



# THE TECH TIMES

*A Publication of the TTUHSC—School of Pharmacy Residency Programs*



**TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™**

**School of Pharmacy**

## **Texas Tech University Health Sciences Center School of Pharmacy Residency Program**

The Tech Times is published quarterly for graduates of Texas Tech University Health Sciences Center School of Pharmacy Residency Programs.

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### **TTUHSC – SOP Residency Program**

<http://www.ttuhsoc.edu/sop/residencies/>

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The Graduate Pharmacy Education (Residency) Program at Texas Tech University Health Sciences Center School of Pharmacy (TTUHSC – SOP) was established in 1997 and promotes excellence in patient care by providing education, development, and advanced training to practitioners, educators, and scholars. Residents support the SOP mission by expanding faculty practice and scholarship activities; as Assistant Instructors, residents are also actively integrated into the education of Pharm.D. students, serving as clerkship preceptors and small-group facilitators. The Residency Program, under the direction of Dr. Steve Pass, offers diverse training opportunities through 15 unique Pharmacy Practice and Specialty Resident programs located in Abilene, Amarillo, Dallas-Fort Worth and Lubbock. Presently, 27 residents are enrolled in this program. Since its formation, more than 270 residents have successfully completed residency training. Residents participate in a variety of learning opportunities as part of their program such as a longitudinal Clinician-Educator Teaching Certificate Program. Faculty members present monthly topics to residents related to teaching. This year the Teaching Certificate Program has been revised to provide more hands-on lecturing to the residents. Every resident interested in a teaching certificate will present an optional lecture to an audience of residents and pharmacists, who will then evaluate the residents' performance during the lecture and give constructive feedback on improvement areas. The program has been evolving each year to enhance learning opportunities and encourage residents to pursue academic positions upon completion of the program.

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## Residency Committees

### Chief Residents

- **Dallas-Abilene**
  - Whitney Zentgraf
- **Amarillo-Lubbock**
  - Maegan Patterson

### Community Service Committee

- **Dallas**
  - Catlin Grisham-Takac, Katherine Kelly, Heidi Michaels, and Ruby Oh
- **Amarillo**
  - Samie Sabet
- **Lubbock**
  - Nephy Samuel

### Social Committee

- **Dallas**
  - Lauren Adams and Katherine Kelly
- **Abilene**
  - Jessica Garza
- **Amarillo**
  - Keith Chow
- **Lubbock**
  - Herman Johannesmeyer

### Newsletter Committee

- **Dallas**
  - Elaine Lo
- **Amarillo**
  - Taryn Bainum
- **Lubbock**
  - Kerry Anne Rambaran

## Early Commitment Residents - Congratulations!

VA North Texas Health Care System Dallas/TTUHSC School of Pharmacy:

**PGY2 Ambulatory Care Pharmacy**  
Ryan Hadley  
Elaine Lo

**PGY2 Psychiatric Pharmacy**  
Meghan Duquette

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## **Certifications, Presentations, and Recognitions**

### **Board Certifications**

The Board of Pharmacy Specialties (BPS) is an independent agency responsible for credentialing specialty pharmacy certification examinations. Currently BPS recognizes eight specialty areas of pharmacy including: Ambulatory Care, Critical Care, Nuclear, Nutrition Support, Oncology, Pediatric, Pharmacotherapy, and Psychiatric Pharmacy. Certification examinations for each of these specialties are offered annually. Board certification is an opportunity to demonstrate an individual's high level of expertise, knowledge, skills, and experience.

We would like to recognize the following residents and alumni for achieving board certification this past fall.

Lauren Adams, Pharm.D., BCPS  
Taryn Bainum, Pharm.D., BCPS  
Jessica Garza, Pharm.D., BCPS  
Marcus Kouma, Pharm.D., BCPS  
Stephy Kuriakose, Pharm.D., BCPS  
Mary Liu, Pharm.D., BCPS  
Rene Mani, Pharm.D., BCOP, BCPS  
Linda Nwachukwu, Pharm.D., BCPS, MPH  
Maegan Patterson, Pharm.D., BCPS  
Nephy Samuel, Pharm.D., BCPS  
Brian Spence, Pharm.D., BCPS  
Shawn Turner, Pharm.D., BCPS  
Sarah Woodard, Pharm.D., BCPS

### **Best Poster Award**

Former PGY2 Geriatrics resident Belinda Hong presented her residency research project, "The Impact of Cholinesterase Inhibitors with or without Memantine on Antipsychotic Prescribing in Nursing Home Residents with Alzheimer's type Neurocognitive Disorder," as a poster at the American Society of Consultant Pharmacists meeting and won the Best Poster award! Monica Mathys, Hennie Garza and Amie Blaszczyk were also on the poster. Congratulations Belinda!

### **AACP New Investigator Award**

Former Amarillo Pharmacotherapy resident Joseph Zorek won an American Associations of Colleges of Pharmacy New Investigator Award for his project, "Evaluating the Utility of Mimyx to Advance Interprofessional Experiential Education." Congratulations Joseph!

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## Pharmacy Organization Representation

Local, state, and national pharmacy organizations are great opportunities for students, residents, and faculty alike to take on leadership roles and impact the practice of pharmacy. We would like to recognize the following residents for serving on organization committees and in leadership roles in pharmacy organizations.

### **American College of Clinical Pharmacy (ACCP)**

DFW Chapter Residency Coordinator: Ryan Hadley, Pharm.D.

### **Texas Society of Health-System Pharmacists (TSHP)**

New Practitioner Committee Member: Taryn Bainum, Pharm.D., BCPS

### **Lubbock Area Society of Health-System Pharmacists (LASHP)**

Secretary & Treasurer: Nephy Samuel, Pharm.D., BCPS

## Engagements

Stephy Kuriakose got engaged to Tony George in October! Tony took her for dessert at the same restaurant their first date took place and popped the question in a gazebo at Arbor Hills Park. They will be married in July 2016. Congratulations Stephy!



## Newborns

Sahand Nam Sabet, son of Samie and Anh Sabet, was born on January 4<sup>th</sup>. Congratulations Samie!



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## Community Service Spotlight and Opportunities

### **VA Health Fair**

Dallas residents participated in the VA health fair on November 7<sup>th</sup>, 2015. Residents provided smoking cessation counseling to veterans.



### **Heal the City**

Heal the City Clinic is a free clinic in Amarillo, Texas that was started with the goal of providing medical care to uninsured Amarillo citizens. Heal the City is meant to be an urgent care clinic and aims to decrease the number of emergency room visits by these uninsured patients. Local providers and social workers, as well as Texas Tech University Health Sciences Center students and residents, are volunteering to staff the clinic and provide care to those in need.



### **Mock Interviews**

Dallas residents helped out with student mock residency interviews January 9<sup>th</sup>. Residents also helped review these interviews and gave students helpful tips to aid in the interview process. Interview participants included Lauren Adams, Catlin Grisham-Takac, Katie Kaczmariski, Elaine Lo, Heidi Michaels, Ruby Oh, and Whitney Zentgraf. In addition, Ryan Hadley, Katie Kaczmariski, Catlin Grisham-Takac, Heidi Michaels, Nidhu Baby, and Lauren Adams will be providing feedback for student cases.



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## **Resident Alumni Spotlight**

**Courtney Jason Givens, Pharm.D.**

**Q: Please include a brief bio that includes your practice setting.**

Dr. Givens received her Pharm.D. in 2013 from Xavier University of Louisiana College of Pharmacy. She completed a PGY1 Pharmacy Practice Residency in 2014 and a PGY2 Mental Health Residency in 2015 at the VA North Texas Health Care System/ TTUHSC. Today, Dr. Givens is a Clinical Pharmacy Specialist in Mental Health at the VA North Texas Health Care System. She is a provider on the Mental Health Gold Team, which serves veterans with mental illnesses and co-occurring substance use disorders.

**Q: Where did you complete your residency training?**

I completed a PGY1 Pharmacy Practice Residency and a PGY2 Mental Health Residency at the VA North Texas Health Care System/ TTUHSC.

**Q: What were the top 3 factors you considered when deciding to pursue residency training?**

During my third year of pharmacy school I went back and forth about whether or not residency was the right decision for me after graduation. After my first clinical rotation during my fourth year of pharmacy school, I decided that I wanted to pursue a clinical pharmacist position in the future and began researching pharmacy residencies. I knew that residency training would give me an opportunity to further develop my skill set as a pharmacist and allow me to have flexible career options in the future. When creating my list of potential programs, I considered the following three factors:

- 1) Availability of rotations in my areas of interest. I knew that I potentially wanted to specialize so it was very important to me to get experience in those specialty areas during my PGY1 training. Programs that offered PGY2 opportunities in those areas went to the top of my list.
- 2) The overall environment. When you are planning to invest 1 to 2 years into residency, you need to make sure you do so at a place where you feel welcomed and supported. During the residency show case and interviews, I tried to remember how I felt while talking to the people who may be my new work family for the next few years. I also made sure to ask current residents about their relationship with preceptors and director(s).
- 3) Size of the program. I enjoying working in groups and connecting with people. It was very important to me that I had the opportunity to have co-residents to enjoy the residency experience with.

**Q: What was the most rewarding/unique experience you had as a resident?**

Building a personal and professional network. I was able to work with health care providers of almost every discipline during my residency training. I believe that my practice philosophy today has been shaped by each provider I worked with during my training. The knowledge that I gained from other

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pharmacists, physicians, social workers, and nurses to name a few has definitely helped me to see the “big picture” when caring for a patient. Aside from building my professional network, I made many meaningful personal connections. My co-residents (or co-rezzies as we call each other) have truly become life-long friends.

**Q: What advice would you give to a current pharmacy student who is unsure if they should pursue residency training?**

I would encourage anyone who is unsure about their future plans to make a list of their career goals and identify what training may be most important in achieving those goals. Identify mentors and seek their input as you map out your career options. Only pursue training opportunities that are important to you. Residency will be a huge time commitment, but if you are truly passionate about residency training it will be an amazing experience.

**Q: How do you feel that residency training has impacted your career path thus far?**

When I started my PGY1 residency, I knew that I wanted to practice in a clinical setting. However, I was very uncertain as to what that setting would be. During my first year of residency I was able to gain inpatient and outpatient experience. I was also able to rotate in different areas. This early exposure allowed me to decide that I was interested in specializing and helped me discover my passion for mental health. After completing a second year of residency I was more certain about what I wanted my future practice site to look like. I’m now able to put the skills I learned during residency into practice as I build my clinic at the VA.

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**Lilian May, Pharm.D.**

Oncology Pharmacist - Kaiser Permanente Skyline Medical Office  
Salem, Oregon

**Q: Please include a brief bio that includes your practice setting.**

My current practice includes chemotherapy regimen verification, collaborative practice in oral chemotherapy, anti-emetic, pain, and supportive care management, and DUR for non-chemo regimens.

**Q: Where did you complete your residency training?**

I did a PGY1 with TTUHSC - Abilene - Hendrick Medical Center.

**Q: What were the top 3 factors you considered when deciding to pursue residency training?**

Available rotations, residency area of focus, location.

**Q: What was the most rewarding/unique experience you had as a resident?**

Used Root cause analysis I learned in school and applied it in Patient Safety Committee at the hospital.

**Q: What advice would you give to a current pharmacy student who is unsure if they should pursue residency training?**

Find a rotation you had the best experience in and one you had worst experience in. Then think to yourself two questions. "If I had one more year of those two rotations would I still enjoy it?" and "Is there a chance I would regret my decision for going into residency?"

**Q: How do you feel that residency training has impacted your career path thus far?**

My clinical skills have definitely been appreciated whether it was in the pharmacy or with practitioners. Some administrators have told me they liked residency trained pharmacist such as me because of the level of comfort I have with practice, ability to use resources to update knowledge, and capability to find solutions to clinical problems.



# Resident Collage

