



UNIVERSITY OF  
**GEORGIA**  
College of Pharmacy

# The Transition

Fourth-Year Pharmacy Students Entering the Real World of Pharmacy

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## Rotation Highlight: Children's Hospital of Atlanta - From Interest to Passion!

During pharmacy school, many will find themselves questioning if a career in pharmacy is indeed right for them. School alone is already challenging and can feel rather draining at times, but now, during 4th year, add the pressure of having to decide what to do after it is all said and done. Will you go out into the real world and start your career as a pharmacist, will you pursue a residency, or will you pursue a fellowship? Whatever it is you are thinking of doing, know that every single student fell into one of these categories: the ones that knew exactly what they wanted to do after graduation, the ones that are 50-50, and lastly, the ones that have no clue what they want to do. Wherever it is you fall between these categories, trust me you are doing great!

At the start of 4th year, I was 50-50. I knew I wanted to work in the pediatric population, but I was not sure if it was the right fit for me. When I ranked my rotations, pediatric rotations were at the top of the list. I also have a huge interest in transplant, so I ranked transplant at Children's Healthcare of Atlanta-Egleston campus as my number one pick. By a miracle, I got that rotation! For all P3s reading this, buckle in for 4th year because changes to your schedule will happen. They may happen months, weeks, and, if you have my luck, days before your next rotation, and that is where this twist begins.

I knew I wanted a transplant pediatric rotation, and it was in my grasp, but like many things in life, plans changed, and my preceptor was leaving when I was going to be starting my transplant rotation. So on the Thursday before the start of my new block, I get that anxiety-driven email, "changes to block 2." New rotation, new preceptors, new CONCEPT! I ended up with a cardiology pediatric rotation, a topic we are not taught in pharmacy school, a topic I knew nothing about, and a rotation I had not ranked. Safe to say, I went in with no expectations, and just with the mindset that I would learn something new. Let me just say, I had one of the best times ever. I think about that rotation often. Every day felt exciting. The preceptors I had were phenomenal. On my first day, I was oriented to the hospital, and I was put through a "mini-boot camp" of cardiology in pediatrics. After 2 days I was allowed to round on my own. (**Pro tip:** never be afraid to ask for clarification or questions you may not know the answer to, that will let your preceptors know they can trust you.)



*Continued on page 2...*

## Rotation Highlight: Children's Hospital of Atlanta - From Interest to Passion! *Continued...*

During my third week of the rotation, I was moved to the Cardiology Intensive Care Unit (CICU). Let's just say that's a whole different ball game! The cool part about this is that you sit in the unit so you are in the center of everything going on around you. On my 2nd day there, a child was placed on Extracorporeal Membrane Oxygenation (ECMO). If you're not 100% sure what that is, I didn't either. But in short, it's to keep blood moving through your body and keep O<sub>2</sub> and CO<sub>2</sub> in check. During the ECMO process, my preceptor said "garb up, Laura, we're the pharmacist on this, reconstitute and draw up that Ancef." Without hesitation, I garbed up and did as I was told. At the end, my preceptor told me how proud she was and said I had nerves of steel. The big takeaway from that is, I didn't say no to the experience, and that's my advice to any P3 going into rotations. Say yes to those tough experiences and have the will to learn. I built so much confidence during this rotation; I had a team of nurses, physicians, and respiratory therapists that had faith in what I was doing and ask me questions directly. During those 5 weeks, I learned more about congenital heart diseases than I ever thought I would, and I bonded with my preceptors in a way that I feel we will stay connected for a long time, so make those connections, get that confidence, absorb as much as you can, and I can guarantee you 4th year will be worthwhile. Of course, there will be sad moments, but know that the happiness you get from seeing parents walk out of the units with their "bundle of joy" as they say makes up for all the rest. I am proud to say that that rotation is what sealed the deal for me that pediatrics is where I wanted to be, and now I will start my career as a pediatric pharmacist at Children's Healthcare of Atlanta-Scottish Rite. So, all this to say, accept change, it's going to happen, find your passions, absorb as much as you can from every rotation. Gain confidence and embrace the fear of the unknown. No matter what happens during 4th year, know you're not alone in how you feel, and if you're lucky enough to know even a little bit of what you want, run with it!



Written by Laura Ramirez, PharmD Candidate 2023  
Augusta, GA

## Thomasville: The City of Roses

Thomasville, the City of Roses, is a quaint little city located roughly an hour away from the metropolitan Albany area. It holds a special place as it is my favorite go-to city in South Georgia on a casual day due to its various attractions and historic charm.

You begin your trip by walking along the historic brick roads in the downtown area with a plethora of family-owned restaurants and merchants. The first great thing about the city is the community; on Saturdays, the streets are flooded with a cohesive mixture of Florida State Seminole fans from nearby Tallahassee and fellow Georgia Bulldogs of all ages. The peaceful congregation of the different fan bases in the city alone gives Thomasville a welcoming and bubbling atmosphere.

Further along the intercalated brown brick roads lies one of the hotspots of the city that is Jonah's Fish & Grits. This family-owned restaurant offers seafood dishes that will amaze you. The restaurant also offers seating in an alleyway that has been remodeled into a patio with luscious flora and ideal lighting. I would recommend making a reservation or arriving early to get a seat, as it's always tearing at the seams whenever I pass by on Saturdays.

If you are more of a person who loves to embrace nature, the Cherokee Lake Park is the right fit for you! This recreational spot has a scenic aesthetic due to the lake, greeneries, and flocks of geese, ducks, and swans of different shades and sizes. It is also within walking of the popular Rose Garden, where the roses bloom for most of the year due to the warm climate. Lastly, a relaxing nature walk would not be complete without meeting The Big Oak. Just a few blocks north of Jonah's Fish and Grits, the 343-year-old behemoth is one of the oldest living oaks in the country and has been a popular gathering spot for Thomasville residents and visitors. It is the perfect spot to recline and embrace its entirety and history while sipping or snacking on something.



These are one of the numerous areas of Thomasville that caught my eye. Other eateries/coffee shops that deserve a mention include Grassroots Coffee, Sweet Cacao Chocolates, and Savannah Moon Bakery & Café. Hope you find the time to decompress from the exhausting reality of clinical rotations and embrace this small little Georgian town's charm during your days off, it is absolutely worth the check!



Written by Folarin Akinwekomi, PharmD Candidate 2023  
Albany, GA



## Off Block Highlights!

Check out what members of our P4 cohort have done during their off block rotations!



Maddie Marsh & Amelia Clary  
Dahlonge, GA

Brittney Nutt  
Glacier Bay, Alaska



Omar Mouna  
Istanbul, Turkey



Sydney White & Madison Taff  
New York, New York



Essilvo Sulejmani  
Yellowstone National Park



Hannah Holloway  
Las Vegas, Nevada

## What to Expect When You're Expecting a Residency

Trying to summarize the multifaceted, months long process that is applying for a pharmacy residency is... difficult. In fact, only one other experience in my life can compare: sorority rush week at UGA. It may seem like a far-fetched analogy, but please, bear with me.

During both rush week at UGA and ASHP's Midyear Clinical Meeting, I had to wear wildly uncomfortable shoes, be surrounded by hundreds of strangers, and had to have the same 3-minute conversation over and over again. Thankfully, the residency programs are not required to scream and chant at all the students who visit their booths. The most striking (and daunting) similarity, however, was the fact that there was so much pressure to make a memorable impression during a single chat. And as for those of you who have rushed for a fraternity, I cannot speak to the similarities between residency applications and pledgship, but I can assure you it does not involve swallowing a live goldfish or scrubbing the baseboards of a fraternity house with your toothbrush.

You are going to get an outrageous amount of advice when it comes to the best way to approach the residency application process, whether you specifically ask for it or not. And the best part: a lot of this advice is directly contradictory. So, naturally, I am going to offer you even more advice on top of the mountain of tips and tricks you have already heard. But my advice has nothing to do with letters of intent, which programs to look at, or how to prepare for interviews. I hope to share some of the things I learned during the residency process in attempt that the experience is easier for all of you.

### **1. Remind yourself frequently that pharmacy school and residencies are not your entire identity.**

It is certainly easy to get overwhelmed when residency is the only topic of discussion for months on end. This is the first time in years that you will have a glimpse at what life will be like after graduation, and you should take advantage of that. Find a new hobby or dedicate new time to an old interest.

### **2. Be mindful that bitterness or disappointment related to residency can interfere with real, meaningful friendships.**

Whether it's through trauma bonding or shared passions, you have likely spent the last three years creating strong relationships with your classmates. And while having friends going through the same situation can be helpful, it can get awkward really quickly when you are in head-to-head competition with your friends. Creating some boundaries for yourself before the process starts can help prevent some of those hurt feelings. Decide ahead of time if you want to share all of the nitty gritty details of your application or if you need to keep your cards a little closer to your chest.

### **3. People in the pharmacy world have strong opinions about residency training and are not afraid to share them.**

Advice from mentors and friends can be so helpful during this process. But, with too many cooks in the kitchen, it can become a recipe for disaster. Listen to the advice but take all of it with a grain of salt (including mine). Just because something worked out for another person doesn't mean it will work for you, and vice versa. Above all, don't let the words of others discourage you from making decisions that feel right to you.

### **4. Remember to be excited for and supportive of your friends who are not pursuing residencies.**

Their struggles and successes are just as important as yours. Treat them as such.

### **5. Be yourself, and you will end up where you are meant to be.**

There is no single "right" way to apply for residency. If I had \$1.00 for every time someone has told me to "trust the process" in the last year, I could afford to register for the NAPLEX. But, I will pass on that same sentiment to you in hopes that you believe it.

The transition into P4 year stirs up a multitude of emotions. For some, the process is further complicated by having to relocate to a new location while others may feel a bit of relief at the prospect of no longer have to study for constant exams. You might already feel the symptoms of senioritis setting in, or maybe you have already accepted the sensation of impending doom whenever someone asks what your post-graduation plans are. Take the time to be present as much as possible in the coming months, because it truly does fly by faster than you can believe. And remember, regardless of the outcome of Match Day, you will still be an alumnus from the University of Georgia College of Pharmacy on graduation day.



Written by Amelia Clary, PharmD Candidate 2023  
Augusta, GA

***Tip: Do not forget to apply for the NAPLEX and MPJE! Once the Board has received your licensure application and eligibility has been granted, you will need to purchase the exams on NABP. Then, an Authorization To Test (ATT) letter will be sent to your email via Pearson VUE!***



## Congratulations, Class of 2023!

Monica Acharya, PGY-1 Wellstar Kennestone Medical Center  
 Sarah Adam, NCPA Fellowship at Grubb's Pharmacy  
 Folarin Akinwekomi, PGY-1 Methodist South Hospital  
 Alexis Albert, PGY-1 Leesburg Regional Medical Center  
 Chandler Allen, PGY-1 St. Joseph's/Candler Health System  
 Marwah Alzer, PGY-1 Children's Healthcare of Atlanta  
 Leanna Baker, HEOR Fellowship at Xcenda  
 Alexis Bevill, U-Save-It Pharmacy  
 Kaitlin Blotske, PGY-1 University of Colorado Health  
 Jessie Boatner, Kroger Pharmacy  
 Jason Boone, PGY-1 St. Joseph's/Candler Health System  
 Logan Brock, PGY-1 Memorial Health University Medical Center  
 Lindsay Brooks, PGY-1 Columbus Regional  
 Amelia Chambers, Gayco Healthcare  
 Amelia Clary, Atlanta VA Medical Center  
 Brooke Coffelt, PGY-1 Parkridge Health System  
 Dane Croxton, GALT Pharmaceuticals  
 Diana Dang, PGY-1 Wellstar Kennestone Regional Medical Center  
 Christina Davis, Becky's Drugstore  
 Kristin DiSalle, PGY-1 Central Texas VA Medical Center  
 Elizabeth Echols, Fellowship at National Association of Chain Drug Stores  
 Spencer Escoe, Thrifty Mac Pharmacy  
 Ally Eubanks, Publix Pharmacy  
 Madison Fielding, PGY-1 University of Florida Shands Hospital  
 Edith Ford, PGY-1 Mayo Clinic  
 Madeline Ganter, PGY-1 UNC Medical Center  
 Kelly Gilbert, PGY-1 Kaiser Foundation Health Plan of Georgia  
 Mary Katherine Giles, PGY-1 Piedmont Columbus Regional  
 Kaitlin Grout, PGY-1 Salisbury VA Medical Center  
 Kaitlyn Haas, PGY-1 University of Colorado Health  
 Nathan Hanzelka, PGY-1 Emory University Hospital Midtown  
 Hannah Holloway, PGY-1 UPMC Western Psychiatric Hospital  
 Tierra Jackson, PGY-1/2 HSPAL at The Ohio State Wexner Medical Center  
 Hannah Jae, PGY-1 Brooklyn Hospital Center  
 Jae Joe, PGY-1 Indiana University Health  
 Sophia Lee, PGY-1 MedStar Washington Hospital Center  
 Lara Lindsay, MediThrift Pharmacy  
 Kyra Leonard, Fellowship at Pharmacy Quality Alliance (PQA)  
 Kelsea Mabie, PGY-1 Augusta University Medical Center  
 Savannah Mace, PGY-1 University of Florida Shands Hospital

Plamen Mangarov, PGY-1 Emory Decatur Hospital  
 Maddie Marsh, PGY-1 Salisbury VA Medical Center  
 Mimi Martinez, Piedmont Athens Regional Medical Center  
 Saira Mirza, PGY-1 Grady Memorial Hospital  
 Omar Mouna, PGY-1 Augusta University Medical Center  
 Aura Munteanu, Publix Pharmacy  
 Brittany Nutt, PGY-1, Centene Management Company  
 Eresi Ojebe, PGY-1 Northeast GA Medical Center  
 Claudia Ong, Walmart Pharmacy  
 Kristina Ortiz, PGY-1 University of Colorado Health  
 Stanley Otiwu, PGY-1 University of Maryland Baltimore Washington Medical Center  
 Alexandra Palmer, PGY-1 Novant Health Specialty Pharmacy  
 Emily SeongEun Park, PGY-1 University of Michigan Health System  
 Akshara Patel, PGY-1 University of Florida Shands Hospital  
 Megha Patel, Commercial Leadership Manager at Sanofi  
 Natt Patimavirujh, PGY-1 Ochsner Health System  
 Brooks Patterson, PGY-1/2 HSPAL at Emory University Hospital Midtown  
 Laura Ramirez, Children's Healthcare of Atlanta  
 Tori Redshaw, PGY-1 Sarasota Memorial Hospital  
 Christy Roberts, U-Save-It Pharmacy  
 Daniel Rogers, PGY-1 Emory Saint Joseph's Hospital  
 Gigi Sani, PGY-1 University of California Davis Health  
 Emily Schafhauser, PGY-1 Charleston VA Medical Center  
 Katie Schoen, PGY-1 North Florida/South Georgia Veterans Health System  
 Rosy Sijapati, PGY-1 Emory Decatur Hospital  
 Jadon Slaughter, PGY-1 North Florida/South Georgia Veterans Health System  
 Logan Smith, PGY-1 University of Florida Jacksonville  
 Caroline Stevens, Scientific Manager - Phillips Group Oncology Communications  
 Essilvo Sulejmani, PGY-1 The Ohio State University Wexner Medical Center  
 Christa Sutton, Kroger Pharmacy  
 Zil Tyler, PGY-1 Piedmont Athens Regional  
 Veli Uzunova, Walmart Pharmacy  
 Caitlin Williams, PGY-1 University of Michigan Health System  
 Lakedra White, PGY-1 Archbold Medical Center  
 Sydney White, PGY-1 Fort Meade VA Medical Center  
 Stephen Wu, PGY-1/2 Informatics at The Johns Hopkins Hospital  
 Ethan Young, PGY-1 Piedmont Columbus Regional  
 Lillian Zulu, PGY-1 Memorial Health University Medical Center

**\*Only students who submitted post-graduate positions via UGA Pharmacy Social Media included**

## **Important Dates!**

### **April 21st**

Last day of APPE rotations

### **April 26th-May 1st**

Review of Pharmacy (NAPLEX & MPJE Review)  
UGA College of Pharmacy, Athens, GA

### **May 6th**

College of Pharmacy Commencement at 3 PM  
Graduates present no later than 1:15 PM  
The Classic Center  
Athens, GA

### **June 10th-14th**

ASHP Summer Meeting  
Baltimore, MD

### **July 7th-9th**

GSHP Summer Meeting  
Omni Amelia Island  
Amelia Island, FL

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