PHARMACY RESIDENCY ANNUAL REPORT

Leading Our Community to Outstanding Health 2017-2018

Director’s Letter

I welcome you to help celebrate our accomplishments over the past year in our residency annual report.

The year 2018 saw the pharmacy department moving to the forefront in leading our community to outstanding health. Our own Lisa Edgerton was instrumental in the development and growth of the hospital’s Mission Corps, a program that helps connect NHRMC employees to volunteer opportunities in the community. We also coordinated two medication take back events involving over 15 locations in 6 counties. On a more granular level, our residency programs implemented a health equity curriculum to better prepare residents to take care of their patients and surrounding community.

This past year, was a banner year for our residency programs as we celebrated 20 years of pharmacy residency training at NHRMC. Check out the video celebrating this at: https://www.youtube.com/watch?v=k1DrucX57ac

We also experienced one of the worst disasters in the history of Wilmington when Hurricane Florence made landfall in Wrightsville Beach. Check out how our department responded on the next page.

“In our pharmacy department has some of the best practitioners in the country! I’m always amazed at the work we do, and how much we give back to the community. I’m honored to lead such wonderful individuals”

- Eddie Seijo, Systems Director

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Our Awesome Hurricane Florence Team!
Riding Out the Storm With the Pharmacy Department

During the Storm and Immediately After... Our initial inpatient team showed up for a shelter-in-place which ended up being a 5 day event. This team worked 12-hour shifts and slept in the hospital. As impressive, is the fact that 16 of our employees responded to relieve our initial team, and ended up staying 2-3 days until other staff could get back into town.

The NHRMC Outpatient Pharmacy was the only open pharmacy in the Wilmington area for several days. Two staff worked 15 hours a day to provide medications to the community. Many of these medications went to shelters and to patients who were discharged from the ED or hospital with at least 5 days worth of medications so they could go home or to a skilled nursing facility. For a time, our pharmacy was the only one in the area that had refrigerated medications! To help with perspective, the week following the storm our outpatient team filled over 3,000 Rxs (compared to 2,000 in a typical week).

Ambulatory pharmacists were deployed to local medical shelters where they helped perform medication histories, develop schedules for medication administration, compile an OTC med supply, and even administer IV antibiotics!

At Pender Memorial, pharmacy staff helped evacuate patients before the storm, and helped provide medications to the mobile hospital that opened up immediately after. They also served as a point of contact between local pharmacies and the mobile hospital staff.

Several of our pharmacies shut down during the storm. It took only 1 1/2 days for ED North and the Ambulatory Surgery Center to get up and running. The Orthopedic pharmacy, which experienced significant damage, was moved and rebuilt in only 3 days!

The Weeks After... Once Wilmington started to regain needed services, the focus turned to how to help our own. Florence left many of our employees displaced and in need of assistance. Our department helped coordinate the Storm Recovery Assistance Center which accepted donations of items such as furniture, toiletries, clothes, and non-perishable foods. In addition to a place that any employee could stop by and pick up needed supplies, the Center also served as a hub to connect employees that had homes available to those who needed a roof over their heads.

Check out the water in the med bins!
What’s New With NHRMC Pharmacy Residency Programs?

New PGY1 Community-Based Residency RPD This past year, NHRMC welcomed Michelle Rager to the pharmacy residency program. Dr. Rager is a Clinical Pharmacist Practitioner (CPP) and maintains a practice with New Hanover Medical Group where she manages patients with chronic diseases such as diabetes, hypertension, and dyslipidemia. She also helps with anticoagulation and pain management. Michelle earned her BA in Mathematics from Queens University of Charlotte and her PharmD from the University of Maryland. She completed a PGY1 Community Pharmacy Residency at the University of Maryland SOP and a PGY2 Ambulatory Care Residency at Wilkes University. Prior to coming to NHRMC, Michelle was a faculty member at Shenandoah University where she also was the RPD for a PGY1 Ambulatory Care Residency in Winchester, Virginia. Welcome Michelle!

PGY1 Community-Based Residency Changes The structure of this residency has undergone significant changes within the last year. Now the PGY1C resident spends blocked months in various clinics instead of participating in longitudinal rotations over the entire year. Additionally, a new concentrated rotation in Population Health allows the resident to learn more about the role of pharmacists in Accountable Care Organizations.

Pharmacy Residency Research Subcommittee (PRRS) This new subcommittee of the Residency Advisory Council is chaired by PGY2 Critical Care RPD Lisa Zimmerman, PRRS has been tasked with developing a structured process and providing guidance to residents with their research projects. Additionally, PRRS is responsible for assisting residents successfully complete their medication use evaluations.
2018-2019 CURRENT NHRMC RESIDENTS

Kyle Ames
PGY1 Pharmacy
Previous Training: Findlay University

Kalyn Meosky
PGY1 Pharmacy
Previous Training: Wingate University

Shelby Bridges
PGY1 Pharmacy
Previous Training: University of Georgia

Mallory Moore
PGY2 Ambulatory Care Pharmacy
Previous Training: PGY1 U Tennessee Med Ctr Presbyterian College

Meg Ciborowski
PGY1 Pharmacy
Previous Training: Wilkes University

Victoria Paradiso
PGY1 Pharmacy
Previous Training: Presbyterian College

Priyan Lad
PGY1 Pharmacy
Previous Training: University of Georgia

Lisa Sagardia
PGY2 Critical Care Pharmacy
Previous Training: PGY1 Emory Midtown Mercer University

Araceli Leon
PGY1 Community-Based Pharmacy
Previous Training: University of North Carolina
Preceptor Spotlight—Rachel Thomas

What brought you to NHRMC? I originally found out about NHRMC when I interviewed for a position at ASHP Midyear meeting. A couple months later, I came for an on-site interview and was sold by Dr. Michael Edgerton. Everyone was so friendly and the position felt like a great fit for me as it combined my passion for community pharmacy and ambulatory care in a collaborative environment. Being from Ohio, the beaches and rare snow sightings were added bonuses.

What does your practice look like? My practice is a hybrid of both community and ambulatory care. Since I work under the umbrella of the Outpatient Pharmacy, I staff all the Outpatient Pharmacy clinics which include MTM, discharge education, smoking cessation, and the employee health program (diabetes and hypertension). I help bridge the medication access gap for my patients by helping connect them to our Outpatient Pharmacy.

What do you feel is unique about your rotation? My rotation focuses on providing patient-centered care to all patient populations, from our underserved patients without insurance to our employees—all under the Outpatient Pharmacy umbrella. The various clinics that the resident is a part of, and the diverse patient populations, are what I feel are most unique.

Funny story to share? That one time I decided to get married during my residency… Thankfully I had a co-resident that was getting married 2 weeks after me. We helped keep each other sane through the craziness of residency work and wedding planning.

What do you love most about precepting residents? It is exciting to see residents put the pieces together about how all the clinics are connected to the Outpatient Pharmacy, and how we can utilize the Outpatient Pharmacy to help provide great patient care.

What advice would you give a learner interested in a residency at NHRMC? I think being a resident at NHRMC means you have a built-in support system consisting of some great preceptors, mentors, RPDs, co-residents, support staff, etc. The Residency is a very busy year and it is important to take the time out to build relationships with them all especially your co-residents. Although your free time may be limited, make sure you remember to set aside some fun time with your co-residents to help de-stress. Keep in mind that everyone is on an equal playing field in residency. Your co-residents shouldn’t be viewed as competition even if it means you are applying for the same job or PGY2 program. In the end, everyone will find a job or PGY2. Instead, be supportive of one another through the highs and lows of the year. Not only are your co-residents your support system, but they often become your friends for life.

“I love seeing residents grow throughout their residency year as they become more comfortable and confident with their drug knowledge and patient care skills.”

Rachel’s Story

- PharmD—Ohio State
- PGY1 Pharmacy/Ambulatory Care—Ohio State

Rachel has been at NHRMC for six years and is a preceptor for the PGY1C employee health program and MTM rotations. She also interacts with residents during their discharge services. Dr. Thomas is board-certified in Ambulatory Care and has her CPP.

With Rachel, residents are able to participate in running an employee health program, focusing on managing hypertension, diabetes, and smoking cessation.
4 NHRMC residency graduates elected as 2018 Fellows to ACCP! That’s 10% of the Fellow class!

2 of the Top 5 Finalists in Wilma’s Women to Watch Healthcare Awards affiliated with our pharmacy residency program

In addition, our residency family has given over 30 presentations and presented over 50 posters. All in 1 year!

Peer Reviewed Publications/Book Chapters of Alumni/Preceptors: 2017-18

- Sparks ER, Beavers JC. Evaluation of a Pharmacist-Driven Aldosterone Antagonist Stewardship Program in Patients with Heart Failure. J Pharm Pract 2017;doi.org/10.1177/0897190017747083

Alumni Personal/Professional Updates

- Patricia Wigle ('99-00)-Promoted to Professor and initiated as Fellow of ACCP
- Megan Rose ('01-02)-Deputy Director of Community Care of the Lower Cape Fear
- Molly Minz ('06-07)-Regional Director of Student Affairs and Admissions, preceptor of year for Abilene Campus of Texas Tech, and initiated as Fellow as ACCP
- Brock Harris ('07-08)-Promoted to Associate Professor and initiated as Fellow of ACCP
- Kira Harris ('08-09)-Licensed as CPP and initiated as Fellow of ACCP
- Patrick Huffman ('09-10)-RDP PGY1 residency program, and BCPS certified
- Blake King ('09-10)-Inpatient Pharmacy Operations Manager at University of Washing Medical Center
- Brianna McCuade ('13-15)-Academic and Family Medicine Fellow at UIC COP
- Cindy Zoeller ('13-14)-Director of PGY2 Critical Care residency at Norton Children’s Hospital, and bought a house
- Kyle Betram ('14-15)-Boston Medical Center Ambulatory/Family Medicine and is BCACP certified
- Holly Berry ('15-16)-Outpatient lung transplant clinic at Duke and BCACP certified
- Allyson Hunt Allen ('15-16)-BCACP certified
- Mike Strein ('15-16)-New position as postdoctoral fellow in neurocritical care at VCU
- Daniel Wolverton ('15-16)-BCACP and BC-ADM certified
- Jenna Picton ('16-17)-New position in ambulatory care at Lifespan/Rhode Island Hospital
- Marriages: Tufan Nardali ('12-13), Neda Pourdeyhimi ('13-14), Alex Gilmer ('14-15), Allyson Hunt Allen ('15-16)
- Corianne Wood Thackery ('16-17)
Other Preceptor

Accomplishments This Past Year

**National/Regional Invited Presentations**
- Dubil A. Transitions of Care: Health System and Community Pharmacy Panel Member. REPS Symposium
- Farrington E. Pain management in sickle cell disease. Carolinas Virginias Chapter of SCCM
- Farrington E. Management of Crohn’s disease and ulcerative colitis, NC Nurse Practitioner Association Meeting
- Farrington E. Standardization of compounded oral liquids. NCAP Health-System Practice Forum Meeting
- Zimmerman L. Practice administration: Protocol development and quality assurance. ACCP/SCCM.

**New Certifications/Awards**
- BCNSP: Elizabeth Farrington
- 3 Touchstone Awards for NHRMC Pharmacy Department
- Fellow ASHP: Justin Hare
- NHRMC Department of Pharmacy Employee of Quarter: Lisa Edgerton, Neda Pourdeyhimi, Holly Snider
- NHRMC October Employee of Excellence: Elizabeth Farrington

**National Councils**
- Blair M. Chair. Board of Pharmacy Specialties, Pharmacotherapy Specialty Council
- Blair M. Editorial Board. Annals of Pharmacotherapy Ambulatory Care
- Farrington E. Member. Board of Pharmacy Specialties. Pediatric Specialty Council
- Farrington E. Vice-Chair. SCCM Chapters and Affiliates Committee
- Farrington E. Chair. ACCP Pediatric PRN
- Farrington E. Board member. Carolinas PPAG Chapter
- Zimmerman L and Jurado L. Board of Directors. Carolinas Virginias Chapter of SCCM

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**New Members of Our Family**

We are excited to announce that our NHRMC pharmacy residency family keeps growing! Congratulations to our newest moms and dads!

Avett Steiner Patel-Parents Manav and Ashley: February 2018

Sutton Edith Rager-Parents Michelle and Thomas: February 2018

Annie Margaret Nakajima-Parents Steven and Kristin: May 2018

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We love seeing our former residents stay in touch!
Brice’s Story

Brice completed a PGY2 Ambulatory Care residency at NHRMC in June 2005.

After graduation, Brice taught at the University of Louisiana at Monroe College of Pharmacy where her clinical practice site was in a Family Medicine Residency Program.

Presently Brice is a population management clinical pharmacist at Blue Cross Blue Shield of Louisiana where she serves as a pharmacy liaison.

Brice also is the pharmacy lead on implementing an opioid strategy which impacts both the community and Blue Cross members. She also serves as the opioid Task Force chair for the Baton Rouge Health District.

“Lisa prepared me for my first job where I was able to create a practice similar to Coastal Family Medicine and bring FPIN to the residency program. In my opinion neither would’ve been possible without the experience at NHRMC. The other residencies I considered wouldn’t have offered this same experience.”

Alumni Spotlight—Brice Labruzzo Mohundro

Why did you choose NHRMC? I wanted to experience the practice of pharmacy in another state besides Texas, and chose NHRMC because of the preceptors and the Family Medicine focus.

How did your NHRMC residency prepare you for your current job? A countless number of ways—I could go on forever! The residency program helped prepare me for both roles I have served in. I would say probably the most beneficial was my time at Coastal Family Medicine. Lisa prepared me not only for clinical practice but also for mentoring medical residents in scholarly activity projects. I was able to create a similar practice site and bring FPIN to the residency program. All the other preceptors were also integral in not only preparing me for clinical practice, but also providing me with opportunities that introduced me to the academic side of pharmacy.

Funny residency story to share? Geez—I can’t think of one! Between Mark, Lisa, and Bruce I know there is something! There was the slumber party in the executive suite during the hurricane.

What do you miss most about NHRMC? Definitely the people!!

What advice would you give to someone getting ready to start a residency? You will be challenged daily, experience moments where you feel you are in over your head and may even question if you made the right decision. This is part of the experience and will be integral in your growth as a clinician. The best advice I can give is to make sure you enjoy the experience and have fun while doing it.

What would you say to someone considering applying to a NHRMC residency? You will not regret applying to NHRMC! The program was fantastic when I was a resident and has grown even better over the years.
2017-2018 YEAR IN REVIEW

2017-2018 NRHMC Pharmacy Resident Graduates

**Katie Clark (PGY1 Community-Based)**
Current Position: Ambulatory Care/TOC Pharmacist, St. Joseph Regional Medical Center, Mishawaka, IN

**Shannon Eidsness (PGY1 Pharmacy)**
Current Position: Pharmacist II, New Hanover Regional Med Ctr, Wilmington, NC

**Kaylie Lau (PGY1 Pharmacy)**
Current Position: Pharmacist, University of Colorado Hospital, Denver, CO

**Kathryn Litten (PGY1 Pharmacy)**
Current Position: PGY2 Ambulatory Care Resident, University of Texas Community Unity Care Health Centers, Austin, TX

**Celia Morton (PGY1 Pharmacy)**
Current Position: PGY2 Critical Care Resident, Houston Methodist Hospital, Houston, TX

**Ginger Pedersen (PGY1 Pharmacy)**
Current Position: Pharmacist II, New Hanover Regional Med Ctr, Wilmington, NC

**Lucy Stanke (PGY2 Critical Care)**
Current Position: Pharmacist II, New Hanover Regional Med Ctr, Wilmington, NC

**Katie Taylor (PGY1 Pharmacy)**
Current Position: Pharmacist II, New Hanover Regional Med Ctr, Wilmington, NC

**Lindsay Thompson (PGY2 Ambulatory Care)**
Current Position: Ambulatory Care Pharmacist, Mission Hospital, Asheville, NC
Resident Teaching Award

Each year, the resident teaching award is given to the resident who demonstrates excellent teaching skills. This award is voted on by resident preceptors and students. For 2017, the Resident Teaching Award went to PGY1 resident, Ginger Pederson.

Mark Allen Resident Research Award

For the 7th year, the NHRMC Pharmacy Residency program hosted an annual Pharmacy Residency Research Day. This award goes to the resident who received the highest score on the presentation of their project from five judges who evaluated each presentation based on content, research design, and impact on patient care. This year, for her project, “Impact of Pharmacy Advantage Program on Decreasing Health Care Encounters”, the award was presented to PGY1 resident, Kathryn Litten.

Resident Practice Award

This year, we are proud to announce that Shannon Eidsness, a PGY1 resident is the recipient of the 2017 Resident Practice Award. Each year, the entire pharmacy staff votes on this award. It is given to the resident who exemplifies the four pillars of NHRMC and possesses the skills in a colleague with which you would want to work.
Our Administration Rocks!

The administration of the Department of Pharmacy has truly embraced NHRMC’s mission statement of “Leading our community to outstanding health.”

Pharmacy leaders are “walking the walk and talking the talk.” They not only promote participation in community events, but you will often find them participating. Some examples from this past year include: Med Take Back events, helping build and employee’s house with Habitat, reading to elementary school students, and participating in a fashion show to benefit Cape Fear Heart.

Our administrative group are also great supporters of our employees and our residency programs. They consistently show up to residency-specific functions and work hard to incorporate our residents into the department. Thanks for all that you do!

Celebrating Pharmacy Technicians

We are thrilled to announce that Deb Hewitt, one of our pharmacy technicians, presented on accurate medication dosing instruments at the North Carolina Association of Pharmacist’s Meeting in Winston-Salem. Deb is one of the first technicians to present at an NCAP meeting, and has been a fervent supporter of our residency programs. Even Hurricane Florence couldn’t keep her from presenting, and she was so successful that she’s been asked to turn her presentation into a CE for technicians around the state!

Congratulations Deb on this monumental achievement!

Keep in Touch! Tag Us!
Show us how you are leading your community to outstanding health!

Follow us @NHRMCRx
Join us in Anaheim at ASHP Midyear Meeting!

**NHRMC Reception**
Monday, 12/3 7:30-9:30pm — Tortilla Jo’s
1510 Disneyland Drive-Downtown Disney

Tuesday 1:00-4:00pm **Residency Showcase** — Booth 6235

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Visit us on the web at:
www.nhrmc.org/healthcare-professionals/residency-programs/pharmacy-residency

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PGY2 Critical Care-Lisa Hall Zimmerman
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