

ACCP/ESCP International Congress on Clinical Pharmacy
Sunday, April 26, 2009

12:00 p.m. – 2:00 p.m.

Navigating the Transition from Pharmacy School to Residency Training: Perspectives from Current Pharmacy Residents
For students only.

Moderator: Michelle Kucera, Pharm.D., BCPS
Consultant Pharmacist, American College of Clinical Pharmacy,
Lenexa, Kansas, USA

- 12:00 p.m. Welcome and Introductions
- 12:05 p.m. Lunch
- 12:35 p.m. Residency Prep 101: What to Do While You Are Still in Pharmacy School
Shannon L. Holt, Pharm.D.
PGY-1, Pharmacy Practice Resident, Duke University Hospital,
Durham, North Carolina, USA
- 12:50 p.m. Follow-up: Perspectives from the Panel I
- 1:10 p.m. Making the Most of Residency: Time Management and Lessons for Success
Russell T. Attridge, Pharm.D.
M.S. Candidate, Specialty Resident in Pharmacotherapy, The University of Texas Health Science Center at San Antonio, San Antonio, Texas, USA
- Rachel C. Stratman, Pharm.D., BCPS*
PGY-2 Critical Care Pharmacy Resident, Chief Resident,
UK HealthCare, Lexington, Kentucky, USA
- 1:30 p.m. Follow-up: Perspectives from the Panel II
- 1:50 p.m. Ask a Resident: Questions and Answers
All panelists

Learning Objectives:

1. Review a timeline of important steps to effectively prepare for post-graduate training.
2. Learn productive time management strategies to employ during residency training.
3. Interact directly with current clinical pharmacy residents in PGY-1, PGY-2, and dual degree programs.

Residency Prep 101:

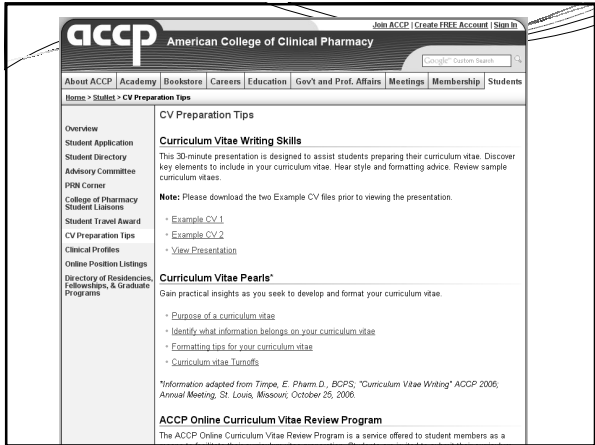
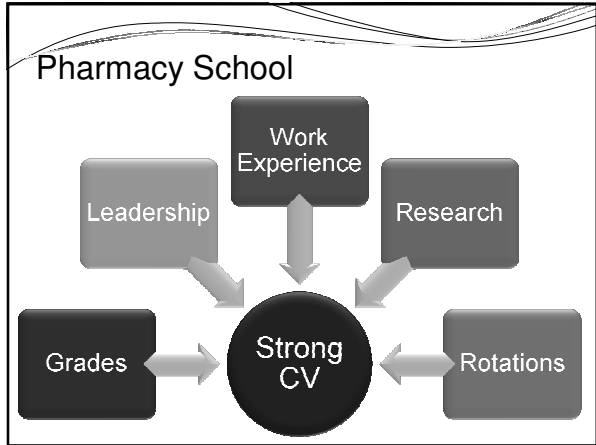
What to do while you are still in pharmacy school

Shannon L. Holt, PharmD
PGY-1, Pharmacy Practice Resident
Duke University Hospital

Objectives

- Review SPECIFIC activities during pharmacy school that demonstrate time management skills
- Evaluate steps to prepare for national meetings
- Discuss the residency application process

What is going to set you apart from other students?



Leadership

- School Organizations
 - Elected leadership role
 - Committee Chair
 - Event Organizer
 - Volunteer Work
- State Organizations
- National Organizations
 - ACCP StuNet Advisory Committee

Reference Letters

Work Experience

- Hospital pharmacy technician
- Retail pharmacy technician
- Shadow clinical pharmacists
- Out of State residency programs
 - Board of Pharmacy website for licensure information

Reference Letters

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Practical Experience Requirements for Pharmacy Interns

Effective NOVEMBER 1, 2003, all NABPLEX and MPJE forms with fee must be sent directly to NABP.

"Intern" means an individual who is currently registered by certificate in this State to engage in the practice of pharmacy while under the personal supervision of a pharmacist and is satisfactorily progressing toward meeting the requirements for licensure as a pharmacist.

College of Pharmacy students must complete an intern certificate application no sooner than 2 months before entering into a college of pharmacy program. It is only with this certificate that students may receive practical experience hours to be counted toward the requirements for licensure in this state.

College of Pharmacy students in the professional program are required to meet the practical experience requirements in the practice act.

Students enrolled in an approved doctor of pharmacy program consisting of six or more years of collegiate studies may receive internship credit for up to 1,000 hours for practice related experiences upon completion of such program, none of which shall be used to fulfill the requirements that a minimum of 500 hours of practical experience must be obtained in a retail or institutional pharmacy.

Reporting of the 1,000 hours will be done on the Certification of Internship Rotations form (pink form) which shall be completed by the Dean of the College of Pharmacy and submitted by the applicant for licensure along with the examination application.

In addition, a minimum of 500 hours of practical experience must be obtained in a retail or institutional pharmacy. No more than 40 hours per week of internship training will be allowed.

Reporting of these hours is the responsibility of the intern on forms provided by the Board of Pharmacy.

Under the practice act, practical experience can be gained at any time either concurrent or non-current

Research

Reference Letters

- Formal research project
 - Honors program
 - IRB approved project
- Informal research project
 - Research faculty member's projects/interests
 - Hospital or ambulatory care pharmacists
 - Feasible within 1-2 year time period
- Poster presentations and publications

Inpatient Rotations

- Stronger rotations prior to December
- Preceptors as references
 - Most applications require at least one
 - Time management during rotation
- Succeed during rotations
 - Take ownership of your patients
 - Good work ethic

Build your CV

Prior to ASHP Midyear Meeting

May -Aug

- Formalize CV and have reviewed
- Plan rotations (preceptor references and area interests)
- Book hotel for Midyear
- Find IRB approved research project

Sept-Oct

- Research residency programs (ACCP, ASHP)
- Look at programs with PGY2 interests
- Sign up for PPS if looking at 2 year programs
- Sign up for the Match when it opens

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Overview

Online Position Listings

Directory of Residencies, Fellowships & Graduate Programs

Residency Forum

Board Certification

ACCP Report/Position Listings

Please perform your search by selecting the criteria for your interests (Default settings will return all listed):

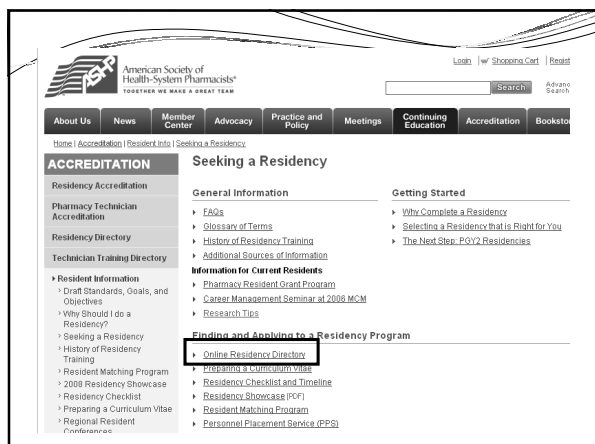
Specialty

County

State/Province

Program Type

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Prior to ASHP Midyear Meeting

- May - Aug**
 - Formalize CV and have reviewed
 - Plan rotations (preceptor references and area interests)
 - Book hotel for Midyear
 - Find IRB approved research project
- Sept-Oct**
 - Research residency programs (ACCP, ASHP)
 - Look at programs with PGY2 interests
 - Sign up for PPS if looking at 2 year programs
 - Sign up for the Match when it opens
- Nov**
 - Give references a copy of your recent CV
 - Order transcripts from all schools
 - Formalize ASHP Midyear travel plans (prepare for showcase)

ACCP and ASHP Midyear Meetings

- Proper attire during residency showcase
 - Suit and portfolio
- Research booth locations and times
- Prepare questions to ask at each booth
 - Three standard questions
 - One question for the residency director
- Thank you notes

Residency Applications

- Know the deadline for each application
- Know if need to mail in as a single submission
- Essay questions
- Cover Letter or Letter of Intent
- References
 - Requirements for each program
 - ASK EARLY!
 - Packet containing: CV, documents required by each program, stamped/addressed envelope

Residency Applications

- Ensure receipt of completed application
- Set up interviews for Jan/Feb
- Interview process
 - Practice common interview questions
 - Prepare questions based on the itinerary
 - Thank you notes
- Rank programs for the Match

Resources

- ACCP website:
 - <http://www.accp.com/stunet/index.aspx>
- ASHP website:
 - <http://www.ashp.org/Import/ACCREDITATION/ResidentInfo.aspx>
- Tenets of professionalism:
 - <http://www.accp.com/docs/positions/commentaries/TenetsProfessionalismFinal.pdf>
- Match Website:
 - <http://www.natmatch.com/ashprmp/>
- Pharmacy Professional's Guide to Resumes, CVs, Interviews by Thomas Reinders (APhA). 2003
- Advice for residency candidates going to Midyear Clinical Meeting; Fotis MA. AJHP 2006; 63:1787.

**Follow-up:
Perspective from the Panel I**

RESIDENCY PREP 101

PHARMACY SCHOOL (Build your CV and demonstrate time management skills)

- Leadership activities
- Work experience
- Research experience
- Rotations

TIMELINE for RESIDENCY APPLICATIONS

May to August

- Formalize CV and continue to update as events are completed
- Plan rotations for final year (consider preceptor references and interest areas)
- Book hotel for national meetings (August)
- Explore for research projects (ex. IRB approved project) that you can complete prior to graduation

September to October

- Identify clinical areas of interest
- Research residency programs
- Sign up for PPS if considering a two year program (October)
- Send CV to ACCP CV Review Program
- Identify references: look for a variety (ex. 2 preceptors, faculty members, or work supervisor)
- Sign up for the Match when available (number required for some applications)

November

- Formally ask people to write reference letters (give them information as soon as possible)
- Formalize travel plans to Midyear meeting
- Ensure you have the proper attire for the meeting (suit and portfolio)
- Research the Residency showcase (booth locations and times)
- Develop questions for each residency program (both residents and program director)
- Order transcripts from all the schools you have attended (Nov-Dec)

December

- Send thank you notes to people you talked to at the Residency Showcase
- Review applications requirements for programs you are submitting an application
- Start working on essays and cover letters early
- Reference letters: give packets to people as soon as possible with deadlines

January to February

- Set up interviews
- Interview preparation for each site
- Thank you notes to each person you interviewed with that day
- Develop rank list for the Match program

RESOURCES

1. CV background: <http://www.accp.com/stunet/cv.aspx>
2. ACCP website: <http://www.accp.com/stunet/index.aspx>
3. ASHP website: <http://www.ashp.org/Import/ACCREDITATION/ResidentInfo.aspx>
4. Tenets of professionalism: <http://www.accp.com/docs/positions/commentaries/TenetsProfessionalismFinal.pdf>
5. Match Website: <http://www.natmatch.com/ashprmp/>
6. Pharmacy Professional's Guide to Resumes, CVs, Interviews. Reinders T (APhA). 2003
7. Advice for residency candidates going to Midyear Clinical Meeting; Fotis MA. AJHP 2006; 63:1787

CV EXAMPLES: Pre-residency CV

Shannon L. Holt

6900 Crescent Moon Ct #307 Raleigh, NC 27606
stolarnk@email.unc.edu
919-247-9996

EDUCATION

Doctor of Pharmacy 2004 - 2008
University of North Carolina, Chapel Hill, NC
Graduated with Highest Honors and Distinction

Bachelor of Science in Biochemistry 1997 - 2001
Bachelor of Science in Textile Chemistry
North Carolina State University, Raleigh, NC
Graduated Magna Cum Laude

RESEARCH EXPERIENCE

Clinical Scholars Research Project 2007 - 2008
"Evaluating the Safety and Efficacy of Daptomycin and Linezolid in the Treatment of Vancomycin Resistant Enterococcus after Orthotopic Liver Transplantation"
Advisor: Matt Harris, PharmD, BCPS
Duke University Hospital, Durham, NC

Honors Program Research Project 2005 - 2006
"Inhibition of Escherichia coli RecA with Peptides"
Advisor: Scott Singleton, PhD
University of North Carolina, Chapel Hill, NC

WORK EXPERIENCE

Pharmacy Scholar 2005 - present
WakeMed Health and Hospitals, Raleigh, NC

- Performed initial review of order sets, and reconciliation of approved order sets to ensure acceptance of pharmacy recommendations
- Developed and implemented a system for reviewing order sets by the pharmacy
- Generated quarterly reports on the Decentralized Pharmacy Pilot Program which include order volume, override reduction, turn around time, and type and number of interventions
- Developed and completed the Antimicrobial Continuous Quality Improvement Project
- Performed monthly aminoglycoside and vancomycin medication utilization evaluations
- Coordinated and developed schedule for summer pharmacy interns
- Developed informational boards for pharmacy education

Medicine Intensive Care Unit August 2007
Preceptor: Joanne Latour, PharmD
Duke University Hospital, Durham, NC

General Medicine June 2007
Preceptor: Tracie Rothrock-Christian, PharmD, BCPS
Duke University Hospital, Durham, NC

Advanced Community Pharmacy May 2006
Preceptor: Ron DeVizia, PharmD, CDE
Kerr Drug Health Care Center, Zebulon, NC

Introductory Community Pharmacy August 2005
Preceptor: Maria Jeffries, PharmD
Target Pharmacy, Garner, NC

Introductory Hospital Pharmacy May 2005
Preceptor: Tonya Worley, RPh
WakeMed Hospitals, Raleigh, NC

PUBLICATIONS AND POSTER PRESENTATIONS

Holt SL, Harris MT – "Evaluating the Safety and Efficacy of Daptomycin and Linezolid in the Treatment of Vancomycin Resistant Enterococcus after Orthotopic Liver Transplantation" - *Poster Presentation*, December 2007 Midyear Clinical Meeting of the American Society of Health System Pharmacists; Las Vegas, Nevada.

Cline DJ, **Holt SL**, Singleton SF. "Inhibition of Escherichia coli RecA by rationally redesigned N-terminal helix". *Organic and Biomolecular Chemistry*. 2007;5:1525.

CLINICAL PRESENTATIONS

"Prasugrel versus Clopidogrel in Patients with Acute Coronary Syndrome" – *Journal Club*, Presented to pharmacists and pharmacy students Duke University Hospital, Durham, North Carolina, November 2007.

"Medications that Cannot Go Down the NG Tube: A Clinical Pearl" – *Seminar*, Presented to Duke AHEC faculty and pharmacy students. Duke University Hospital, Durham, North Carolina, November 2007.

"The Use of Sodium Bicarbonate and Acetylcysteine in the Prevention of Contrast Induced Nephropathy" – *Seminar*, Presented to Duke AHEC faculty and pharmacy students. Duke University Hospital, Durham, North Carolina, October 2007.

"Bleeding Risk with Anticoagulation" – *Inservice*, Presented to attending staff, house staff, and medical students on the Duke Heart Physicians team. Duke University Hospital, Durham, North Carolina, October 2007.

Summer Intern, Clinical Pharmacy 2005 - 2006
WakeMed Health and Hospitals, Raleigh, NC

- Participated in interdisciplinary rounds, and reviewed patient medication profiles for efficacy, drug utilization, and toxicities (acceptance rates of 75%)
- Performed pharmacokinetics for patients on vancomycin and aminoglycosides including dosing and monitoring recommendations
- Counseled patients newly initiated on warfarin prior to discharge
- Conducted Severe Hypoglycemia medication utilization evaluation
- Developed informational boards and handouts for the pharmacy

Associate Scientist, Quality Control Bioassay 2002 - 2005
Biogen Idec Inc. Research Triangle Park, NC

- Performed testing on interferon beta-1a (Avonex®), alefacept (Amevive®), and natalizumab (Tysabri®) bulk intermediate and finished products, within the FDA environment using good manufacturing practices
- Served as Equipment and Training Coordinator for the Bioassay department
- Participated in the validating, revising, and trouble shooting of assays
- Implemented continuous improvement initiatives within the lab and training department
- Responsible for the initial set up of laboratory procedures and protocols surrounding the use of the Data Acquisition System
- Web author of the Bioassay Quality Website

PHARMACY CLERCKSHIPS

Surgical Intensive Care Unit April 2008
Preceptor: Michelle Sharpe, PharmD
Duke University Hospital, Durham, NC

Advanced Hospital Pharmacy March 2008
Preceptor: Charlie Stone, PharmD
Duke University Hospital, Durham, NC

Ambulatory Care January 2008
Preceptor: Dee Melynk, PharmD
Durham Veterans Affairs Medical Center, Durham, NC

Drug Information November 2007
Preceptor: Ann Scates, PharmD
Duke University Hospital, Durham, NC

Cardiology Inpatient Medicine October 2007
Preceptor: Van Blalock, B.S., RPh
Duke University Hospital, Durham, NC

Advanced Community Pharmacy September 2007
Preceptor: Joe Heidrick, PharmD
Kerr Drug Health Care Center, Chapel Hill, NC

"Daptomycin versus Standard Therapy for Bacteremia and Endocarditis caused by Staphylococcus Aureus" – *Journal Club*, Presented to pharmacists and pharmacy students. Duke University Hospital, Durham, North Carolina, June 2007.

"Endocarditis: Let's Get to the Heart of It" – *Lecture*, Infectious Disease (DPET811) faculty and pharmacy students. University of North Carolina, Chapel Hill, North Carolina. February 2007.

"Sepsis: Is it Just Bacteria in the Blood Stream?" – *Lecture*, Topics in Acute Care (DPET802) faculty and pharmacy students. University of North Carolina, Chapel Hill, North Carolina. October 2006.

"Peptide Inhibitors of RecA" – *Honors Seminar*, UNC Pharmacy Honors program faculty and students. University of North Carolina, Chapel Hill, North Carolina. September 2006.

AWARDS

Fonnie Jackson Andrews Award 2007
C.B. Miller Memorial Scholarship 2006 - 2007
CVS Scholarship 2005 - 2006
Textile Merit Scholarship 1997 - 2001

CERTIFICATIONS

Basic Life Support (BLS) Provider 2006
APhA Pharmacy-Based Immunization Delivery Certification 2006

ORGANIZATIONS and LEADERSHIP

NATIONAL
American College of Clinical Pharmacy 2005 - present

- StuNet Advisory Committee Chair, 2007–2008*
- StuNet Advisory Committee Member, 2006–2007*

American Society of Health-System Pharmacists 2004 - present

STATE / LOCAL

North Carolina Triangle College of Clinical Pharmacy 2006 - present
North Carolina Association of Pharmacists 2004 - present
Urban Ministries Open Door Clinic 2007 - present

UNIVERSITY OF NORTH CAROLINA, SCHOOL OF PHARMACY

Clinical Scholars Program 2007 - 2008
Clinical Discussion Group 2005 - 2007

- President, 2006–2007*
- Web Author, 2006–2007*
- Committee Chair: Clinical Pharmacy Pocket Guide Project, 2005–2006*

Honors Program 2005 - present
Carolina Association of Pharmacy Students (CAPS) 2004 - present

- Operation Immunization, 2006*

Interfaith Counsel Homeless Shelter Volunteer 2005 - 2007

CV EXAMPLES: Pre-residency CV

Russell T. Attridge

5460 Rowley Rd #1116
San Antonio, TX 78240
rta65@mail.utexas.edu • (806)535-0808

EDUCATION

- 2004-Present **Doctor of Pharmacy Candidate**
The University of Texas at Austin College of Pharmacy
Anticipated Graduation May 2008
Cumulative Grade Point Average 3.82
- 2002-2004 **Pre-Pharmacy Curriculum**
Texas Tech University
Lubbock, Texas

INTERNSHIP ROTATIONS

The University of Texas at Austin College of Pharmacy Internship Program in conjunction with The University of Texas Health Science Center at San Antonio

- July-Aug 2007 **Adult Medicine**, University Hospital, San Antonio, Texas
Preceptor: Laurajo Ryan, Pharm.D., M.S., BCPS, CDE
- Aug-Sept 2007 **Critical Care Medicine**, University Hospital, San Antonio, Texas
Preceptor: Conrado Gamboa, R.Ph.
- Sept-Nov 2007 **Institutional Medicine**, Methodist Hospital, San Antonio, Texas
Preceptor: Donna R. Burgess, R.Ph.
- Nov-Dec 2007 **Pharmacoeconomics**, UTHSCSA, Pharmacotherapy Division, San Antonio, Texas
Preceptor: Jim Koeller, M.S.
- Jan-Feb 2008 **Research**, UTHSCSA, Pharmacotherapy Division, San Antonio, Texas
Preceptor: David Burgess, Pharm.D., FCCP
- Feb-Mar 2008 **Medicine/Oncology**, Audie L. Murphy Veterans Administration Hospital, San Antonio, Texas
Preceptor: Rebecca E. Greene, Pharm.D., BCOP
- Apr-May 2008 **Ambulatory Care Pharmacy**, CVS Pharmacy, San Antonio, Texas
Preceptor: Judith Edwards, R.Ph.

LEADERSHIP/EXTRACURRICULAR ACTIVITIES

- 2007-Present **American College of Clinical Pharmacy (ACCP)**
Appointed: National StuNet Advisory Committee Member At-Large
- Meet with students nationwide to construct student programming sessions and content for ACCP meetings while also increasing visibility and student involvement in the organization.
- Meetings Attended: ACCP Annual Meeting 2007 in Denver, Colorado
- 2004-Present **American Society of Health-System Pharmacists (ASHP)**
Appointed: National Student Forum Subcommittee member (2005-2006)
- Worked in conjunction with other pharmacy students from around the country on the membership committee to discover ways to increase and improve membership among pharmacy students.
- Meetings Attended: ASHP Midyear Clinical Meeting (MCM) 2005 in Las Vegas, Nevada; ASHP MCM 2006 in Anaheim, California; ASHP MCM 2007 in Las Vegas, Nevada
- 2004-Present **Texas Society of Health-System Pharmacists (TSHP)**
Appointed: Student Section Executive Committee Vice-Chair (2007-Present)
- Plan educational sessions (leadership, interviewing, and networking) and social activities for students attending the TSHP Annual Seminar and work with pharmacy students from different schools within the state to address student and chapter concerns.
- Appointed:* Student Section Executive Committee member (2006-2007)
- Meetings Attended: TSHP Annual Seminar 2006 in Galveston, Texas; TSHP Annual Seminar 2007 in San Antonio, Texas
- 2007-Present **Central Texas Society of Health-System Pharmacists (CTSHP)**
Appointed: Pharmacy Student Liaison (2007-Present)
- Attend monthly board meetings to discuss CTSHP happenings and keep pharmacy students informed about meetings and events.
- 2004-Present **UT Student Society of Health-System Pharmacists (UTSSHP)**
Elected: Secretary (2005-2006)
- Managed organization membership and recorded minutes at general meetings.
- Elected:* Social Committee Co-Chair (2005)
- Organized social events for the chapter, including an end-of-the-year celebration and an annual broomball game against other organizations.

Russell Attridge
PharmD Candidate 2008
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- 2005-Present **Rho Chi National Honor Society**
Elected: President (2006)
- Organized and ran monthly meetings, represented Rho Chi at Pharmacy Council meetings, and ensured the success of organization operations.
- 2006-Present **Phi Lambda Sigma Pharmacy Leadership Society**
- 2004-Present **UT Academy of Student Pharmacists**
- 2002-2004 **Texas Tech University Pre-Pharmacy Club**
Elected: President (2003-2004)
- Organized and ran monthly meetings, coordinated volunteer activities for members, and worked with others to improve organization fundraising.
- 2002-2004 **Alpha Epsilon Delta Pre-Medical Honor Society (AED)**
Elected: Fundraising Chair (2003-2004)

ABSTRACTS

Attridge RT, Owens RL, McKibbin T, Koeller JM. Impact of first-line chemotherapy regimen (oxaliplatin- or irinotecan-based) on exposure to fluoropyrimidine, oxaliplatin, and irinotecan, with or without targeted therapy in the community oncology setting (COS). Accepted for presentation at the ACCP 2008 Spring Practice and Research Forum in Phoenix, AZ.

HONORS AND AWARDS

- 2008-2009 B. Berard Matthews Endowed Graduate Fellowship in Pharmacy
- 2008-2009 The University of Texas at Austin Graduate School Recruitment Fellowship
- 2007-2008 James T. and Phyllis Doluisio Endowed Presidential Scholarship in Pharmacy
- 2007 Winner, UT-Austin College of Pharmacy Clinical Skills Competition
- 2007 Winner, State-Wide Clinical Skills Competition
TSHP Annual Seminar 2007, San Antonio, Texas
- 2006-2007 Frances Crain Cook Endowed Presidential Scholarship
- Nominated and selected for this merit-based university-wide award
- 2005-2006 Pharmacy Alumni Association Endowed Scholarship
- 2004-2006 University Honors List (all 6 semesters in the UT College of Pharmacy)
- 2002-2006 Sybil B. Harrington Scholarship

Russell Attridge
PharmD Candidate 2008
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- Four-year merit-based scholarship awarded to Amarillo, TX-area high school students for collegiate studies

CERTIFICATIONS

- 2005-Present Pharmacist Student Intern (ID# 017043) by Texas State Board of Pharmacy
- February 2007 American Heart Association Basic Cardiac Life Support Certified
- Summer 2006 IV Sterile Products and Admixture Certified

PHARMACY EXPERIENCE

- 2006-Present **Walgreens Pharmacy**
Student Pharmacy Intern, Austin/San Antonio, Texas
- Fall 2006 **Experiential Pharmacy Practice and Pharmacy Counseling**
University Health Services Pharmacy, Austin, Texas
- 2005-2006 **Albertsons Pharmacy**
Student Pharmacy Intern, Dallas/Austin, Texas
- 2004-2005 **Care And Respect for the Elderly (C.A.R.E.) Project**
Introduction to Pharmacy Class
- Cared for geriatric patients during weekly visits to an assisted living facility.

EMPLOYMENT

- 2004 **The Big Texan Steak Ranch**
Server, Amarillo, Texas
- 2003 **Texas Tech University Department of Chemistry**
Undergraduate Teaching Assistant
- Prepared and conducted a weekly problem-solving session for students in an introductory undergraduate chemistry course.

PHARMACY ELECTIVES

- Fall 2006 Antimicrobials: Mechanisms of Action and Clinical Uses
- Summer 2006 Case Studies in Diabetes Management
- Spring 2006 Community Pharmacy Management

Russell Attridge
PharmD Candidate 2008
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PRESENTATIONS

- March 2008 Formal Case Presentation: Resectable Gastric Cancer. Presented to faculty during a medicine/oncology rotation. San Antonio, Texas.
- September 2007 Formal Case Presentation: Pheochromocytoma. Presented to faculty and students during a critical care rotation. San Antonio, Texas.
- August 2007 Formal Case Presentation: Primary Adrenal Insufficiency. Presented to faculty and students during an adult medicine rotation. San Antonio, Texas.
- August 2007 Journal Club Presentation. "Oral Anticoagulant and Antiplatelet Therapy and Peripheral Artery Disease." The Warfarin Antiplatelet Vascular Evaluation Trial Investigators. *N Engl J Med* 2007;357(3):217-27. Presented to faculty and students during an Adult Medicine rotation. San Antonio, Texas.
- April 2007 Heparin-Induced Thrombocytopenia Treatment Algorithm. Presented to faculty and students in an advanced pharmacotherapy lab. San Antonio, Texas.
- March 2007 Journal Club Presentation. "Sunitinib versus Interferon Alfa in Metastatic Renal Cell Carcinoma." Motzer RJ, Hutson TE, Tomczak P, et al. *N Engl J Med* 2007;356(2):115-24. Presented to faculty and students in advanced pharmacotherapy lab. San Antonio, Texas.
- February 2007 Quadrivalent Human Papillomavirus [types 6, 11, 16, 18] Recombinant Vaccine (Gardasil®) Drug Monograph. Presented to faculty and students in advanced pharmacotherapy lab. San Antonio, Texas.

VOLUNTEER ACTIVITIES

- 2006-2007 Allergy Education booth during Pharmacy Week, Scott and White Hospital tour, Caremark mail-order pharmacy tour, Vial of Life medication safety program
- 2005-2006 Explore UT, Operation Diabetes, served Thanksgiving dinner to nursing home residents, helped with organization food sales, helped run hospitality room for prospective students during interviews
- 2004-2005 Lobby Day for Texas pharmacy at the capitol building, building tours during UT College of Pharmacy Alumni Weekend, Operation Diabetes, helped with organization food sales, envelope stuffing fundraiser
- 2003-2004 South Plains Food Bank volunteer, University Medical Center Children's Hospital volunteer, planted plants for "Beautify Our Community", planted trees for Arbor Day

Russell Attridge
PharmD Candidate 2008
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Last Updated: 5 January 2008

References available upon request.

Russell Attridge
PharmD Candidate 2008
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CV EXAMPLES: Post-residency CV

Rachel C. Stratman, PharmD, BCPS

University of Kentucky HealthCare
800 Rose Street, H110C
Lexington, Kentucky 40536
(573) 619-3872
rcstra2@email.uky.edu

EDUCATION AND TRAINING

POSTGRADUATE YEAR TWO CRITICAL CARE PHARMACY RESIDENCY July 2008 - present
CHIEF PHARMACY RESIDENT
University of Kentucky HealthCare
Lexington, Kentucky
Residency Director: P. Shane Winstead, PharmD

POSTGRADUATE YEAR ONE PHARMACY RESIDENCY June 2007- July 2008
University of Kentucky HealthCare
Lexington, Kentucky
Residency Director: George Davis, PharmD, BCPS

DOCTOR OF PHARMACY August 2004 - May 2005
Summa Cum Laude
St. Louis College of Pharmacy
Saint Louis, Missouri

BACHELOR OF PHARMACY June 2001 - August 2004
Summa Cum Laude
Saint Louis College of Pharmacy
Saint Louis, Missouri

PRE-PHARMACY August 1999 - May 2001
Southwest Missouri State University
Springfield, Missouri

LICENSURE

Pharmacist, Commonwealth of Kentucky, License #: 013614 June 2007 - present
Pharmacist, State of Missouri, License #: 2005011038 April 2005 - present
Pharmacist Intern, State of Missouri July 2001 - April 2005

CERTIFICATION

Board Certified Pharmacotherapy Specialist January 2008 - present
Scholarship of Teaching Certificate June 2008
Advanced Cardiac Life Support, American Heart Association June 2007 - present
Basic Life Support - Healthcare Providers, American Heart Association May 2007 - present
Immunization Certification, Missouri Board of Pharmacy August 2005 - present
Heartsaver AED, American Heart Association April 2004 - 2006

PROFESSIONAL EXPERIENCE

PART-TIME INSTRUCTOR June 2007 - present
University of Kentucky College of Pharmacy
Lexington, Kentucky

Rachel C. Stratman
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PHARMACY PRACTICE MONITOR January 2006 - September 2007
Maries-Osage Ambulance District
Vienna, Missouri
John Rujawitz, Supervisor

PHARMACIST IN CHARGE June 2005 - June 2007
Vienna Pharmacy
Vienna, Missouri
Robert L. Davis Sr., Business Owner

PHARMACIST April 2005 - June 2005
Walgreens Pharmacy
Saint Louis, Missouri
Amy Krenski, RPh, Pharmacy Manager

PHARMACIST INTERN July 2004 - July 2005
Walgreens Pharmacy
Saint Louis, Missouri
Amy Krenski, RPh, Pharmacy Manager

PHARMACIST INTERN May 2005 - August 2005
Capital Region Medical Center
Jefferson City, Missouri
John D. Hamilton, Jr., PharmD, Director of Pharmacy

PHARMACY TECHNICIAN June 2001 - May 2002
Capital Region Medical Center
Jefferson City, Missouri
John D. Hamilton, Jr., PharmD, Director of Pharmacy

POSTGRADUATE YEAR TWO CRITICAL CARE PHARMACY RESIDENCY EXPERIENCE

CARDIOTHORACIC SURGERY June 2009
University of Kentucky HealthCare December 2008
Lexington, Kentucky November 2008
Jeremy Flynn, PharmD, BCPS

TRAUMA INTENSIVE CARE UNIT May 2009
University of Kentucky HealthCare October 2008
Lexington, Kentucky
Kenneth E. Record, PharmD, BCPS

MEDICINE INTENSIVE CARE UNIT April 2009
University of Kentucky HealthCare
Lexington, Kentucky
P. Shane Winstead, PharmD

NEUROSURGERY INTENSIVE CARE UNIT March 2009
University of Kentucky HealthCare July 2008
Lexington, Kentucky
Aaron M. Cook, PharmD, BCPS

Rachel C. Stratman
3 of 9

PHARMACY RESEARCH February 2009
University of Kentucky HealthCare
Lexington, Kentucky
Barbara Magnuson, PharmD, BCNSP

EMERGENCY MEDICINE January 2009
University of Kentucky HealthCare
Lexington, Kentucky
Kyle Weant, PharmD, BCPS

CARDIOLOGY September 2008
University of Kentucky HealthCare
Lexington, Kentucky
Tracy Macaulay, PharmD, BCPS & Steven Dunn, PharmD, BCPS

ADULT NUTRITION August 2008
University of Kentucky HealthCare
Lexington, Kentucky
Barbara Magnuson, PharmD, BCNSP

NEUROSURGERY INTENSIVE CARE UNIT July 2008
University of Kentucky HealthCare
Lexington, Kentucky
Aaron M. Cook, PharmD, BCPS

POSTGRADUATE YEAR ONE PHARMACY RESIDENCY EXPERIENCE

MEDICINE INTENSIVE CARE UNIT May 2008
University of Kentucky HealthCare
Lexington, Kentucky
P. Shane Winstead, PharmD

AMBULATORY CARE CLINIC April 2008
University of Kentucky HealthCare
Lexington, Kentucky
Aimee Adams, PharmD

HEMATOLOGY/ONCOLOGY March 2008
University of Kentucky HealthCare
Lexington, Kentucky
Val Adams, PharmD, BCPS, FCCP

PEDIATRIC INTENSIVE CARE UNIT February 2008
University of Kentucky HealthCare
Lexington, Kentucky
Robert Kuhn, PharmD

INFECTIOUS DISEASES January 2008
University of Kentucky HealthCare
Lexington, Kentucky
Craig Martin, PharmD, BCPS [AQ, Infectious Diseases]

Rachel C. Stratman
4 of 9

MEDICATION USE POLICY November 2007
University of Kentucky HealthCare December 2007
Lexington, Kentucky
Kelly Smith, PharmD, BCPS, FASHP, FCCP

RENAL/LIVER TRANSPLANT October 2007
University of Kentucky HealthCare
Lexington, Kentucky
Timothy Clifford, PharmD, BCPS

NEUROSURGERY INTENSIVE CARE UNIT September 2007
University of Kentucky HealthCare
Lexington, Kentucky
Aaron M. Cook, PharmD, BCPS

INTERNAL MEDICINE/PHARMACOKINETICS July 2007
University of Kentucky HealthCare August 2007
Lexington, Kentucky
George Davis, PharmD, BCPS & Dan Lewis, PharmD, BCPS

PUBLICATIONS

Stratman RC, Wiesner AM, Smith KM, Cook AM. Hemodynamic management after spinal cord injury. *Orthopedics* 2008; 31(3):252-256.

Wiesner AM, Romanelli F, **Stratman RC, Smith KM.** Implication of food allergies and intolerances on medication administration. *Orthopedics* 2008; 31:149-52.

ABSTRACTS

Stratman RC, Cook AM, Record KE, Winstead PS. The impact of weight on bleeding events in patients receiving recombinant human activated protein C. *Critical Care Medicine* 2008; Suppl; 36(12):A83.

Stratman RC, Cook AM, Record KE, Winstead PS. Evaluation of bleeding events in patients receiving recombinant human activated protein C dosed on actual body weight. *Pharmacotherapy*; April 2008.

SELECTED PROFESSIONAL PRESENTATIONS

NATIONAL

Stratman RC, Martin CA, Rapp RP, Berger R, Magnuson BL. *Candidemia in judiciously managed total parenteral nutrition recipients.* Poster presentation at the University HealthSystem Consortium Annual Meeting; December 2008: Orlando, Florida.

Warrick BL, **Stratman RC, Cook AM, Winstead PS.** *Evaluation of bleeding events in surgical patients receiving recombinant human activated protein C.* Poster presentation at American College of Clinical Pharmacy Annual Meeting; October 2008: Louisville, Kentucky.

Stratman RC, Cook AM, Record KE, Winstead PS. *Evaluation of bleeding events in patients receiving recombinant human activated protein C dosed on actual body weight.* Poster presentation at American College of Clinical Pharmacy Spring Practice and Research Forum; April 2008; Phoenix, Arizona.

REGIONAL

Stratman RC. *Clinical Pearl: Clostridium difficile . . . the challenges of the emerging strain.* Presented at Kentucky Society of Health-System Pharmacists Spring Meeting; May 2008; Louisville, Kentucky.

Stratman RC, Schoendienst D, Gaebelein CJ. *Do attitudes of rural community independent pharmacists and pharmacy students differ with respect to establishing collaborative working relationships?* Poster presentation at Missouri Pharmacy Association Annual Meeting; June 2004; Saint Louis, Missouri.

Stratman RC, Schafermeyer KW, Kirk KW. *Pharmacy graduate employment survey of 2003.* Poster presentation at Missouri Pharmacy Association Annual Meeting; June 2004; Saint Louis, Missouri.

LOCAL

Stratman RC. *Research Proposal - Fungal infections in judiciously managed total parenteral nutrition recipients.* Pharmacy Grand Rounds; September 2008; University of Kentucky HealthCare, Lexington, Kentucky.

Stratman RC, Judd WR, Wiesner AM, Wirth SM. *The life and times of a pharmacy resident.* Presented at Kentucky Pharmacy Residency Network – Postgraduate Year One Residency Exchange; August 2008; University of Kentucky HealthCare, Lexington, Kentucky.

Stratman RC. *Safety of drotrecogin alfa . . . does weight matter?* Pharmacy Grand Rounds; March 2008; University of Kentucky HealthCare, Lexington, Kentucky.

Stratman RC. *Exjade for the treatment of iron overload in patients with β -thalassemia major.* Pharmacy Grand Rounds. October 2007; University of Kentucky HealthCare, Lexington, Kentucky.

Stratman RC. *Research proposal - Evaluation of bleeding events in patients receiving recombinant human activated protein C.* Pharmacy Grand Rounds; September 2007; University of Kentucky HealthCare, Lexington, Kentucky.

Stratman RC. *Medicare part D – helping patients understand.* Presented to the local communities senior citizens and their families. November & December 2005; Vienna Pharmacy; Vienna, Missouri.

Stratman RC. *Corticosteroids in the management of severe sepsis.* Presented at Pharmacy Practice Seminar; February 2005; St. Louis College of Pharmacy, St. Louis, Missouri.

RESEARCH

Stratman RC, Martin CA, Rapp RP, Berger R, Magnuson BL. *Candidemia in judiciously managed total parenteral nutrition recipients.* Postgraduate year two research in progress at the University of Kentucky HealthCare; Lexington, Kentucky.

Warrick BL, **Stratman RC, Cook AM, Winstead PS.** *Evaluation of bleeding events in surgical patients receiving recombinant human activated protein C.* January 2007 to October 2008; University of Kentucky HealthCare; Lexington, Kentucky.

Stratman RC, Cook AM, Record KE, Winstead PS. *The impact of weight on bleeding events in patients receiving recombinant human activated protein C.* Postgraduate year one research project; July 2007 to June 2008; University of Kentucky HealthCare; Lexington, Kentucky.

Stratman RC, Schoendienst D, Gaebelein CJ. *Do attitudes of rural community independent pharmacists and pharmacy students differ with respect to establishing collaborative working relationships?* June 2004; Saint Louis College of Pharmacy; Saint Louis, Missouri.

Stratman RC, Schafermeyer KW, Kirk KW. *Pharmacy graduate employment survey of 2003.* June 2004; Saint Louis College of Pharmacy; Saint Louis, Missouri.

SCHOLARLY SERVICE

Reviewer, Statement on Criteria for an Intermediate Class of Drugs; American Society of Health-System Pharmacists, November 2007.

Peer Reviewer, *American Journal of Health-System Pharmacy*, November 2007.

TEACHING EXPERIENCE

MANAGEMENT OF CARDIAC ARREST – PHR 969 January 2009
Course Coordinator: Mikael Jones, PharmD
University of Kentucky College of Pharmacy

PRACTICAL CONSIDERATIONS OF THERAPEUTIC DRUG MONITORING - PHR 959 November 2008
Course Coordinator: Mikael Jones, PharmD
University of Kentucky College of Pharmacy

ENTERAL NUTRITION LABORATORY - PHR 949 March 2008
Course Coordinator: Michelle Fraley, PharmD
University of Kentucky College of Pharmacy

NUTRITION HEALTH PROMOTION & DISEASE PREVENTION - PHR 923 Spring 2008
Course Coordinator: Kenneth Record, PharmD, BCPS
University of Kentucky College of Pharmacy

PRACTICAL CONSIDERATIONS OF THERAPEUTIC DRUG MONITORING - PHR 959 October 2007
Course Coordinator: Mikael Jones, PharmD
University of Kentucky College of Pharmacy

CARDIOVASCULAR PHYSICAL ASSESSMENT LABORATORY - PHR 939 October 2007
Course Coordinator: Mandy Jones, PharmD, PA-C, BCPS
University of Kentucky College of Pharmacy

STUDENT ASSISTANT, PHYSICAL ASSESSMENT - PP5150 January - May 2005
Course Director: Paul P. Dobesh, PharmD, FCCP, BCPS [AQ Cardiology]
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, PATHOPHYSIOLOGY - PP 3110 Spring 2003
Course Director: Jack Burke, PharmD, FCCP, FASHP, BCPS
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, PATHOPHYSIOLOGY - PP 3110 Spring 2004
Course Director: Jack Burke, PharmD, FCCP, FASHP, BCPS
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, BIOSTATISTICS - MA 4100 Spring 2003
Course Director: Claude Gaebelein, Ph.D.
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, MEDICINAL CHEMISTRY II - CH 4001 Spring 2003
Course Director: John W. Zuzack, Ph.D., RPh
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, HUMAN PHYSIOLOGY II - AP 3002 Spring 2003
Course Director: Margaret A. Weck, D.A.
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, MEDICINAL CHEMISTRY I - CH 4001 Fall 2002
Course Director: John W. Zuzack, Ph.D., RPh
St. Louis College of Pharmacy

PERSONAL INSTRUCTION, PHYSIOLOGY - AP 2100 Fall 2002
Course Director: Margaret A. Weck, D.A.
St. Louis College of Pharmacy

PROFESSIONAL INVOLVEMENT

Member, Society of Critical Care Medicine 2008 - present
Member, American College of Clinical Pharmacy 2006 - present
Member, Alumni Association, St. Louis College of Pharmacy 2004 - present
Member, American Society of Health-System Pharmacists 2004 - present
Member, American Pharmaceutical Association 2004 - 2007
Member, Missouri Pharmacy Association 2004 - 2007
Member, Gateway College of Clinical Pharmacy 2004 - 2005
Vice President, Rho Chi Honor Society, Beta Kappa Chapter 2003 - 2005
Member, Gateway Academy of Students of Pharmacy 2002 - 2003

COMMITTEE MEMBERSHIP

Chair, Residency Executive Committee July 2008 - present
University of Kentucky HealthCare, Lexington, Kentucky

Accreditation Council for Pharmacy Education Self Study Committee July 2008 - present
University of Kentucky College of Pharmacy, Lexington, Kentucky

Intensive Care Unit Committee July 2008 - present
University of Kentucky HealthCare, Lexington, Kentucky

University of Kentucky Residency Computer Committee June 2007 - present
University of Kentucky HealthCare, Lexington, Kentucky

Kentucky Connection, Residency Newsletter Committee June 2007 - present
University of Kentucky HealthCare, Lexington, Kentucky

Student Interviewer, Director of Pharmacy Practice Search Committee Fall 2003 - Spring 2004
St. Louis College of Pharmacy, St. Louis, Missouri

Student Member, Curriculum Committee Fall 2002 - Spring 2004
St. Louis College of Pharmacy, St. Louis, Missouri

COMMUNITY SERVICE

Influenza vaccinations, UKHealthCare, Lexington, Kentucky October 2007
Influenza/Pneumococcal vaccinations, Vienna Pharmacy October 2005 - January 2007
Vienna, Missouri October 2005 - January 2006
Volunteer, Wellness Fair, Corpus Christi Church, St. Louis, Missouri October 2004
Volunteer, Wellness Fair, University City Community Center, St. Louis, Missouri October 2004
Volunteer, Children's Hospital, Saint Louis, Missouri 2003 - 2004

AWARDS AND HONORS

Schlichting-Thayer Alumni Award, Saint Louis College of Pharmacy 2005
Gateway College of Clinical Pharmacy Student Clinical Practice 2005
Member, Rho Chi Honor Society, Beta Kappa Chapter 2003 - 2005
Member, Phi Lambda Sigma Leadership Society, Alpha Theta Chapter 2003 - 2005
Dean's List, St. Louis College of Pharmacy 2001 - 2004
Merck Awards 2004
Nathan Rader '24 Scholarship Award 2004
Alumni Association Scholarship, St. Louis College of Pharmacy 2003 - 2004
High Proficiency Scholarship, St. Louis College of Pharmacy 2002 - 2004
Brotherhood of Relief and Compensation Fund Scholarship 2001 - 2004
Owen Management Scholarship 2003
Ballmans Scholarship 2002
Dean's List, Southwest Missouri State University, Springfield 1999 - 2001

ASHP TIMELINE

SUNDAY 12/2	<p>3:45 pm – 5:06pm RDU – ATL 8:10 pm – 9:40pm ATL – LAS</p>
MONDAY 12/3	<p>6:30am – 8:30am: <i>At Risk Patients: Antimicrobial Therapy in Hospitals (CAP)</i> (1.5 hours) (sign up) 2:30pm - 5pm: Poster Presentation (2.5 hours) - Be there 30 min prior to set up poster 1pm -4 pm Residency Showcase - Baptist Hospital Booth 4100 - Kentucky 4266/4052 5:30pm: UNC Reception at Planet Hollywood</p>
TUESDAY 12/4	<p>8am -11 am Residency Showcase - Yale New-Haven Booth 5346 - Michigan Booth 5357 - Ohio State Booth 5553 - Thomas Jefferson 5457 - Utah Booth 5052 1pm – 4pm Residency Showcase - Mayo Clinic Booth 6357 - Rochester NY Booth 6546 5:30 – 6:30 pm Reception honoring past Whitney Award Recipients (by invitation only) in Lido 3104 Options: 2pm – 4:30: Clinical Pearls 2007 (3 hours)</p>
WEDESDAY 12/5	<p>6:15 – 7:45 <i>Breakfast; Implementation of Antimicrobial Stewardship using a Multidisciplinary Approach</i> (sign up www.ashpadvantage.com/cemornings) (1 hr) in Lando Level 4 Ballroom 8am – 10am: Developing a quality MUE Program: Part I (2 hours) 2pm – 4pm : Antibiotic Utilization: Therapeutic Interchange, Stewardship, Informatics 2pm – 5pm: Developing a MUE program (Part II) (2hours)</p>
THURSDAY 12/6	<p>6:15 – 7:45 <i>Breakfast; The Incretin Concept: A Case-study Approach to Glycemic Control in Type 2 Diabetes</i> (sign up www.ashpadvantage.com/cemornings) (1 hr) in Zeno Level 4 Ballroom 11:35 am- 6:40pm LAS – ATL 9:45 pm – 10:43pm ATL –RDU</p>

Letter of Intent Example

Shannon L. Holt
6900 Crescent Moon Ct. #307
Raleigh, NC 27606
December 21, 2007

Double check the spelling of names

Beth McLendon-Avryik, Pharm.D
Pharmacy Residency Program Director
Duke University Medical Center
Erwin Road, DUMC Box 3089
Durham, NC 27710

Dear Dr. McLendon-Avryik:

statement of interest

I am writing this letter to express my sincere interest in the Duke University Medical Center's American Society of Health-System Pharmacists (ASHP) accredited Postgraduate Year 1 (PGY1) residency program. I have had the pleasure to speak to current and past residents, and I have been very impressed with the opportunities that would be afforded me within your program.

Duke University Medical Center has everything that I am looking for in a PGY1 program. The appealing components consist of multidisciplinary interactions, presentation and research opportunities, a diverse patient population, and many networking opportunities. These components are important aspects to perfecting the practical experience and didactic components, as well as the leadership and research skills afforded via my on-the-job training at WakeMed Health and Hospitals and UNC's Doctorate of Pharmacy training. Additionally, the wide selection of elective rotations will provide me an excellent resource for mentoring in what I hope will be the next phase of my professional training, completion of a PGY2 program in transplant or infectious diseases.

Additionally, I strongly feel the program's training will facilitate both my short and long term career aspirations. I want a wide variety of experiences in order to enhance my skills, and the opportunity to interact with patients in order to become a proficient and well rounded clinical pharmacist. For this reason, the longitudinal experience in ambulatory care is very appealing. My short term goals are to obtain a pharmacy practice (PGY1) residency, followed by a PGY2 residency in one of my interest areas. My interests include infectious disease, transplant, and cardiology. During my residency experience, I hope to enhance my clinical expertise in addition to expanding my skills in research and administration. After completion of my residency training, I plan to seek a position where I can teach, conduct research, and maintain a clinical practice.

Thank you for considering my candidacy for the pharmacy practice (PGY1) residency at Duke University Medical Center. Please let me know if there is any additional information I can provide.

Sincerely,

2nd and 3rd paragraph: why the program appeals to you and what skills/interests you have to make a good candidate

Shannon L. Holt
PharmD Candidate
University of North Carolina Chapel Hill

Letter of Intent Example

Name

Address

Hampton, VA 23669

Beth McLendon Arvik, Pharm.D.

Assistant Director of Pharmacy

Director, Pharmacy Practice Residency

Duke University Hospital

DUMC Box 3089

Durham, NC 27710

To Whom It May Concern:

I am applying for the Pharmacy Practice Management / Masters Degree Program residency. I recently had the privilege of speaking with pharmacy residents at the American Society of Health-System Pharmacists midyear conference. Their enthusiasm and zest further strengthened my desire to participate in the pharmacy administration program. Pharmacy has been an interest since attending a biomedical symposium my junior year in high school. After learning more about the profession, I developed a passion for pharmaceutical healthcare and I made attending Hampton University's School of Pharmacy my top priority. While attending Hampton University I was selected as a fellow for the William R. Harvey Leadership Institute. Participation in the Leadership Institute helped to further develop my leadership and public speaking skills.

I am a hardworking, team-oriented individual who is prepared for the challenges associated with the two-year pharmacy administration program. My professional goals are to obtain a position in pharmacy management and to utilize my knowledge and leadership skills to encourage and promote innovative ideas to advance professional pharmacy.

The kind of training offered by your program is compatible with my career interests. After researching your curriculum and speaking with residents associated with your hospitals, I understand that your program's mission is to provide pharmacists with the knowledge and skills necessary for balancing operational management, cost of care, and patient safety while maintaining quality healthcare. These skills create a more competent and efficient pharmacy leader. Throughout my training at Hampton University I balanced schoolwork and employment as a pharmacy intern at a grocery chain pharmacy. While attending Hampton University, I held leadership positions in several of the pharmacy school's professional organizations. I am confident the Duke University Hospital pharmacy residency will enhance my training and cultivate other proficiencies.

I firmly believe that I have the intellect, skills and talents necessary to succeed in the pharmacy administration program. I value leadership, teamwork, honesty, and ethics. My strong desire to contribute to the advancement of pharmaceutical care continues to drive me to succeed and to accomplish my goals. I look forward to speaking with you and members of your department regarding my application. My curriculum vitae and application are enclosed for your review. If there are any questions please do not hesitate to contact me. Thank you for your consideration.

Sincerely,

Applicant Name, Pharm. D. Candidate

Letter of Intent Example

Applicant Name
Address
City, State ZIP

December 27, 2007

Dominic Ragucci, Pharm.D., BCPS
Residency Program Director - PGY1 Pharmacy Residency
MUSC Medical Center and College of Pharmacy
43 Sabin Street, QE 213, PO Box 250132
Charleston, SC 29425

Dear Dr. Ragucci,

I am writing to express my interest in the Medical University of South Carolina PGY1 Pharmacy Residency Program. I enjoyed learning about your program at the Residency Showcase at the ASHP Midyear Clinical Meeting. Your residency offers many experiences which I am looking for in a first year post-graduate program, including a variety of rotation opportunities, teaching and research experience, and a challenging environment where I can advance my skills as a clinical pharmacist.

Over the past four years, I have been active in the School of Pharmacy at the University of North Carolina where I have served as a class leader, instructed first-year pharmacy students, and participated in student organizations. This year, I was the recipient of the Pharmacy Foundation of North Carolina George T. Cornwell Scholarship, which recognizes students who have demonstrated integrity, commitment to pharmacy, and a capacity for leadership. For my fourth year rotations, I was honored with acceptance into the Clinical Scholars Program at the University of North Carolina Hospitals. This is a competitive program that offers a more rigorous set of clinical rotations and is offered only to those students who demonstrate an advanced clinical aptitude. As a Clinical Scholar, I have had the opportunity to participate in research to help improve patient care at the UNC Infectious Diseases Clinic. As a supplement to clinical rotations, I also work as a pharmacy technician at Duke University Medical Center. This has afforded me practical pharmacy experience and given me valuable insight into the components of a successful distribution mechanism. I have also learned the importance of teamwork to providing patients with the best care possible. Collectively, I feel my experiences have deepened my desire to exceed in the profession and will prepare me to succeed as a resident.

Upon completion of a PGY1 residency, I plan to pursue specialized training. My current areas of interest include critical care, internal medicine, and transplant pharmacy. After training, I plan to become board certified in pharmacotherapy and pursue a career at an academic teaching hospital as a clinical specialist. My long-term goal is to be involved in academia giving didactic lectures and precepting students. I find your program's teaching certificate and opportunity to precept students an appealing component. I believe training at the Medical University of South Carolina will help me achieve my career goals.

Based upon my knowledge of your program, I believe I would be an excellent fit. I am a hard worker with great time management skills, have experience in research, and demonstrate dedication to pharmaceutical care. If given the opportunity, I will work hard to contribute to the Medical University of South Carolina tradition of training exceptional clinicians and leaders in our profession. Please find my application materials enclosed. I look forward to the opportunity to visit your institution. Thank you for your consideration.

Sincerely,

Applicant Name
PharmD Candidate, year
School of Pharmacy

Cover Letter Example

Address
City, State ZIP

Robert A. Moye, PharmD
The University of Tennessee Medical Center
Department of Pharmacy
1924 Alcoa Highway, Box U41
Knoxville, TN 37920

Dear Mr. Moye:

Enclosed you will find my application packet with regard to the post graduate training in pharmacy practice residency at The University of Tennessee Medical Center. This position is ideally suited for the completion of my short and long-term career goals. I would greatly appreciate the opportunity to discuss it further with you during a personal interview.

Please refer to the following highlights from my pharmacy experience when considering me for the PGY1 residency position:

- PharmD from Purdue University (Anticipated May 2007)
- Completion of 44 weeks of advanced clerkships (Anticipated May 2007)
- Clinical research intern Methodist Hospital; Indianapolis, IN
- Undergraduate research fellowship; Purdue University
- Three years community pharmacy experience at Walgreens
- Member of American Society of Health-System Pharmacists (ASHP)
- Member of American Pharmaceutical Association (APhA)

My purpose-driven attitude as a student is ideally suited to complement my development as a resident. I have been gratified that several of my pharmacy preceptors have routinely made reference to one of my strongest personal qualities: altruism. Similarly, these same preceptors have also complimented me on other values that I exhibit such as honesty, integrity, and compassion. These characteristics should serve as a perfect foundation for my continual advancement in The University of Tennessee Medical Center residency program.

I greatly appreciate your consideration and look forward to hearing from you shortly.

Sincerely,

Name of applicant

INTERVIEW PREP 101

PRIOR TO INTERVIEW

- **Research residency programs** and have questions prepared that cannot be answered by the program website or pamphlet.
- **Look at agenda for the interview** and have specific questions for each interview session (especially with the director of the program). Perform a background search on the interviewers so that if you have extra time you can ask them specific questions about their background or job. Also look at the agenda to see if they will require a written test or presentation. Look at the residency director closely. (i.e. how long have they been director? what is their practice area? where did they train?)
- **Have a professional portfolio** (leather) notebook to take with you on interviews, so that you can keep your extra copies of resumes, pen, and paper for notes in one location.
- **Review your CV.** Interviewers may ask you about anything that you have placed on your CV.
- **Practice answering questions**, with friends or in front of a mirror. You never know what you are going to say until you have to actually say the words. Make a list of 4 accomplishments that you have enjoyed. Think of 2 large decisions you have made recently and be able to describe how you made those decisions.
- **Preparing for interviews out of state:** Plan travel arrangements to and from the airport, coordinate a place to keep your luggage during the interview, find a hotel that is close to the hospital, figure out transportation to and from the hospital. Make sure you know where the interviewing site is located and how long it takes to get there.

DAY OF INTERVIEW

Remember, you are qualified for this position but you will not get it unless you nail the interview! This is your chance to show them that you know what a residency is, you're definitely interested in their particular program, you're highly motivated, you work well with others, and you have a clinical mind. Just about everyone gets asked a question that they are not ready for. If you get asked the same question throughout the day, answer it as if it is the first time you have been asked it. Try not to answer just "yes" or "no" to questions, you want to make it a conversation and let them know as much about you as you possibly can in the short period of time that you have.

- Dress professionally: suit, closed-toed shoes, minimal jewelry, NO gum
- Turn cell phone OFF (vibrate can still be heard during the interview)
- Plan to arrive 15 minutes early. Do NOT be late!
- Lunch or downtime with the current residents is still considered part of the interview! Watch what you say. This is a great time to ask questions about the program...ex.
 - do you hang out together as a group
 - how often do you interact with the resident director
 - What are your thoughts on how pharmacy is received in this hospital
 - If you could change something about the program, what would that be
- Write down notes after each interview so that you remember everything about the program and so that you have ideas to personalize a thank you note

AFTER THE INTERVIEW

- Write a "hand-written" thank you note to the interviewers (especially the program directors). These are best if written the DAY OF the interview and mailed out. Just make sure that you send a thank you note (email/handwritten) to EVERYONE who took the time to interview you.
- If you decide not to participate in the Match, contact the programs to let them know

SAMPLE QUESTIONS

...TO ASK ON AN INTERVIEW

Good to have written down prior to the interview and bring them with you. When they ask if you have any questions, **YOU HAVE TO ASK QUESTIONS.**

- What are some of the former residents doing now?
- Are there any teaching/precepting opportunities? (ask if not on the website, if on website may ask for them to elaborate on the experience)
- Tell me a project a current resident is working on.
- What makes your program unique or successful?
- Describe your typical day at work. Do you have any interactions with the residents?
- What is your favorite part about your job?
- What made you get involved in the residency process?
- How do expectations change for a student on rotation to a resident on rotation?
- What organizations are you involved with (is you suspect involvement)?
- How flexible are rotation schedules? Can I change rotations that have been scheduled in the spring?
- How easy is it to get a desired elective rotation?
- Are there any opportunities to publish? How about outside of my research project?
- How are residents evaluated during the program?
- Has the pharmacy and residents ever worked with the medical department on research projects?
- What is the current pharmacy model? Are there any changes for the future?
- What clinics are available during the ambulatory care rotation (if not available on website)?
- Are there opportunities for leadership development?
- Have there been any significant changes in the residency program this year? Are there any changes planned for next year?
- What is the vision for the pharmacy department?

...HAVE BEEN ASKED DURING AN INTERVIEW

- What made you interested in this program?
- What made you want to do a residency
- Tell me about yourself (have a summary prepared)
- What drove you to the profession of pharmacy
- Tell me about a time you impacted a patient's healthcare
- What is your biggest strength (don't just say it..elaborate on how it will help you with the residency)
- What are some of your weaknesses (don't just say it! Elaborate on how different aspects of their program will help you to work on this weakness or state how you consider this a weakness but it is also a strength....always put a positive spin on this!)
- Tell me about the hardest job you have had to perform
- Tell me about a time you did work you didn't find valuable and how you dealt with this
- Where do you see yourself in 5 years? 10 years?
- Are you a team player?
- What was your least favorite rotation and why?
- Tell me about a time when your carefully laid plans were fouled up. How did you react? What happened?
- Describe how you scheduled your time on an unusually hectic day. Give a specific example.
- IF you had to live your life over again, what would you change?

- How has your education prepared you for your career?
- What is your least favorite aspect of where you work now?
- What do you think is the biggest issue facing pharmacy today?
- Have you done anything to improve yourself this past year? What?
- Have you read something that's changed your life?
- If you were stranded on a deserted island, what two drugs would you take with you?
- What do you like to do in your free time?
- What else do you think that I should know about you?
- Why do you think that you deserve the position?
- So, what questions do you have for me? (this has been asked at the beginning of an interview by a program director, be prepared to fill some time with questions)
- Describe what you do to 'keep up with the literature" and tell me a me about a recent paper you've read or a presentation you have attended
- What was your most rewarding moment during your job/experience/rotation/etc?
- What would your coworkers say about you?
- Who among all your teachers and mentors has had the most influence on you and why?
- What situation, in our current position, do you wish you had handled differently?
- Give me an example of a conflict you have encountered on your rotations and what you did to resolve that conflict?
- Some of your preceptors will not have PharmD degrees, do you have any issues taking directions from someone with a lesser degree?
- Give me an example of a leadership project or position you have been in?
- Give me an example of a team situation you have worked in, what was your role within the team, and did you experience any conflicts?
- I see from your CV you have done a presentation about _____, what can you tell me about _____?
- (if person is male) Would you have issues taking directions from a female?
- (if late in the interview day) What has surprised you about this site or residency program so far now that you are onsite?
- What was your favorite non-pharmacy job, and why?
- What was your favorite and least favorite rotation, and why?
- We all have to bend the rules at one time or another. Give me an example of when you had to bend the rules and how you handled the situation.
- Give me an example of an instance where you disagreed with how the team handled a specific problem and how you handled the situation
- Tell me why I should choose you over your peers for this residency.
- Why have you selected this institution? And, what do you think you will bring to our program?

ASHP RESIDENCY MATCHING PROGRAM

Why should I sign up for the Match?

- A listing or participating programs can also be found at: <http://www.natmatch.com/ashprmp/>
- If a program is not seen at the above site, then the applicant should contact the program director to determine if they are involved in the matching program

When should I sign up for the Match?

- Sign up for the Match as soon as you know that you will be applying to participating residency programs. The sooner the better because some programs require your match number on the application.
- Applications are available at the Resident Matching Website starting in July
- Applications and fees are mailed to the National Matching Services, Inc., so make sure you allow time for the mail to be delivered.

How does the match work?

- The process starts with an attempt to place an applicant into the program that is most preferred on the applicant's list. If the applicant cannot be matched to this first choice program, an attempt is then made to place the applicant into the second choice program, and so on, until the applicant obtains a *tentative* match, or all the applicant's choices have been exhausted
- The Match does not involve an arbitrary or contrived assignment of applicants to programs. A program cannot be matched with an applicant who is not listed on the program's Rank Order List; similarly, an applicant cannot be matched with a program that is not listed on the applicant's Rank Order List.
- An example of the ranking process can be found on the match website

How do I rank the programs?

- Rank order lists are due by March (date varies each year, look on website)
- Log on to the rank order list webpage (go to Match website and the link is located on the left hand side of the page) and rank programs in the order of interest
- The rank list can be changed as much as you want prior to the deadline, but your last rank list at the time of closing will be your final submission. Try to not wait until the day of the deadline to enter your final list. The large volume of people on the system causes it to be slow.
- There is a possibility that you may match with any program that you rank. Do NOT rank programs if you do not want to participate in them. If you decide after the interview that you are no longer interested in that program, do not put them in your rank list.

Match results and Post-match scramble

- Match results are available mid-March after 12:00pm (varies by year, see website)
- If you have not matched with a program, you enter the post-match scramble. A listing of positions that remain available after the match are open for your evaluation. The programs that have available positions after the match, are also sent a list of applicants who did not match to a position. If you review the list and see a program site that you are interested in, contact the program director AS SOON AS POSSIBLE! In the email remember to include your CV.

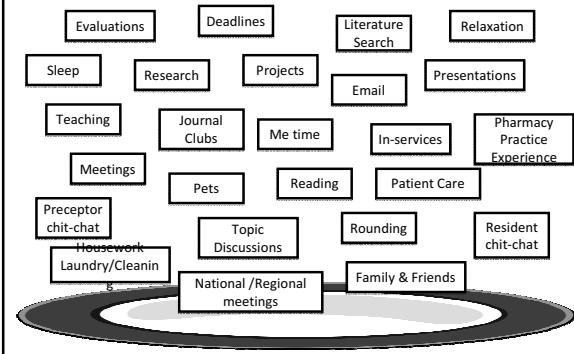
RESOURCES:

ASHP website: <http://www.ashp.org/Import/ACCREDITATION/ResidentInfo/ResidentMatching.aspx>
Resident Matching Website: <http://www.natmatch.com/ashprmp/>

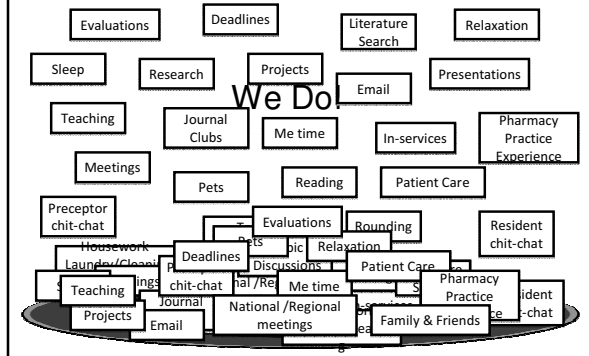
What We've Learned: Time Management Skills and Lessons for Success

Rachel C. Stratman, Pharm.D., BCPS
and
Russell T. Attridge, Pharm.D.

Time Management . . . Who needs it?



Time Management . . . Who needs it?



Prioritize

Prioritize

- Importance of the project
- Due date
- Time commitment
- Individual vs. group project
 - Individual: Be proactive
 - Group: Someone has to take the initiative – why not you?



Organize

Organize

- Utilize electronic calendars to stay organized
 - Color code
 - Reminder functions
 - Task list function
 - Central location
 - Email, events, deadlines
 - Appointments, attachments
 - Archives, notes
- Daily to do lists



The Best Way?

- Technology
 - Electronic Calendars, PDA, iPhone, Blackberry, electronic folders
- Traditional
 - Planners, sticky notes, file folders
- So what is the best way?
 - What works for you
 - May be a combination of both
- Don't be afraid to try different things

Procrastination

Procrastination

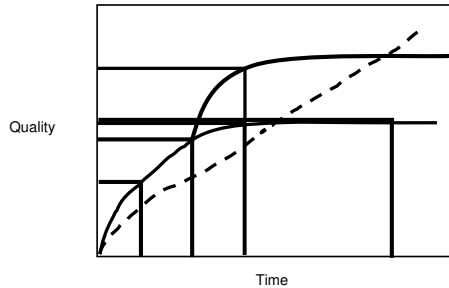
- ABSOLUTELY DO NOT let your procrastination become someone else's problem
- Set deadlines – be realistic, meet the deadline, reward yourself

Make Progress

Make Progress

- Break up large projects into smaller, more manageable tasks
- Have a solid plan – think it through
 - Outline
 - Lay out steps needed to succeed
- Have goals and deadlines for completion
 - Build in time for unexpected delays
- Do not reinvent the wheel
 - Be efficient

The Quality Curve



Quality Curve

- Get up the curve
- Not out the curve
- Contribute, advance
- No excuses
- Pass off, get feedback, get it off your plate
- Teamwork, collaboration
- Get multiple projects going
- Achieve success in a number of areas

Know Yourself

Know Yourself

- Productivity
 - When are you most productive?
 - Morning / Night
 - Where are you most productive?
 - Private / Public locations
 - Quiet / Background noise
- Self-assess your performance to get to know yourself even better!

Assessment

Discover your Strengths. Improve your Weaknesses.

- Self
 - How can I improve?
- Others
 - Peers, preceptors
 - You will never see yourself the way others see you.



Opportunity vs. Burden

Opportunity ≠ Obligation

- Opportunities will be abundant.
- Make decisions wisely.
- "I appreciate the opportunity, but no thank you."



All work, no play?

No way!

Yourself, Friends, Family



Stress Relievers

- Hobbies
 - Pleasure reading, crocheting, cooking
- Sports
 - Intramurals
 - Join the gym
- Entertainment



You're A Pharmacist!

- You have no less than six years of higher level education; most have more.
- Take pride in what you do.
- Have confidence in yourself AND your abilities.

Mentorship

Characteristics of a Good Mentor

- Time
- Clarity/precision
- Inspiration
- Feedback
 - Brutal honesty

Work Hard ...

... It Pays Off

Junior faculty: "Wow you got tenure early; what's your secret?"

Pausch: "It's pretty simple, call me any Friday night in my office at 10 o'clock and I'll tell you."

from "The Last Lecture" by Randy Pausch

Questions?