steve715@d.umn.edu

Originally from Elk River, MN, Tyler graduated from the University of Minnesota College of Pharmacy in 2019 from the Duluth campus. Throughout pharmacy school, Tyler gained experience in retail pharmacy and pharmacogenetic research before finding his passion for ambulatory care during APPE rotations. He is excited for his residency at CentraCare where he will be focus on interprofessional collaboration to help improve the health of patients with various backgrounds. After residency he hopes to pursue a career in ambulatory care pharmacy. In his free time, Tyler enjoys running, fishing, hunting and spending time at the lake.

Megan Tapp, PharmD  
**Site:** Essentia Health  
tappx017@umn.edu

Meg grew up in a small rural community near Dexter, Minnesota. She earned her Bachelor of Arts degree in Biology from Wartburg College in 2016 and her PharmD from the University of Minnesota College of Pharmacy (Duluth campus) in 2019. Meg first discovered MTM via her internship and fell in love with the process during fourth year APPE rotations. She is incredibly passionate about face-to-face patient care, relationship-building, and strong interprofessional collaboration. In her spare time, Meg is an outdoors enthusiast and enjoys traveling, swimming, kayaking, and hiking with her dog. She has loved northern Minnesota for as long as she can remember and looks forward to working with Essentia to improve the health of patients in Duluth and the surrounding communities!

Taylor Thooft, PharmD  
**Site:** CentraCare Health - Paynesville  
thaof021@umn.edu

Taylor grew up on his family’s farm near Tyler, Minnesota before attending South Dakota State University, where he received his Doctor of Pharmacy degree in 2019. He is excited to be back in Minnesota for residency training. During his time at South Dakota State University, Taylor was involved in a wide variety of activities such student research projects, the Van D. and Barbara B Fishback Honors College, FarmHouse fraternity, serving as a teaching assistant, and Phi Lambda Sigma.

Kyle Walburg, PharmD  
**Site:** 2nd Year Pharmaceutical Care Leadership/North Memorial Camden  
walbu015@umn.edu

Kyle grew up in Golden Valley, MN. She completed her undergraduate degree at the U of MN Twin Cities and graduated with a bachelor’s degree in biology. She worked for four years in a preclinical medical device research lab at the University specializing in cardiac devices. After involvement in preclinical drug studies, she became interested in pharmacy and left preclinical research for pharmacy school. She graduated with her doctorate of pharmacy from the U of MN Twin Cities in 2018. During pharmacy school, Kyle was heavily involved in College Board, Kappa Epsilon, and Rho Chi. She most enjoyed her time spent at the Phillips Neighborhood Clinic. Kyle is passionate about ambulatory care pharmacy and believes pharmacists can make an important impact in the patient’s health. After completing her first year of residency at Broadway Family Medicine clinic in North Minneapolis, she has moved a few miles north to North Memorial Camden Clinic, and is excited to have the opportunity to develop a practice with a great provider team. Her interests also include academia, transgender care, and serving underserved populations. In her free time, Kyle enjoys recording acoustic covers of rap songs with her guitar, spending time with her two dogs (Malibu and Izabo, Italian greyhound/rat terrier crosses), and exploring the Twin Cities brewery and food scene, including the quest for finding the best pad thai... ever.
Vicky was born and raised in Cameroon, where she obtained a Bachelor of Science degree in Biochemistry at the University of Buea in 1998. Being a non-traditional student, she earned her PharmD degree from the University of Minnesota, College of pharmacy in 2019. Growing up in her home country, she experienced first-hand the impact of poorly controlled chronic conditions on the health, economic and social wellbeing of families; partly due to a lack of understanding of the disease states by the patients and partly due to a lack of resources to manage these conditions. Her interest in medications, coupled with her passion for the medically underserved people became her motivation to pursue a career in pharmacy. Her desire for direct patient care was reaffirmed during her APPE ambulatory care rotation where she had the privilege of serving medically underserved populations in the East St. Paul area. Every patient encounter left her with a sense of fulfillment, and she wishes to continue to make a difference in the lives of every patient she encounters. Vicky is looking forward to this opportunity as a PGY1 resident at CUHCC, where she will be working in an interprofessional care team to provide culturally sensitive, patient-centered care. Upon completing her residency training, Vicky would like to continue to serve medically underserved communities in Minnesota as an ambulatory care pharmacist. She would love to eventually move back home to Cameroon to start her own MTM practice and continue to positively impact people’s health. In her free time, Vicky loves to cook and hang out with friends and family, including her 5 daughters. She looks forward to every summer because she loves to grow her own fruits and vegetables right in her backyard. Besides the English language, she is a fluent speaker of Dutch, Pidgin English and her native dialect (Ngweh). She hopes to polish up on her French and then learn a new language in a few years to come.

Txia is from Minneapolis, Minnesota and earned her Doctor of Pharmacy degree at the University of Minnesota. She has a passion for serving the community and improving patients’ medication experiences. During pharmacy school, she spent much of her time participating in various community outreach opportunities with the Minnesota Pharmacy Student Alliance, Multicultural Pharmacy Student Organization, Phillips Neighborhood Clinic, and Kappa Epsilon Alpha. Txia also held three different internships at the University of Minnesota Medical Center, CVS Pharmacy, and Phalen Family Pharmacy. The most rewarding experience from her time in pharmacy school was her role as a community researcher with the Somali, Latino and Hmong Partnership for Health and Wellness (SoLaHmo). At SoLaHmo, she learned about the significance of inviting communities not often represented in research to participate in studies aimed to improve their health outcomes. Additionally, her involvement with SoLaHmo gave her the chance to work directly with the diverse patient population at Minnesota Community Care. After residency she hopes to continue her career in ambulatory pharmacy in the Twin Cities. In her free time, she enjoys spending time with her family, hiking, biking, and traveling.
In 2018, a study by Durham et. al. found that 53% of pharmacists reported a high degree of burnout. (1) This statistic is consistent with other recent studies reporting pharmacist burnout rates between 50-64% (2-3). Select risk factors found to be associated with burnout include new practitioners who have been in practice for five or fewer years with no availability or a lack of awareness of resources for burnout or resiliency (3). Efforts to prevent burnout, promote wellbeing, and instill resilience have been a focus of some medical and nursing training programs, however literature has been limited with regards to educating future pharmacists in this area. In 2017, PGY-1 Pharmaceutical Care Leadership resident Stephanie Swanson and Assistant Director Sarah Schweiss recognized the need for this education in the University of Minnesota College of Pharmacy’s PGY-1 Ambulatory Care Program, and collaborated to develop and implement a resilience curriculum for pharmacy residents.

The curriculum aims to support residents in aspects they may be struggling with most at certain points of the residency year and topics were selected with support from the literature (Figure 1). The curriculum includes three segments: (1) foundational concepts to introduce the meaning of resiliency to residents and provide them with tools and reflective planning as they work through their transition from pharmacy student to resident, (2) facing adversity to foster conversations and growth with regards to handling challenging situations, and (3) future application to provide reflection on their year of incredible growth and learning, including how will they utilize concepts in their future careers. Sessions are 60 minutes and embedded with required Academic Days. The typical outline includes a brief overview of the topic, individual reflection, small and large group sharing, a summary of key points and resources for future use, and time designated to connect and share amongst themselves.

Figure 1: Resiliency Curriculum

- Foundational Concepts
  - Support Systems and Balance
  - Personality Typing and Communication
  - Self Care

- Facing Adversity
  - Imposter Syndrome
  - Brene Brown’s “Why Your Critics Aren’t the Ones Who Count”
  - Simon Sinek’s “Start With Why”

- Future Application
  - Mindset
  - Mindfulness and Gratitude
  - Creating Your Mantra
Resiliency (cont.)

Since the inaugural year of the resilience curriculum, the program has continued to assess, develop, and evolve its delivery. Residents are now sharing content learned at the resilience sessions with their preceptors to engage conversations at the site-level to further foster learning, growth, and colleague connection. As pharmacists continue to play an integral role on the healthcare team, we must strive to support and foster clinician wellbeing in order to achieve the quadruple aim. Focus on this effort is essential throughout health professional training. In implementation and growth of this resilience program, we’ve identified that making time to focus on this conversation and building a sense of community are essential components.

>> Residents practicing their Power Poses during a resiliency session at the October Academic Day hosted by CentraCare Health Paynesville.

References:


Congratulations to Mckaya Kastner, Pharm.D, BCPS, the 2019 recipient of the Preceptor of the Year award! Mckaya is a Pharmacist Practitioner with Allina Health Care Management, West Metro, and Site Coordinator for our Allina resident. The award was presented at the annual residency graduation event celebrating our 2019 residency class. Mckaya was nominated by 2019 Allina resident Stephanie Walek. Residents were asked to provide a story of how their preceptor personified this quote:

“Creative leaders find ways of stepping into the shoes of other people and asking, ‘How would I feel and what would I want if I were this person?’” — Gay Hendricks

An excerpt from Stephanie’s submission:

I vividly remember a debriefing conversation with Mckaya after driving back to our clinic from a home visit last September. I had just started leading visits, and the patient we had just seen was going through some stressful life situations. On top of this, she had severe anxiety and depression – to the point that she could barely speak and began shaking because she was so anxious. Not having much experience with mental health patients, I tried my best to be compassionate and listen to her concerns, but felt I needed to proceed with the visit to gather information so I could make proper assessments of her medication therapy. Knowing what I was trying to do, Mckaya eloquently jumped into the visit to redirect the focus back to the patient – to try to make her feel as comfortable as possible. It turns out our patient was extremely anxious about her upcoming pain appointment the next day and needed to fill out a long questionnaire she was to take with her to that appointment. Mckaya asked if it would be helpful for us to walk through the assessment with her, explaining questions she didn’t fully understand. She willingly agreed and we completed her assessment, together. The visit ended after this and we left, which brings me back to our current debriefing conversation. I knew the visit hadn’t gone as well as I’d hoped. As Mckaya started to give me feedback, she did so in a way that prevented me from feeling like I hadn’t done well. She took a step back and instead used a metaphor to make light of the fact that I did not yet have much experience with this patient population. She said, “Think of it this way – if you were reviewing medications with your mom or grandma and they were crying or shaking because they were so worried about an appointment for the next day, would you continue to go through their medications with them? Of course not! You would empathize with them and do whatever you could to help ease their worries about that appointment. As you work with more of this patient population, it will get easier.” Just because we are MTM pharmacists does not mean that we must always focus on medications and ignore other relevant aspects of their lives. Completing the pain assessment helped build rapport and set the foundation for my relationship with that patient moving forward. Mckaya exemplified her creative leadership style, not only with putting herself in the patient’s shoes, but also by putting herself in my shoes when providing constructive feedback. Putting myself in others’ shoes has been a goal of mine since then – and I truly believe it has helped me develop into a more well-rounded, empathetic ambulatory care pharmacist. Mckaya has been an exemplary role model for me throughout this residency year. I could not have asked for a better mentor.
The ongoing opioid epidemic is a well-established problem that affects thousands of people in the United States each year. George Cullina, the 2018 - 2019 PGY1 Pharmacy Resident at Cash Wise Clinic Pharmacy/Carris Health in Willmar, saw an opportunity to make an impact in combatting the issue of opioid overdoses. His residency project, titled “Using a Collaborative Practice Agreement and an Automated Clinical Program to Increase Naloxone Access for Appropriate Patients,” created an automated clinical program in our pharmacy software that flags potential at-risk patients for further analysis in order to implement a process of identifying appropriate patients for naloxone rescue therapy.

During his data collection period, George identified 36 patients to be at risk for opioid overdose. Of these 36 patients, 33 accepted naloxone rescue therapy and 3 patients refused. Since the start of George’s initiative, the Willmar clinic pharmacy has dispensed 33 naloxone prescriptions and the company as a whole has dispensed a total of 596 naloxone prescriptions as of October 2019. The opioid assessment tool continues to be used in Coborn’s/Cash Wise pharmacies and has received positive feedback from the pharmacists including: “It improved my awareness of who needs it, and when to recommend it (naloxone)”, and “This certainly improved patient care.” It was recently brought to our attention that a patient who was given naloxone because of George’s initiative experienced an accidental overdose and was administered Narcan nasal spray by a member of the household. The emergency personnel reported that the patient was most likely only still alive because of this.

George’s initiative has shown evidence that community pharmacists can play a major role in increasing patients’ access to naloxone rescue therapy and combatting the opioid epidemic.

Please consider making a donation to our residency endowment:

2. Click on “Give Now”, and click “Yes” under the Optional menu to specify gift amount going to the “Residency Program Enhancement Fund”.

Your support is greatly appreciated!
The Residency Advisory Committee (RAC) was created in the fall of 2016 to support the program goals and improve the quality of the residency program at the University of Minnesota College of Pharmacy.

The RAC is a standing committee of the U of Minnesota College of Pharmacy Postgraduate (PGY1) Pharmacy Residency Program and includes preceptors, residents, program personnel, and both the Dean of the College and the Associate Dean for Clinical Affairs. Since its implementation, the RAC has welcomed and said goodbye to a handful of preceptors. Preceptors who have rotated off the RAC were thanked at our end of year graduation program in June of this year. We thank them for their service!

Giving Back

Residents and preceptors from the University of Minnesota College of Pharmacy recently came together to support the mission of “The Sandwich Guy” (Allan Law of Minneapolis Recreation Development). They built 1,500 sandwiches and 1,200 shelf-stable protein packs for Minnesotans experiencing homelessness.