



# The Transition

4th Year Pharmacy Students Entering the Real World of Pharmacy

The Transition, Volume II, Issue I

September 2014

## Special points of

### Interest:

- Preceptor Highlight
- Rotation Highlight
- Clinical Pearls
- Remember the Math?
- After Graduation
- Upcoming Events
- Just for Fun

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## Preceptor Highlight

Dr. Kelley Norris graduated from Auburn University in 1995. She then received her B.S. in Pharmacy in 1997, and her Pharm.D. in 1999 from the Harrison School of Pharmacy at Auburn University. She moved to Augusta, Georgia after receiving her Pharm.D. to complete a PGY-I residency at, what was then, the Medical College of Georgia Health System (MCG). She was planning to practice as a clinical pharmacist on the adult cardiology unit after residency. However, Dr. Rusty May informed her that she needed to complete at least one pediatric rotation in order to complete her PGY-I residency. Her final rotation as a PGY-I resident was in the Children's Medical Center. After that, she fell in love with pediatric patients!

Health System. While at Georgia Regents, Dr. Norris has helped implement numerous services including the Children's Medical Center (CMC) pharmacy, formalizing the pharmacokinetic service, and starting the Pediatric Adverse

Drug Reaction conference. Dr. Norris has precepted students for almost fifteen years. She finds it helpful to see concepts from the students' perspectives, and says that precepting refines her communication skills. She also enjoys the fact that precepting students is one way that she is continually challenged as a pharmacist. Her advice to current 4th year students is: "Keep an open mind throughout the year. Do the most you can do and be involved in things that you will never be involved in again." Dr. Norris is very active outside of the pharmacy world. She has three children, and she is a youth leader in her church. In 2012, she started a running group entitled Friends of Frances in the Augusta Half Marathon to show support for a 6 year old friend with a rare disease called Macrocephaly-capillary malformation. She also enjoys cooking and gardening in her free time.



**Kelley Norris, Pharm.D., BCPS**

Currently, Dr. Norris is a pediatric clinical pharmacist in the Pediatric Intensive Care Unit (PICU) and the Critical Care pharmacy manager for Georgia Regents

Drug Reaction conference.

Dr. Norris has precepted students for almost fifteen years. She finds

Written by: Jamie Hopkins  
Contributions by Kathryn Maples  
Pharm.D. Candidates, 2015  
Augusta

## Trauma Services at Grady Hospital

Aimee Shin recently completed an emergency pharmacy rotation at Grady Health System in Atlanta. As the premier level I trauma center in Atlanta, Grady receives the most critically ill patients and ensures a full trauma treatment team is in the hospital at all hours ready to provide first-class care whenever necessary.

Aimee was also responsible for providing educational material to all patients discharged on anticoagulation medications. Specifically, she counseled on the appropriate use of warfarin in regards to alcohol, diet, and the potential drug interactions. Additionally, she educated patients on how to self-monitor for clinically significant signs and symptoms of bleeding. She also instructed patients on the proper use of Lovenox<sup>®</sup>, which Grady frequently uses in warfarin bridge therapy.

Due to the unique nature of the rotation, Aimee was required to work evenings from 3:00pm to 1:00am. Throughout the rotation, she was able to participate in codes with the pharmacy resident on call. During codes, she performed chest compressions and assisted with the preparation of medications including paralytics used prior to intubation and sedatives administered after the patient was intubated.

Aimee participated in daily multidisciplinary rounding with the attending physician and other team members. Because Grady is a teaching hospital, she found plenty of opportunities to learn about different disease states, medications, and trauma situations.

## Clinical Pearls: Managing Diabetes in the Elderly

An A1C  $\geq 8.0$  is associated with increased risk of diabetes-related morbidity and mortality. Yet older patients ( $\geq 65$  years) with diabetes are more likely to have multiple coexisting conditions. Evidence suggests that intensive glycemic control may not be beneficial for patients with high levels of comorbidity. Thus the risks may outweigh the benefits for some older patients. While not all-encompassing, it is helpful to follow the “framework” provided by the American Diabetes Association when considering A1C goals for older adults with diabetes.

Sarah Peake  
Pharm.D. Candidate 2015  
Athens, GA

Approved by: Robin Southwood, Pharm.D., BCPS  
Athens, GA

Patient Characteristics/Health Status	Reasonable A1C Goal
Healthy <ul style="list-style-type: none"> <li>Few coexisting chronic conditions</li> <li>Intact cognitive status</li> <li>Intact functional status</li> </ul>	<7.5%
Complex/Intermediate <ul style="list-style-type: none"> <li>Multiple coexisting chronic conditions (<math>\geq 3</math>)</li> <li>Or mild-to-moderate cognitive impairment</li> </ul>	<8%
Very Complex/Poor Health <ul style="list-style-type: none"> <li>Long-term care</li> <li>Or end stage chronic illness</li> <li>Or moderate-to-severe cognitive impairment</li> <li>Or 2+ activities of daily living (ADL) dependencies</li> </ul>	<8.5%

References on page 4

### Practice Problem:

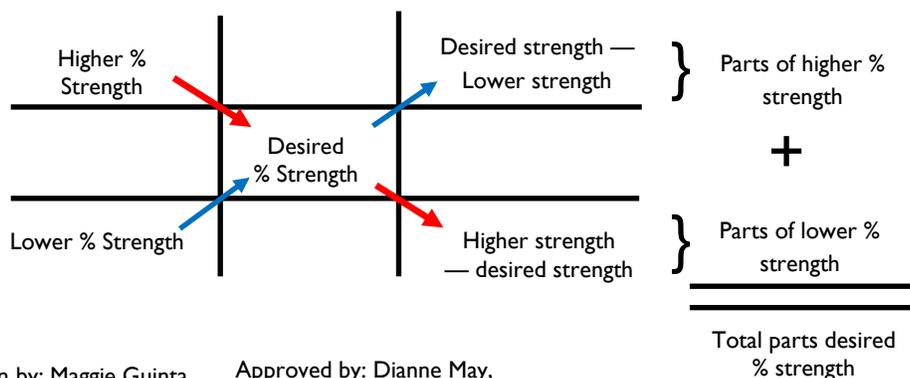
See Answer on

A doctor writes a prescription for 1.5% benzocaine ointment to be compounded by the pharmacy. The pharmacy only stocks 15% benzocaine.

In what proportion should 15% benzocaine ointment be mixed with an ointment base to produce a 1.5% benzocaine ointment?

### Alligation

Alligator, alligation...what was that again?! Don't let a simple technique escape you! Remember that alligation is simply a method to determine the amounts of each ingredient needed to make a mixture of a given amount. The general process is as follows:



Written by: Maggie Guinta  
Pharm.D. Candidate 2015  
Savannah

Approved by: Dianne May,  
Pharm.D., BCPS

Continued from page 1



Aimee Shin  
Pharm.D. Candidate 2015

### Trauma Services at Grady Hospital

Aimee saw a very interesting case of a patient with chlorine fume poisoning to the eyes. She observed the treatment team provide supportive care to preserve her vision. Aimee found it beneficial to see firsthand how the multidisciplinary approach used at Grady leads to improved outcomes and superior patient care.

While it was quite a challenging first rotation, she said the experiences and hard-work will improve her ability to provide enhanced patient care in the future.

Contributions by: Aimee Shin  
Written by: Adam Brown  
Pharm.D. Candidates 2015, Atlanta

## Career Fair Advice

When: Thursday, October 2

Written by:

Casey Bozeman, Ian Dunne & Kristin Bradley  
Pharm.D. Candidates 2015, Savannah

### Do's

- \* Wear a suit
- \* Bring plenty of copies of your CV
- \* Be personable and positive
- \* Get the recruiter's contact information before leaving the booth
- \* Remember the basics: use a firm handshake, smile, maintain eye contact, and speak clearly
- \* Be prepared to speak about your work experience, skills, and abilities

### Don't's

- \* Sign up for interviews with companies that you are not interested in
- \* Just drop off your CV without introducing yourself
- \* Use filter words such as "um", "like", and "you know"
- \* Play with your hair, chew gum, or make distracting motions
- \* Walk up to a booth and interrupt a conversation
- \* Don't be intimidated! The recruiters want to meet you

### Advice from Preceptors

"Get a good night's rest the night before so you are fresh and alert. Dress professionally and simply. Look engaged. Be personable and answer questions honestly. Demonstrate your desire to learn and reveal to the interviewer your ability to be a successful employee and patient caregiver."—Wesley Krulic, Pharm.D. (Savannah Regional Coordinator)

"Introduce yourself by stating your full name, year in school, and the school you attend. Be able to articulate your interest in that particular company. Research the companies prior to attending in order to be able to ask good questions. Dress sensibly and comfortably"—Catherine Bourg, Pharm.D., BCPS, BCACP (Athens Area Preceptor)

## Upcoming Events

### Midyear Poster Presentation Submissions

August 15-October 1

<http://connect.ashp.org/midyear/education/posters/studentposters>

### ASHP Midyear Meeting

December 7-11  
Anaheim, CA

### Scholarship Ceremony

October 2  
University of Georgia  
Athens, GA  
4:00 PM

### Career Fair and Class Meeting

October 2

- 10:30 AM: class meeting
- 11:30 AM: lunch
- 12:00-2:30 PM: Career Fair

### Interviews for prospective employers

October 3  
University of Georgia  
Athens, GA

### Residency Showcase

October 3, 1:00-4:00 PM  
Mercer University  
Atlanta, GA

### NCPA Annual Convention

October 18-22  
Austin, TX

### ACCP Annual Meeting

October 12-15  
Austin, TX

Written by: Kristin Horton  
Pharm.D. Candidate 2015  
Atlanta



## Celebrating Life in the South

As a native Georgian, I value the South's most essential social currency - good Southern food. I ponder over my mama's treasured recipe book, and the worn pages bring back precious memories. There are not many problems that a scoop of Daddy's homemade peach ice cream cannot cool. People who say change is good are unaware of a good old-fashioned pound cake. We live in a land where macaroni and cheese is a vegetable, and a meal is not complete without a

refreshing glass of sweet tea. Truett Cathy may have stated it best in saying, "Food is essential to life, therefore make it good." From one southerner to another, I would like to pass on Grandmama Lucy's Brown Sugar Brownie recipe. May it bless you heart as much as it has blessed mine.

Written by: Cary Anne Smith  
Pharm.D. Candidate 2015  
Athens

### Grandmama Lucy's Brown Sugar Brownies

2 cups brown sugar

2 eggs, beaten

½ cup butter

1 ½ cups flour

1 teaspoon vanilla extract

1 cup chopped pecans

Combine butter and sugar. Then add eggs. Mix all other ingredients and bake at 350 degrees until golden.





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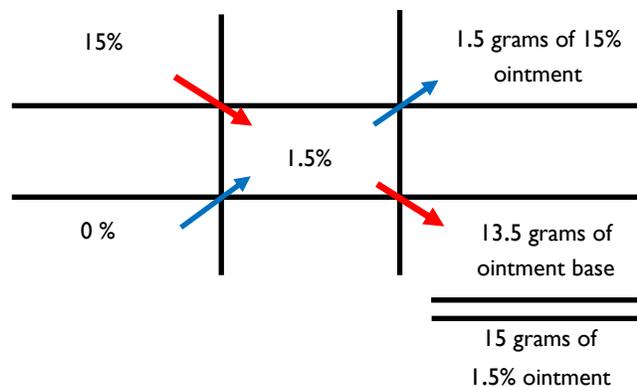
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### Clinical Pearl References:

Standards of medical care in diabetes-2014. Diabetes Care. 2014;37(suppl 1):S14-S80.  
Personalized management of hyperglycemia in type 2 diabetes. Diabetes Care. 2013;36:1779-1788.

## PRACTICE PROBLEM ANSWER (SEE PAGE 2)

*Answer:* In this problem, the ointment base contains no drug so its strength is represented as 0%. Parts can be rewritten as grams with ointment/cream problems to give 1.5 grams of 15% ointment and 13.5 grams of ointment base needed to make 15 grams of a 1.5% mixture.



### Alligation References:

<https://www.inkling.com/read/pharmaceutical-calculations-howard-ansel-14th/chapter-15/ch15-reader-10>. Accessed September 5, 2014.