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THE PLS PULSE

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UPCOMING LEADERSHIP OPPORTUNITIES

COMPILED BY DIANA DANG, PHARM.D. CANDIDATE 2023

LEADERSHIP

ASHP Pharmacy Student Forum

- Provide advice and guidance regarding the needs of student members and how they can be addressed
- 5 advisory groups (1-year term)
 - Advancement of Professional Practice
 - Career and Leadership Development
 - Residency Preparation
 - Student Society Development
- Application:
 - CV and/or resume
 - 150-word statement of interest
- Deadline: May 1st

ACCP National Student Network Advisory Committee

- Enhance leadership skills, network with fellow pharmacy students from across the country, and interact with clinical pharmacy leaders
- Positions
 - Chair (1-year term)
 - Vice-Chair (2-year term)
 - Secretary (1-year term)
 - Member At Large (7) (1-year term)
- Application:
 - CV
 - Personal essay
 - Letter of recommendation from professor, preceptor, or Dean

INTERSHIPS

ASHP Summer Internship

- 10-week internship at ASHP headquarters in Bethesda, Maryland
- Interns will gain experience in areas such as association activities and operations, professional and public affairs, publication and drug information, etc.
- Application:
 - CV and/or resume
 - Cover letter
 - Letter of recommendation
 - Academic transcript
- Deadline: December 31st

IPhO Virtual Flex-Time Internship:

- Applications for the Part-time Flex internship program accepted for the Fall, Summer, and Spring cycle each year
- Interns will participate in organizational projects in areas of marketing and marketing research, member resource development and training, chapter network management, and scholarly activities
- Deadlines
 - 2021-22 Spring Internship: December 18th, 2021
 - 2021-22 Summer Internship: May 1st, 2022

UPCOMING LEADERSHIP OPPORTUNITIES

INTERNSHIPS CONTINUED

AMCP Foundation Internships

- AbbVie Specialized Internship
 - 9-week internship at AbbVie's Global Health Economic and Outcomes Research Department in Irvine, Ca.
 - Interns will work with pharmacist preceptors to complete health outcomes-related research projects that will be presented at AMCP Nexus
 - Application:
 - Online application
 - CV or resume
 - Two letters of recommendation and Letter of Good Academic Standing from Dean stating cumulative GPA
 - Deadline: January 7th
- Genentech Evidence for Access Internship
 - 10-12-week internship at Genentech campus in South San Francisco, Ca.
 - Interns will contribute to research projects and have the opportunity to interact with industry experts
 - Application:
 - Online application
 - CV or resume
 - Letter of Good Academic Standing from Dean stating cumulative GPA
 - Deadline: January 7th
- Pfizer Managed Care Internship and Pfizer Oncology Internship
 - 10-week program at a Pfizer location in the U.S
 - Interns will be involved in different activities specific to their site. They will be working directly with pharmacists and other members of the health care team to maximize health care resources and patient care outcomes.
 - Application
 - Online application
 - CV or resume
 - Two letters of recommendation and Letter of Good Academic Standing from Dean stating cumulative GPA
 - Deadline: January 7th

NCPA Summer Internship Program

- 10-week internship at NCPA headquarters in Alexandria, Virginia
- Interns will receive an in-depth experience at a national pharmacy association and have the opportunity to learn more about independent community pharmacy practice
- Application:
 - Online application
 - Letter of intent
 - Letter of recommendation from faculty member or dean
 - Letter of recommendation at current or recent employer or pharmacy mentor
 - Official Transcript
 - CV or resume
- Deadline: December 31st





An Interview with Dr. Trisha Branan, Pharm.D., BCCCP

Written by: Mark Molinaro, Pharm.D. Candidate 2023

Dr. Trisha Branan completed her undergraduate pre-pharmacy program at the University of Georgia and completed her Doctor of Pharmacy degree at UGA in 2006. Afterward, she pursued a PGY1 at Augusta University Medical Center (AUMC) following completion of a PGY2 at the University of Virginia in critical care pharmacy. Finally, she went on to accept a position as a medical ICU pharmacist at AUMC and initiated the beginnings of the PGY2 program in critical care pharmacy while there! Currently, Dr. Branan is a clinical faculty member at the University of Georgia since 2014 and has a practice site at Piedmont Athens Regional Medical Center.

When you hear the word “leader”, what are the first thoughts that come to mind?

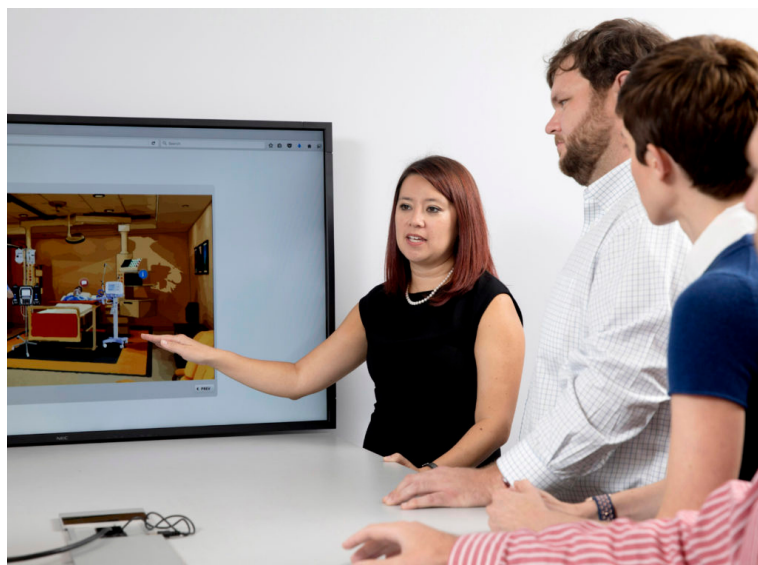
“Leadership can manifest in different ways depending on the situation,” Dr. Branan states. “There is the traditional leadership role (i.e. head of a company or organization) but also the practice of leadership in small groups.” Dr. Branan emphasizes the importance of being able to work well with others so that the whole group is moving towards a common goal. She most agrees with the servant leadership perspective, “Understanding those on your team on both a professional and personal level, building relationships, and providing support to your team members is the most efficient way to achieve the common goal among the group.” Overall, being a leader is not only about reaching the goal, but also includes showing compassion for your team and including them in the process.

I know you are a part of the Critical Care Collaborative, otherwise known as C3. How has this influenced your practice as a leader in pharmacy?

“Having a group of people who work well together, encourage each other, and invest in each other’s success as both faculty and in our personal lives,” is what Dr. Branan says is the most rewarding thing about the team of people she works with. She acknowledges the value of being able to work with a team of people through the different challenges she has faced. She also reflects that the team of people she is a part of helps her identify her strengths and evaluate her personality inventories. “It is exciting to be able to celebrate each other in both our successes and personal lives!”

For those who might not know, the Critical Care Collaborative (C3) is a group of critical care pharmacists who work together and expand on the field of critical care pharmacy through research and new practices made in the field. If you are interested, they have a page on Twitter (@UGAC3)





What inspired you to become a leader in critical care pharmacy?

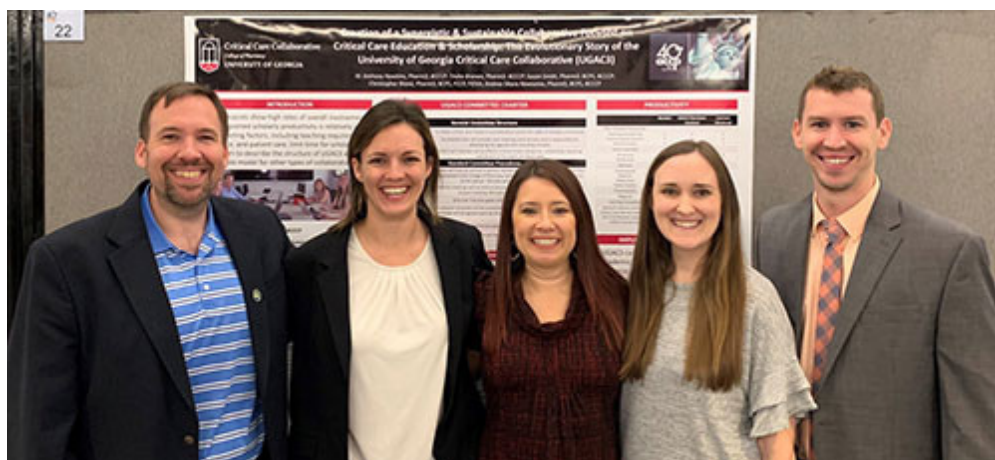
"I would have ever envisioned myself to become a critical care pharmacist. I was goal-oriented and had plans but did not expect to be here." Dr. Branan discloses what really influenced her to be where she is today, "Mentors. Mentors are so important and allowed me to help identify strengths that I would have never perceived I had. I did not think I would be a good candidate for various positions, but mentors in my life influenced me to be motivated and pursue opportunities I would have never considered." As stated by Dr. Branan, mentors will always be there in your career path to inspire you and push you forward to pursue opportunities. She also believes in the pay-it-forward mentality, stating that, "As you progress in your career, offer to be a mentor to those following in your footsteps. Do for those as someone once did for you."

Out of all the accomplishments you have achieved, which would you say had the biggest impact on you?

"My biggest accomplishment is winning Teacher of the Year in 2019 at UGA," Dr. Branan states. "I truly love what I do and am very fortunate to educate students. I want to help identify what their strengths are and where their careers are going." Dr. Branan is passionate about teaching, "I am happy to watch students grow as future pharmacists and see them continue on their journey to become successful practitioners."

What advice do you have for those who want to be better leaders?

"Constantly hone your skills as a leader and improve on them. Aim to meet people where they are and take the time to know the people that you want to lead." She suggests having a more natural leadership style, and that even though you may not always agree with your team, they will be more palatable if they know you care about them and take time for them. "Spend time getting to know your team, because if you do, they will be willing to get to know you too."



ROTATION PEARLS: DRUG INFORMATION APPS

WRITTEN BY: RACHEL SHELLEY, PHARM.D. CANDIDATE 2022

As the fall semester comes to an end and P3s begin their last semester of didactic courses, the anticipation of starting rotations in just a few short months can be overwhelming. Having drug information at your fingertips, and knowing which apps or websites to use, can help you apply the knowledge you've learned through the didactic years to real-world situations.

Here are some general rules for using online drug information tools

1.) Ask your preceptor if they are okay if you use your phone to view guidelines, drug information, etc. Most preceptors will not mind, but be courteous and ask for their permission

2.) Apps and websites are a great place to start when looking for information, but the most accurate and credible resource is the primary literature or clinical trials being cited

3.) Utilize organization-specific guidelines (e.g., the American Diabetes Association's website, www.diabetes.org, to look up information about insulin or diabetic medications)

4.) Download the apps, visit the websites and be familiar with how to use them before starting rotations

5.) Ask your preceptor "What are your favorite apps or websites to use?". You'll be surprised how many resources there are that you didn't know about. You can also utilize them for your future rotations!



ROTATION PEARLS: DRUG INFORMATION APPS



UpToDate (App & Website)

- UpToDate has lots of resources like drug information, pathology overview, patient education materials, topics by specialty, clinical calculators, and drug interactions
- UpToDate and Lexicomp are owned by the same provider, so all the information on Lexicomp is in the UpToDate app, plus more!

PRO-TIP: When making recommendations, verbally citing UpToDate is not recommended. Use the 'Society Guideline Links' tab and cite information directly from the primary literature!



Sanford Guide

- A must-have for hospital rotations!
- Search topics based on drugs, syndromes, pathogens, or antibacterial spectrum
- There is a \$29.99 annual fee to use the app but it is well worth it

PRO-TIP: I didn't buy this app until my 3rd rotation & regretted not having it for all of them!



CDC Vaccine Schedule

- This resource is very useful for all rotations, especially community rotations!
- Vaccine recommendations change regularly. Being able to quickly access vaccine updates is helpful!

PRO-TIP: Be familiar with pneumonia, shingles, and COVID vaccine indications. Those are the most asked questions by patients!



MedlinePlus

- Easy-to-read health information
- Great resource for counseling in patient-friendly language!
- All information provided is available in spanish translation
- Recommend patients use this website to find consumer health information on drugs & supplements, medical test, health topics, healthy recipes and more

THE EMERGENCE OF HSPAL RESIDENCIES

WRITTEN BY: TIERRA JACKSON, PHARM.D. CANDIDATE 2023

Administration teams are the unsung heroes behind a high-functioning health system. They ensure the health systems are achieving optimal patient care and maintaining the financial objectives of the institution. Not only are they maintaining consistent standards, but they are also actively seeking methods for improvement. Oversights and misguided directions from leadership can negatively impact a patient's quality of care and employee satisfaction. Administrators are in a unique position allowing them to assess the big picture. With access to data, finances, and other key variables, these leaders are equipped to introduce innovations and promote better experiences for everyone across the system. In pharmacy operations, this theme remains consistent. Leaders must emerge to regulate pharmacy operations and find ways to support the interdisciplinary needs of the entire hospital. With such high influence, it only makes sense that pharmacists are beginning to train these professionals with post-graduate residencies.



Health System Pharmacy Administration and Leadership (HSPAL) residencies are designed to integrate comprehensive clinical training with the business, administration, and leadership responsibilities of pharmacists. Per the ASHP residency directory, the state of Georgia only has 3 of these programs that focus on Hospital Administration. Due to the complex nature of this training, many programs, like at Augusta University Medical Center, offer a combined PGY1 and PGY2 experience. This gives residents time to become familiar with the health system and participate in high-level operations. During the first year, students engage in a general PGY1 residency where the core rotations build on their clinical knowledge through standard experiences. During their second year, they aim to build residents' foundational knowledge in medication safety, quality assurance, management of financial resources, and other advanced leadership topics. In other programs, like at Emory University Hospital Midtown, the program is only PGY-2 training. While not identical to the previous description, there are several consistent themes throughout most of these programs. Another benefit of HSPAL residencies is they often have master's training built into the curriculum. Whether that includes a master's in Business, Quality Assurance, or Public Health, they give residents an opportunity to expand their knowledge.

PLS is an organization that cultivates leadership within pharmacy. As leaders in the field, these types of residencies could provide beneficial experiences to prepare us for roles in medication safety, strategic planning, formulary management, or any other forms of administration we may engage in. As students, we are often taught about clinical responsibilities of a pharmacist. HSPAL residencies give us time, and resources to expand our knowledge.

THE IMPORTANCE OF PRIORITIZING MENTAL HEALTH IN PHARMACY SCHOOL

WRITTEN BY: OMAR MOUNA, PHARM.D. CANDIDATE 2023

Picture this -- You have just spent the last week studying day in and day out for a pharmacotherapy exam on Tuesday morning. You've put everything you've got into this exam. Late nights, early mornings, caffeine consumption to the point where you're pretty sure if they took your blood it'd be 98% cold brew. You wake up the morning of your exam, take a hot shower, and head to class. Two hours of long, arduous cases in which you need to read every word to make sure you are not missing a sulfa allergy or a previous adverse effect, making sure the dosage of vancomycin is correct or rechecking that the patient has symptoms of pyelonephritis instead of cystitis. But, after those tough few hours and strain on your eyes, you're done! You go home, lay in bed for a little bit, feeling on top of the world for finally getting over the hump that was "Tuesday morning" in your head. Congrats! You go to open your laptop and the first thing you see on your calendar -- "Pharmacology Exam on Thursday." Sounds all too familiar, right? With classes, exams, work, extracurricular activities, social events, and relationships, it may seem like a daunting task to even try to make time for yourself. This is where many pharmacy students become guilty of not prioritizing themselves and, in doing so, allow their mental health to fall by the wayside. Although this can feel like an impossible task to many students, there are many tips and tricks to improve mental health and strengthen awareness surrounding it.

First, how can we combat neglecting our mental health with the little free time that we have on a day-to-day basis? The first tip, and one that many seem to turn a blind eye to, is to simply **acknowledge our mental health and be aware of it**. Keeping an active monitoring status of your well-being and being able to know when things are on the decline is important during stressful life situations.

Another helpful tip is to try and **connect with people when you can**. Whether via text, phone call, or face-to-face encounters, talking to somebody whom you can trust to get that stress off your chest can do wonders in rationalizing your mental health. The third tip that can help improve mental health is to **keep your mind and body active**. With all the schoolwork that comes with pharmacy school, your mind feels pretty active, right? What this means, though, is to try and find an outlet outside of school in which you can spend your time without external stresses. This could be a hobby, like scheduled pottery classes, fishing with friends, or even joining a sports league that has scheduled games every week. It could be as simple as cooking or gardening! Anything that can temporarily get your mind off of school in your downtime and makes you happy is going to help in the long run. The final tip, which is easier said than done, is to **try and live a healthy lifestyle**. Although it may sound difficult, it can massively affect mental health and well-being. Getting an appropriate amount of sleep, not skipping meals, exercising when you can, and taking care of the needs of your body can make huge differences in your everyday life.

While this all can seem extremely overwhelming, please remember that taking advantage of these tips does not need to happen overnight. Working on your mental health is a gradual process that requires a bit of introspection, but needs to be done **at a pace that suits you**. The most important thing that should be emphasized is that, if needed, please seek help from a trained professional. These are highly skilled individuals that devote their time to mental health crises and can help in a non-judgmental and unbiased manner. The key to getting over downfalls in mental health is to know that you are not alone and that overcoming those feelings should be a marathon, not a sprint.