Director’s Letter

I welcome you to help celebrate our accomplishments over the past year in our residency annual report. We are proud that NHRMC continues to be recognized as a model employer. For the second straight year NHRMC was named one of Forbes Magazine’s America’s Best Large Employers. NHRMC was recognized as the highest ranking healthcare organization in North Carolina and 13th in the nation. For the first time, we are listed in Becker’s Healthcare 2019 Top 150 Places to Work in Healthcare. Over the past twelve months, we saw many updates as we continue to grow our pharmacy services to better support the needs of our growing community and fulfill our mission to lead our community to outstanding health.

“As NHRMC continues to expand its services, so does the Department of Pharmacy. We are excited to further develop into the outpatient and ambulatory spaces, including increased pharmacy presence in oncology and cardiology spaces, expanding our specialty pharmacy services, and adding an employee pharmacy.”

- Eddie Seijo, Director Inpatient Pharmacy Services

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Department and Health-System Updates

**Pharmacy Division:** With expansion of our outpatient and specialty services, we have now split into inpatient and outpatient departments, under one pharmacy division. Eddie Seijo is now the Director of Inpatient Pharmacy, and Michael Edgerton has been promoted to the Director of Retail & Specialty Pharmacy. Congratulations Mike!

**Ambulatory Care:** We continue to increase pharmacist involvement in the ambulatory arena. This past year, we’ve expanded our oncology and cardiology services. Welcome Katie Evans and Ethan Sebring to our oncology specialist team. We have also expanded pharmacy services at Cape Fear Heart Associates. Congratulations to Glenn Herrington who has accepted a position in the cardiology clinic.

**Inpatient Pharmacy:** In addition to overseeing pharmacy services at Pender Memorial Hospital, Angela Livingood now serves as the Regulatory and Compliance Manager for the NHRMC Pharmacy system and Tufan Nardali has transitioned to the Automation Manager. Tracy Muller has joined our team as the Pharmacy Operations Coordinator.

**Outpatient Pharmacy:** We have two new managers in the outpatient environment, Jimmy Wilson has been promoted to the Manager of Outpatient Pharmacy and we welcomed Marc Gorski as Manager of Employee and Specialty Pharmacy Services. Marc is in charge of opening a new Employee and Specialty pharmacy adjacent to our Employee Fitness Center. The pharmacy will open November 1 and exclusively serve NHRMC employees and dependents. The pharmacy is part of the planned NHRMC wellness village that will expand on the resources provided for employees and their dependents to live healthier lives.

**NHRMC Long-Term Plans:** There’s been a lot of press about the potential sale of our health-system. To date, the County Commissioners have voted to further explore the best way to secure the future of healthcare for this region. The next step is to set up a Partnership Advisory Group to request and review proposals from outside health care organizations. The Partnership Advisory Group will be composed of NHRMC Senior Team members, physicians, clinical leaders, and community leaders. More information is available at nhrmcfuture.org

A HUGE Shout Out to Lisa Edgerton, Mackie King, and Neda Pourdeyhimi who presented “Safer Opioid Prescribing: Having the Right Tools at the Right Time,” at Atrium Health’s10th annual Quality and Patient Experience Sharing Day. This presentation summarized the work of our very successful opioid stewardship program. Congratulations!
What’s New With NHRMC Pharmacy Residency Programs?

**PGY2 Critical Care Residency Program:** In July, Joshua Steelman was named the program director for the PGY2 Critical Care Pharmacy residency program. Joshua is a clinical pharmacist in the Medical Intensive Care Unit and also focuses on Nutrition and Metabolic Management. Joshua received a BS from the University of North Carolina at Pembroke and his PharmD from Wingate University. He completed a PGY1 Pharmacy Residency at McLeod Regional Medical Center in Florence, SC, and a PGY2 Critical Care Pharmacy Residency at Providence Sacred Heart Medical Center in Spokane, WA. He has worked with pharmacy residents and students at NHRMC since 2010.

**Teaching and Learning Curriculum (TLC)** After receiving resident feedback, the decision was made to develop an inhouse TLC certificate program at NHRMC. Michelle Rager and Melissa Blair developed the curriculum and co-coordinate the program where participating residents gain additional teaching experience. During the inaugural year, four residents participated in the certificate program.

**ASHP Preceptor of the Year Award** We are thrilled to announce that ASHP bestowed our previous PGY2 Critical Care program director Lisa Hall Zimmerman with its prestigious Preceptor of the Year Award. She accepted this honor during the 2018 ASHP Midyear meeting. Lisa and her family have made the difficult decision to return to Michigan. Although Lisa is no longer with NHRMC, we are proud of all her accomplishments, and she will always be part of the NHRMC family!
2019-2020 CURRENT NHRMC RESIDENTS

Sarah Anderson
PGY1 Pharmacy
Previous Training:
University of North Carolina

Courtney Olesky
PGY2 Critical Care
Previous Training:
PGY1 Allegheny General Hospital
Duquesne University

Logan Dorioy
PGY1 Pharmacy
Previous Training:
University of South Carolina

Hannah Sharpe
PGY1 Community-Based
Previous Training:
Virginia Commonwealth University

Geena Elgin
PGY2 Ambulatory Care
Previous Training:
PGY1 Baystate Medical Center
Massachusetts College of Pharmacy

Jenna Sorgenfrei
PGY1 Pharmacy
Previous Training:
Campbell University

Tomi Farotimi
PGY1 Pharmacy
Previous Training:
University of North Carolina

Maci Zwolski
PGY1 Pharmacy
Previous Training:
University of South Carolina
NEW PRECEPTOR SPOTLIGHTS

What brought you to NHRMC?
Lisa B: Returned to practice after spending 14 years raising children.
Justin: Unique setting with a progressive practice model. Best of both worlds as a community teaching hospital which is deeply rooted in the community.
Josh: Stayed after residency due to the progressiveness of the practice of pharmacy and the organizational involvement in the community.
Ryan: Progressive attitude of department, environment where pharmacy input is valued, and opportunity to interact with learners.
Mandy: I wanted to be in a pediatric sub-specialty in the Southeast.

What do you feel is unique about your rotation?
Lisa B: Sterile compounding and USP 797 is something not many residents get to experience in practice.
Justin: The complexity of our practice model and the variety of pharmacist roles within our department allow for well-rounded training in both operation and clinical positions. Residents get to experience the role of a leader and how to think like one instead of just being project driven.
Josh: Encourages residents to step outside walls of hospital and provide care in less conventional ways that are still impactful for our patients.
Ryan: Ability to care for high-acuity traumatic injuries and stroke events in addition to a wide variety of other illnesses. A better understanding of where a hospitalized patient’s journey may start and opportunities in transitions of care activities.
Mandy: Extremely specialized unit that takes care of neonates born as early as 22 weeks gestation. The opportunity to experience things that aren’t seen anywhere else. Organized and progressive in multidisciplinary care.

What do you love most about precepting residents?
Lisa B: Instilling confidence and being a part of their contagious enthusiasm.
Justin: I love being able to help residents develop their skills and find their niche in the profession.
Josh: How eager and excited they are to contribute to the organization.
Ryan: Ensuring residents are well trained provides a greater patient care impact than any direct patient care I carry out on a day-to-day basis.
Mandy: View NICU through “fresh eyes” and use questions to help change patient care.

Any advice for learners interested in NHRMC programs?
Lisa B: NHRMC provides a unique opportunity for immersion in cutting-edge practices involving many different areas of pharmacy.
Justin: Consider the practice model, the role of the residency within the department, and how the department’s personality fits your own. The role of the pharmacy department in the institution will dictate the caliber of practice opportunities for residents.
Josh: Ask questions! Talk to past and current residents about their experiences to determine if our program is the right fit for you.
Ryan: Take advantage of the learning environments and resources you have. You may never have the opportunity to grow and learn at the rate you can during your time as a student.
Mandy: Do your research and make sure the program can provide you with solid experiences in those areas.
Peer Reviewed Publications/Book Chapters of Alumni/Preceptors: 2018-19


Alumni Updates

- **Patricia Wigle** (’99-00) Professional Excellence in Mentorship Award
- **Brice Mohundro** (’05-06) Promoted to Senior Clinical Pharmacist—Population Management for BCBS, BCACP recertified, Chair, Baton Rouge Health District Opioid Task Force
- **Dan Kirgesner** (’11-12) Lead Pharmacist of Perioperative Services at UNC Medical Center
- **Razan El Melik** (’12-13) Pharmacogenomics Clinical Pharmacist, Medication Management Services and Assistant Professor Mayo College of Medicine and Science
- **See Won Seo** (’12-13) Pain Management in Opioid Use Disorder certified
- **Cindy Zoeller McCune** (’13-14) Clinical Specialist, Pediatric Critical Care, Dell Children’s Medical Center, Austin, TX
- **Natalie Johns Merrels** (’15-16) BCPS certified; Clinical Pharmacy Specialist Critical Care, Carolina East Medical Center
- **Daniel Wolverton** (’15-16) Clinical Pharmacist, Carolina Assessment and Medications Program, UNC Health
- **Kaitlyn Dehoff** (’16-17) Residency coordinator for PGY1 pharmacy residency, St. Joseph Mercy Oakland
- **Jenna Picton** (’16-17) Clinical Pharmacist, Atrius Health/Harvard Vanguard Medical Associates
- **Kaylie Lau** (’17-18) BCPS certified
- **Kathryn Litten** (’17-18) Clinical Assistant Professor of Ambulatory Care, University of Texas at Austin College of Pharmacy
- **Ginger Pederson** (’17-18) Transitions of Care Pharmacist, NHRMC
- **Lindsay Thompson** (’17-18) BCACP certified
- **Marriages:** **Zack Parker** (’12-13), **See Won Seo** (’12-13), **Cindy Zoeller** (’13-14)
National/Regional Invited Presentations

- Farrington E. Delirium in the pediatric ICU. Chicagoland Critical Care Conference.
- King M. Getting to zero with primary care: pharmacy home visits and providers view of prep. 2018 National Ryan White Conference.
- King M. Community hospitals response to the opioid epidemic. NC Epic User Group Meeting.
- Nakajima S. Etomidate versus ketamine in rapid sequence intubation. Society of Critical Care Medicine.

New Certifications/Awards

- Lean green belt certification: Amanda Dubil
- 2018 ACCP Pediatric PRN Achievement: Elizabeth Farrington
- MUSC Dean Golod Award for contributions to pharmacy practice: Melissa Blair
- NHRMC Department of Pharmacy Employee of Quarter: Brad Elliott, Manav Patel, Allison Seidel

National Councils

- Blair M. Chair. Board of Pharmacy Specialties, Pharmacotherapy Specialty Council.
- Farrington E. Editorial Board. Journal of Pediatric Pharmacology and Therapeutics
- Farrington E. Vice-Chair. SCCM Chapters and Affiliates Committee

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!

Thomas: Parents Katie Stabi and Josh Nash: November 18
Finley—Parents Katie and Luke Clark: January 2019
Finley—Parents Danine Sullinger and Alex Bates: March 2019
Lila—Parents Mackie and Chelsea King: May 2019
Samuel—Parents Karen and Alex Givens: July 2019
Camden—Parents Eddie and Liz Seijo: July 2019
Avery—Parents Lisa and Quent Sweeney: July 2019
Finn—Parents Patrick and Jonna Huffman: July 2019
Patrick’s Story

Patrick completed a PGY1 pharmacy residency at NHRMC in June 2010. After graduation, Patrick moved back to West Virginia where he started as a Clinical Pharmacist at the Beckley VA. He then transitioned to various roles including an anticoagulation specialist and antimicrobial stewardship pharmacist.

Presently Patrick practices as an Internal Medicine pharmacist and is the Residency Program Director of a brand new PGY1 Pharmacy residency program!

“Residency was a humbling experience for me; I was incredibly unprepared which forced me into some uncomfortable self-evaluation.”

“There is not a day that passes in which I’m not relying on the training I received at NHRMC. Some is patient care related, but a lot of what I lean on is the project management, teaching, and the self-organization/prioritization skills I picked up in residency.”

-Patrick Huffman
Program Director

Alumni Spotlight— Patrick Huffman

Why did you choose NHRMC? 1. Preceptors – As I compared programs during my P-4 year, one of the most important categories was quality of preceptors. NHRMC offered the opportunity to train with renowned preceptors on a national stage. 2. Experiences – The PGY-1 program offered a well-rounded experience which included equal opportunities in Internal Medicine, Family Medicine, and Critical Care. 3. Environment – When I met preceptors at Midyear and then the pharmacy staff at the on-site interview, I was hooked. Also, I was there for an interview over Valentine’s Day weekend and was able to wear shorts…that was also a selling point!

Funny residency story to share? During Internal Medicine rounds, a commotion occurred in an adjacent room to where our medical team was seeing a patient. One of the 1st year medical residents left to check it out. I went looking for her to make sure she was all right. She and a nurse were trying to lift a man who had fallen out of bed. Wearing my long white coat, I reached down to lift as the two ladies grabbed his arms. As I tried to grab hold, I realized he was wearing no pants nor undergarments of any kind! Also, he’d urinated while sitting in the floor. As the nurse and resident lifted, they ended up turning his upper body…and his bottom half performed the same rotation. While I had a fresh unobstructed rear-end view of this poor man, several pocket cards, papers, and my Sanford Guide fell out of my pocket into the puddle of urine on the floor! We had a good laugh that afternoon as I tried to clean up as best as I could.

What advice would you give to someone getting ready to start a residency? Be self-aware. You aren’t as great as you think – nor are you as terrible as you may picture yourself. Be willing to work on you - your skills, knowledge, and abilities - throughout the year to develop into something more than you are now. Don’t compare yourself to others, this year is about you practicing until you are better in 12 months than you are today.

Work Hard and Play Hard! Give your all while you can but make time to unwind. Wilmington is a fantastic city and you need to explore it. Make new acquaintances, try new restaurants, see the sights. Life is a balancing act, and too much work makes for a life which is a one-sided missed opportunity!

What would you say to someone considering applying to a NHRMC residency? Why look anywhere else? The year at New Hanover has been the foundation and springboard for my pharmacy career. I would not trade my training at NHRMC for any other site or experience. I have the best memories of my time there. You will not regret it. Enjoy the experience and have fun while doing it.
2018-2019 YEAR IN REVIEW

2019 NHRMC Pharmacy Resident Graduates Current Positions

Kyle Ames (PGY1 Pharmacy) : PGY2 Internal Medicine, Hennepin Healthcare, Minneapolis, MN
Shelby Bridges Rapillard (PGY1 Pharmacy): Pharmacist, New Hanover Regional Med Ctr, Wilmington, NC
Meg Ciborowski (PGY1 Pharmacy): PGY2 Emergency Medicine, Orlando Health, Orlando, FL
Priyan Lad (PGY1 Pharmacy) PGY2 Pharmacy Informatics, University of Chicago Medicine, Chicago, IL
Araceli Leon (PGY1 Community-Based Practice) Pharmacist, New Hanover Regional Med Ctr, Wilmington, NC
Kalyn Meosky (PGY1 Pharmacy) Pharmacist, New Hanover Regional Med Ctr, Wilmington, NC
Mallory Moore (PGY2 Ambulatory Care) Ambulatory Care Specialist, Novant Health and Care Connections Pharmacy, Charlotte, NC
Victoria Paradiso (PGY1 Pharmacy) Pharmacist, New Hanover Regional Med Ctr, Wilmington, NC
Lisa Sagardia (PGY2 Critical Care) Clinical Pharmacist, Emory St Joseph’s, Hospital, Atlanta GA
Teaching and Practice Award
We are proud to announce that PGY1 Pharmacy resident, Kyle Ames, is the recipient of the 2018-2019 Resident Practice Award and the 2018-2019 Resident Teaching Award. The practice award is voted on by the entire pharmacy department and is given to the resident who exemplifies the four pillars of NHRMC: compassion, ownership, teamwork, and communication. The teaching award is given to the resident who demonstrates excellent teaching skills. This award is voted on by resident preceptors and students. Kyle received his awards from his residency mentor and incoming PGY2 Critical Care Program Director, Josh Steelman. Congratulations Kyle!

Mark E. Allen Resident Research Award
NHRMC Pharmacy Residency program hosted the 8th annual Pharmacy Residency Research Day in June. Residents presented their projects to a panel of judges who evaluated each presentation on content, research design, and impact on patient care. This year, for her project, “Evaluation of neonatal abstinence syndrome protocol in neonates with prenatal exposure to methadone verses buprenorphine” the award was presented to PGY1 Pharmacy resident, Shelby Bridges Rapillard. Shelby was precepted by Elizabeth Farrington and received her award from RAC Research Subcommittee member Virginia White.
Students! Students! Students!

Amanda Dubil now serves as the student coordinator and is focused on continuing to refine the student experience at NHRMC. Student competencies have been implemented for patient education, medication reconciliation, and specific pharmacy consult services, including vancomycin and renal dosing. Competencies have resulted in students being more prepared when they are on rotations and allowed them to fully participate as pharmacy extenders, and provide needed services in our institution.

Rotation standardization has also been a focus. Our Internal Medicine and Ambulatory Care preceptors have worked hard to standardize syllabi, create joint topic discussion opportunities, and set minimum expectations across patient care areas.

The Advanced hospital rotation has also been redesigned to ensure students receive a consistent experience that is focused on actively participating in patient care. All these changes mean more robust opportunities for our learners, better preparing them to be our next generation of practitioners!

Students: By The Numbers

- Provided 88 rotations to students from Wingate, Campbell, and other schools in 2018-2019 school year
- 35% increase for 2019-2020 school year to 118 rotations for 25 High Point, Wingate, and various other students
- 40 preceptors offer student rotations
- Main rotation site for 84% of assigned High Point students for 2019-2020 year
- 30% of rotation students applied for residency programs

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

Follow us @NHRMCRx
Join us in Las Vegas at ASHP Midyear Meeting!

**NHRMC Reception**
Monday, 12/9 6:00-9:00pm: Ri Rá Irish Pub
Shoppes at Mandalay Place, Suite 128
Tuesday 1:00-4:00pm: Residency Showcase—Booth 6648

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Published November 2019