THE PLS PULSE

THE OFFICIAL NEWSLETTER OF PHI LAMBDA SIGMA DELTA CHAPTER

Volume 2 | Issue 2 | May 2021

IN THIS ISSUE

• A Message From the Outgoing President..................................................................................1
• 2021-2022 New Inductees...........................................................................................................2
• 2021-2022 New Executive Board..................................................................................................3
• Importance of Leadership in Pharmacy Practice..........................................................................4
• A conversation with Aubrey Slaughter, Pharm.D. c/o 2020......................................................5
• The Importance of Community Pharmacists in the COVID-19 Pandemic.................................7
• Tips for Overcoming Pharmacy School: A Student’s Perspective..............................................8
• Upcoming Events............................................................................................................................10

EDITORS

Kristine Nguyen, University of Georgia College of Pharmacy Pharm.D. Candidate, Class of 2022

Emily Royal, University of Georgia College of Pharmacy Pharm.D. Candidate, Class of 2022

2020-2021 EXECUTIVE BOARD

• President: Emily Royal
• Vice President: Busola Fowowe
• Treasurer: Tommy Tuggle
• Secretary: Kristine Nguyen
• Marketing Chair: Blake Terrell
Hello, fellow PLS members!

Congratulations on finishing the semester strong and bringing an end to another year of pharmacy school!

The outgoing executive board and I have been honored to publish two editions of our newsletter this year to help keep you informed, celebrate and highlight our outstanding members, as well as stay current with all things we believe pharmacy can offer in the scope of leadership.

As John F. Kennedy once said, “Leadership and learning are indispensible to each other.” Our future as successful pharmacists depends on us learning to the best version of ourselves that we can be in order to advocate for our patients to give them the best care possible. As leaders in the pharmacy world, we are taking our knowledge above and beyond to make a difference for those around us and inspire them.

Leadership isn’t about any titles, the amount of activities you participate in, or any specific designation you have. It’s about the impact you make, the influence you have, and the inspiration you give to those around you. Ronald Reagan stated, “The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things.” I encourage each of you to be a light to those around you and be an influencer and stand out in the world of pharmacy so that others look up to you!

It has been an honor to serve as your President this past year! I have been truly amazed by each and every one of you as members of this organization, and I know that each of you has a very bright future ahead of you as pharmacists, as displayed by your passion for this profession! I would like to thank my executive board for all the hard work they have put into this past year to continue to grow and expand Phi Lambda Sigma at our local level. I am confident that our new incoming executive board will continue to expand the Delta Chapter, going above and beyond!

No matter who you are or where you are in life, ALWAYS remember: “You are braver than you believe, stronger than you seem, and smarter than you think.” YOU are capable, YOU can do this. Believe in yourself and you will go far (you wouldn’t be here without it).

Sincerely,

Emily Royal

Emily Royal
PharmD Candidate, Class of 2022
The PLS Delta Chapter inducted 23 new members on March 8th, 2021. Congratulations to everyone!

- Kobina Amoah
- Kavya Balaji
- Diana Dang
- Elizabeth Eckels
- Kelly Gilbert
- McKenzie Hodges
- Tierra Jackson
- Logan Johnson
- Lydia Lee
- Maddie Marsh
- Mark Molinaro
- Antoinette Morkeh
- Omar Mouna
- Nancy Nguyen
- Stanley Otiwu
- Daniel Padron
- Aahuti Patel
- Parth Patel
- Boomer Preston
- Laura Ramirez
- Veli Uzumova
- Caitlin Wyatt
- Stephen Wu
Congratulations to the 2021-2022 Executive Board!

Veli Uzunova
President

Diana Dang
Vice President

Caitlin Wyatt
Secretary

Antoinette Morkeh
Marketing Chair

Stanley Otiwu
Treasurer

Congratulations to our new executive board! We are excited to see the amazing things you will accomplish in the upcoming academic year!
IMPORTANCE OF LEADERSHIP IN PHARMACY PRACTICE

Written by: Diana Dang, Pharm.D. Candidate 2023

As the world of healthcare continues to rapidly evolve, the pharmacy profession has also experienced tremendous growth and development. Traditionally regarded as a discipline connecting the chemical sciences and patient health, pharmacy practice for a long time has been associated with preparing and dispensing drug products[1]. However, since the mid 1900s, there has been a shift in pharmacy practice towards more patient oriented care. Greater emphasis has been placed on pharmacists as medication experts as a part of an interprofessional team working not only to optimize medication management, but also improve patient outcomes[1]. However to this day, the impression that pharmacy practice is limited to medication dispensing remains. In order for pharmacists to serve their communities with a full scope of practice, they must first work to break this status quo[2]. Undoubtedly, such change requires much time and effort. Most importantly, it necessitates leadership; there is a need for leaders within our profession. This encompasses those with a strong awareness of their personal strengths, weakness, and philosophy for their pursuit as pharmacists[3]. Many pharmacists have great ideas regarding how the profession can improve. However, having good ideas alone is not enough to lead[3]. True leadership requires the ability for individuals to apply their skills to not only share their passions, but also influence and motivate others to act.

One major reason for this seemingly lack of leadership in not just pharmacy, but in any profession, is this misconception that leadership can only exist on a large scale[3]. Many people believe that to be a leader, you must be the head of an organization or be in a position that oversees others, when in fact, leadership can also exist on a smaller scale. It can be as small as helping a patient overcome their smoking addiction or improve their unhealthy lifestyle habits. This commitment alone exemplifies the true meaning of working to provide quality patient care. Such leadership within the profession greatly contributes to the progression of pharmacy as whole towards full scope of practice in helping patients.

One factor that really sets pharmacy apart from other healthcare professions is the high accessibility of care that pharmacists can provide for patients. Unfortunately, these services are not widely available to all[4]. For this reason, there is a strong need for leaders within our profession to demonstrate the value and extent pharmacists can contribute to patient care. Leadership towards practice change is complex and occurs on many levels. However, every pharmacist has the opportunity to lead, even if it is done by leading one patient at a time[3].


A CONVERSATION WITH AUBREY
SLAUGHTER, PHARM.D., UGA COP C/O 2020
Written by: Logan Johnson, Pharm.D. Candidate 2022

Many students, curious about career paths, look into the option of post-graduate residency training. This training consists of rotating through specialties at the site of their residency for one year. During this year, the newly graduated pharmacist experiences a wealth of knowledge and growth. Aubrey Slaughter (UGA ’20) is a resident at Augusta University Medical Center (AUMC) and gives us some insight into her first year of residency.

Why did you decide to do a residency after graduation?
"I knew that I was very interested in pediatrics. I wanted the opportunity to gain more knowledge and learn from some of the best practitioners at an academic medical center. This led me to pursue a PGY1 in inpatient pharmacy at AUMC with an emphasis on pediatrics. Any career you choose after graduation is a good one. No matter where your career takes you, you are in an exciting and fulfilling field that provides a real benefit to patients’ lives!"

What has been your favorite part of residency?
"The people. I have had the opportunity to gain 4 more best friends. My PGY1 pharmacy residency class is incredible. We all encourage one another to be the best that we can be. We inspire each other, and we are there for each other on our worst days. The people at AUMC are incredible, from my pharmacy preceptors to the medical residents and attendings. It has been so rewarding to be a part of multidisciplinary teams and really making an impact on my patients."

What has been your least favorite part of residency?
"This is hard. I enjoy all of it! You will be challenged. You will need a shoulder to lean on sometimes, but you will always be supported. Learning how to manage your time efficiently is a priority when you start residency. Get organized and get organized fast. You will be handed several longitudinal projects quickly. This is not my least favorite part by any means, but it has definitely been one of the more challenging parts of residency."

What does a “day in the life” of a first year resident look like?
"I’ll take you back to my general pediatrics rotation. I woke up every morning and tried to get in a little 30 minute workout before coming to the hospital. I printed my patient list when I got to the hospital and started working up my patients, starting with the sickest and newest. I prepared myself for rounds and starred any potential patients that would need discharge counseling. Early on, I pre-rounded with my preceptor before rounds. Then, I rounded with the team and we would run the list together. In the afternoons, I helped the medical residents send prescriptions, completed discharge counseling, and participated in topic discussions. I worked on some of my MUE and research projects in the afternoon, when the census was not as high. Then, before leaving, I would go check in with the team to make sure they did not need anything."

How do you manage a healthy work/life balance?
"I thoroughly enjoy working out. It helps with my stress, and it also provides me with some “me” time. I schedule 30 minutes to an hour each day to workout, whether that is going to the gym or just walking outside. I also learned that it is okay to take days off just because you want to. I made sure that I would schedule a PTO day every few weeks. I continued my hobby of traveling while in residency, even with the pandemic! Find those things that make you happy and help with stress and make sure you keep doing those things throughout residency."

(Continued on Page 6)
A CONVERSATION WITH AUBREY SLAUGHTER, PHARM.D., UGA COP C/O 2020 (CONT'D)

What advice would you give to graduating P4s that have matched to a residency program?

"Get ready for one of the best years of your life. It will be tough, but I have faith in you. Don't be afraid to say yes to something that is out of your comfort zone. This led to several incredible opportunities for me. Also, know when to ask for help. You have a HUGE support group and everyone wants to see you succeed, so reach out when you need to. Take advantage of your staffing shifts because it will only make you a better pharmacist when you are rounding. If you are interested in something specific, talk to your advisor about trying to get rotations in your area of interest before your early commit deadline and/or midyear. You've got this!"

If you could start over, what do you wish you had known on day 1 of residency?

"Your to do list will never end. As a student, my goal was to finish my to do list each week. But as a resident, you will add 5 to 6 things to your to do list everyday. You will be asked to help with a project here and there. You will be asked to work a shift because your coreident is out with COVID. You will be asked by your team to help admit a sick patient coming in while you are in the middle of presenting a topic discussion. Residency has taught me that it is okay to have a never ending to do list, and if I only get 1 to 2 things checked off a day, it will still be there tomorrow. You have to take care of yourself and your health. Do not try to check off every item on your to do list."

How did you prepare for the transition from a student to a resident?

"I took time off, I traveled and had lazy days. Enjoy those few months you have after graduation before residency. Don't work 10 hour shifts everyday for 8 straight weeks. Go on vacation and visit your friends and family. You want to start residency with energy and excitement. Come into residency wanting to learn everything possible. Take the time to make sure you know what is expected of you. You are the pharmacist now. You have a lot more responsibility than you had as a student."
The COVID-19 pandemic presented many challenges for healthcare systems and placed unprecedented burdens on healthcare accessibility. With the overwhelming need to provide care to COVID patients, access to emergency and ambulatory healthcare facilities became limited. However, community pharmacists, have more than ever served at the forefront of providing quality patient care as the most accessible healthcare providers.

In the past year, the role of community pharmacists has undergone significant transformations. Pharmacists in community pharmacy settings have developed a unique approach to continue providing all the services they are trained to in new and innovative ways. Initiating telehealth services is one example of how pharmacists have adapted to continue being proactive with patient counseling, drug interventions, and monitoring patients’ medication regimens. Many pharmacies expanded home delivery services and offered curbside pickup to ensure patients had access to their medications during lockdowns. Additionally, with the frequent updates that came with the SARS-CoV-2 virus, community pharmacists continued to be one of the first healthcare providers patients turn to for information.

According to the CDC, nearly 9 in 10 Americans live within a 5-mile radius of a pharmacy, making pharmacists an easily accessible medical professional within communities throughout the pandemic[1]. The convenience of accessing a community pharmacy allows pharmacists to serve as essential providers to at-risk populations. Their role is integral in addressing public health disparities and during the pandemic, pharmacists have been able to address such disparities by providing education about the spread of the virus.

Additionally, pharmacists are key players in the healthcare system as immunizers. Their training and expertise allow them to contribute with wide-scale administration of COVID vaccines. Community pharmacists have established rapport with patients which provides them with an advantage over other healthcare providers when it comes to advocating for the administration of the COVID vaccine[2].

The COVID-19 pandemic has accentuated the magnitude of services pharmacists provide to enhance patient care and ease the burden on healthcare systems. Some states have expanded the eligibility of pharmacists to provide vaccinations to a broader range of patients. In Georgia for example, pharmacists and pharmacy interns were authorized to administer all ACIP recommended vaccines to children between the ages of 3 and 18 during the pandemic[3]. Additionally, pharmacists are able to order and administer COVID-19 tests[4]. The role of community pharmacists continues to expand and in the past, the first thing you probably thought of when it came to your community pharmacist is that they are the person who fills your prescriptions. With the emergence of the COVID-19 pandemic, however, community pharmacists demonstrated the capacity with which they are able to step in during public health emergencies and how essential the services they provide are for patients, healthcare systems, and for our communities.

TIPS FOR OVERCOMING PHARMACY SCHOOL:
A STUDENT'S PERSPECTIVE
Written by: Mark Molinaro, Pharm.D. Candidate 2022

Being a pharmacist can be a very rewarding profession as it entails using different resources you have and applying information learned during your years at pharmacy school. However, you may be wondering how can one become the best pharmacist they can be? It may seem like a daunting process filled with stress and restless nights, but with the right mindset and a few key competencies I follow myself, it is manageable in today’s world of having a busy lifestyle. Keep reading to learn about some key core values I follow as I have progressed through pharmacy school.

Self-care. Yes, you may be crammed with schoolwork, meetings, volunteering, research, or any other time-consuming task you have at hand. But you must remember to put yourself first in life. Make it a daily goal to set time aside to do things that you are passionate about that can relieve stress. Too often, we can find ourselves crammed inside, worrying about what we need to get done next. This can put unneeded stress onto us, which can decrease performance and overall happiness. I enjoy taking time for myself in the morning and going outdoors to either relax or self-reflect on past experiences. It may not sound like a lot, but that hour to myself is great for me to unwind and prepare to tackle the day ahead. Self-care is so important to have in pharmacy school as it can improve your mood and productivity throughout the day.

Have a good support group. Choose to be with people who would be there to support you in any endeavor you choose to take on. If it is something you are passionate about, they should be there to encourage you. However, they should also provide you with constructive criticism on how they feel about the different ideas you are passionate about; this should be in a way that will help you grow and become a more well-rounded individual.

There is a plethora of different niches in the world of healthcare that students can become a part of and having a group of people behind you can progress you to become more involved in what you are passionate about.

Build connections. While you may think that you may never see most people in your class again, you never know when you will run into a classmate down the road in your pharmacy career. The same goes for professors or other members of the profession you meet as a student. Make yourself known in a respectful manner, and don’t shy away from having conversations with others. As I am sure you have heard before, the world of pharmacy is small. There have been times where personal connections I have made put in a good word for me to get me to the position I am in today. So do not be afraid to speak up and introduce yourself to someone at an event, because what may start off as a five-minute conversation can turn into a career changing opportunity.

Be involved. Previously, I said it is important to find time for yourself and unwind, and I still stand strongly by that. But being a successful pharmacy student also involves putting in time to participate in different events held on campus and being involved in organizations that stand for things you are passionate about. As a future pharmacist, you will be responsible for providing education to the public or other healthcare providers. Therefore, getting engaged and practicing these skills as a pharmacy student is a great way to build upon them and fine tune your abilities as a leader. I would especially promote running to be involved in an organization as an executive leader. While this may come with a lot of responsibility, it can lead to developing connections with others that you are working on a team with while also giving you the chance to discover what kind of leader you are.
Set limits. Pharmacy school can be stressful with the number of assignments there are, and all the time needed for studying. Everything can build up and seem like a never-ending pile of tasks that will never be gone. Therefore, my piece of advice is to space out your assignments appropriately. Instead of completing an assignment the night it is due, work on it over several days so that you can put in the best effort possible. The same mentality goes for studying. While it can sometimes feel unrealistic to put in the number of hours needed for studying for a class every week, attempt to set some time aside to start studying for the material either before or after class. This way, when an exam is approaching, you are not frantically cramming all the information in just a few short days beforehand. Setting limits even includes saying no to things you do not have time to. Pharmacy school can be a handful with classes themselves; therefore, managing your workload is important and can be all the difference in how successful you can be as a pharmacy student.

Reflect. Look at what steps you have taken in your career path and how they have molded you to be the student you are today. Are you where you want to be or are there actions you should take that will help you accomplish your goals? Consider what steps you can take to fulfill your goals. You may find yourself stuck in mud on the side of a river not knowing how to move with the current again. Just take the time that you need and look for guidance if you need to, whether it be from your mentor or friends. Make yourself a stronger person and get back into the current. Your time in a professional program is where you build character and define yourself. You are molding yourself every step of the way. Think about what is important to you and let your personality reflect that. This is your time to truly grow and make a difference, so make the best of it and personalize your experience to what you want it to be.
UPCOMING EVENTS

📅 EVENTS:

- **2021 PLS Leadership Summit - June 21-26**
  - Chart Your Course: Creating a Map for Personal and Professional Success
  - Register online now for this virtual conference packed with a week full of events and leadership development sessions!

FOLLOW US ON SOCIAL MEDIA & THE WEB!

**Delta Chapter**
Instagram - @uga_philambdasigma
Facebook - UGA Phi Lambda Sigma

**Region 3**
Facebook - Phi Lambda Sigma Region 3

**Nationals**
Facebook - Phi Lambda Sigma
Website - philambdasigma.org