Transitioning to Pharmacy Practice
Saturday - January 23, 2010
2:45pm - 3:15pm

Speakers:  Candace Jordan, PharmD, is a 2009 graduate of Creighton University, School of Pharmacy and Health Professions. She is currently completing her PGY1 Pharmacy Practice Residency at Mercy Medical Center in Des Moines, Iowa. Her interests include geriatrics, anticoagulation, diabetes, and cardiology. Her residency project is implementing a medication induced falls risk assessment evaluation in order to determine if pharmacists’ intervention can reduce falls among patients who are admitted to the hospital. Upon completion of her training, she plans to pursue a position as a consultant pharmacist with teaching responsibilities.

Marie Marcelino, PharmD, MBA, is a 2009 graduate of Drake University and is currently completing a PGY1 Pharmacy Practice Residency with an Emphasis in Ambulatory Care at the University of Iowa Hospitals and Clinics (UIHC). Her interests include anticoagulation, disease state management, pharmaceutical care service development, and public health. For her residency project, Dr. Marcelino will be developing and implementing a medication therapy management service for UIHC’s Primary Care Clinic North, which serves the underinsured IowaCare population. She will be completing a PGY2 specialized residency in ambulatory care in 2010-2011 at the University of Iowa Hospitals and Clinics and plans to pursue a clinical faculty position.
Transitioning to Pharmacy Practice

Candace Jordan, Pharm.D.
PGY1 Pharmacy Practice Resident
Mercy Medical Center

Marie Marcelino, Pharm.D., MBA
PGY1 Pharmacy Resident with Focus in Ambulatory Care
University of Iowa Hospital and Clinics

Faculty Disclosure
- Dr. Candace Jordan reports she has no actual or potential conflicts of interest associated with this presentation
- Dr. Marie Marcelino reports she has no actual or potential conflicts of interest associated with this presentation

Presentation Acknowledgements
- Tony Guerra, Pharm.D.
  Chair/Instructor Pharmacy Technician Program
  Des Moines Area Community College
- Natasha Musgrove, Pharm.D.
  Clinical Pharmacist, Target Corporation

Learning Objectives
- Upon completion of this program student pharmacist will be able to:
  1. Recognize the challenges facing the new practitioner
  2. Implement realistic professional and personal goals
  3. Understand keys to successfully balancing work and life
  4. Identify the importance of each professional pharmacy organization listed
  5. Formulate a general understanding of professional resources available
  6. Recognize ways to stay up-to-date and advance in their pharmacy profession

Overview
- Challenges facing the new practitioner
- Mapping your future
- Work-life balance
- Keeping up with the profession
  - Professional organizations
  - Pharmacy references and resources
  - Staying up-to-date with current practice
- Transition Pearls

Audience Question???
Where do you see yourself after graduation?
A. Practicing in community pharmacy
B. Practicing in hospital pharmacy
C. Completing a residency or fellowship
D. Other
Challenges Facing the New Practitioner
- Loss of set structure and lack of definitive endpoints
- Loss of frequently scheduled performance evaluations
- New set of professional responsibilities and liabilities
- Maintaining work-life balance
- Keeping up with a continuously evolving field

Mapping Your Future
- Make your own personal road map
  - Create goals to provide direction to your new career and life
  - Prepare yourself for potential traffic, potholes, roadblocks, detours, etc.
  - Explore new destinations and travel beaten paths to find your passion
  - Always keep your final destination in sight

Keys to Setting Goals
- Characteristics of effective goals:
  - Specific
  - Measurable
  - Achievable
  - Realistic
  - Time bound
- Set short-term and long-term goals
- Set goals in various areas of your life (personal, professional, family, social, financial, etc.)
- Write down your goals

Mapping Your Future
- Make a plan for achieving your goals
- Continuously evaluate your progress
- Reevaluate your goals and continue to set new goals
- Sing your praises and celebrate your success

Goal Setting Activity

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<th>Goal</th>
<th>Action</th>
<th>Plan</th>
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Work-Life Balance
1) Figure out what really matters to you
   - Devoting your time to one priority at a time
2) Drop unnecessary activities
3) Protect your private times
4) Accept help to balance your life
5) Plan fun and relaxation

There are times when imbalance is good... birth of a child, implementation of a new software...
Keeping Up With the Profession

- Continue to stay involved in professional organizations
- Utilize various resources and references to keep up-to-date
- Continue to advance your knowledge

Audience Question

What is your main reason for joining a professional organization?

A. Newsletters and publications have updates on new drugs, guidelines, and legislative issues
B. Access to professional tools and resources
C. Opportunities to network with pharmacists in similar practice settings
D. Member discounts

Professional Organizations

Which one(s) should I join?

Consider:
- Your professional interests
- Your current practice setting
- Where you would like to be in 1-year, 5-years, 10-years?
- Benefits of membership
- Annual dues

American Pharmacists Association

Mission: "to provide information, education, and advocacy to empower its members to improve medication use and advance patient care"

Membership benefits:
- National Meetings
- CE-online
- MTM resources
- Journals (Drug InfoLine, JAPhA)
- Governmental Affairs
- Book store: APhA Complete Review for Pharmacy; Resume, CVs, and Interviewing

Annual dues:
- Pharmacist: $235
- Resident/Fellow/Graduate Student/2009 Graduate: $79
- 2008 Graduate: $144
- 2007 Graduate: $192
- Website: www.pharmacist.com

American Society of Consultant Pharmacists

Mission: "to empower pharmacists to enhance quality of care for all older persons through the appropriate use of medication and the promotion of healthy aging"

Membership benefits:
- Certification in Geriatric Pharmacy (CGP)
- Educational Programs: free online auto conferences, national meetings, ASCP Foundation Traineeships, Geriatric Pharmacy Review
- Resources: Information on Consulting pharmacy and MTM services
- Publications: ASCP Insider, The Consultant Pharmacy Journal, Clinical Connections
- Chapters and Affiliates

Fees
- Student: Free
- Active Member-$245
- Pledge Member (<12 months post graduation): $105
- Website: www.ascp.com
National Community Pharmacists Association
- Mission: "dedicated to the continuing growth and prosperity of independent community pharmacy"
- Benefits:
  - Business development advice and marketing information, Credit Card Processing
  - Store efficiency, staff development and training information
  - Regulatory issues
  - Publications: NCPA eNews Weekly, America's Pharmacist
  - Discounts on Lexi-Comp Products
  - NCPA Professional Services: toll free number
  - National Meetings
- Annual dues:
  - Active Member: $295
  - Staff Pharmacist: $175
  - Recent Graduate: $30 (1st year), $60 (2nd year), $90 (3rd year)
- Website: www.ncpanet.org

Academy of Managed Care Pharmacy
- Mission: "to empower its members to serve society by using sound medication management principles and strategies to improve health care for all"
- Membership benefits:
  - Publications
    - AMCP Weekly News, AMCP News and Journal of Managed Care Pharmacy monthly
  - Continuing education and conferences
  - Networking opportunities
  - Leadership opportunities
  - Legislative and regulatory updates and alerts
  - Practice resources
- Annual dues:
  - Pharmacist: $240
  - Resident/Fellow/Graduate Student: $85
- Website: www.amcp.org

American College of Clinical Pharmacy
- Mission: "to advance human health by extending the frontiers of clinical pharmacy"
- Membership benefits:
  - Practice and research networks (PRNs)
  - National meetings
  - Board certification preparatory materials
  - ACCP Academy
  - Pharmacotherapy (print and online)
  - ACCP Advocates Program
  - Legislative Action Center
  - ACCP Research Institute
  - Clinical pharmacy career resources
- Annual dues:
  - Pharmacist (full or associate member): $215
  - Resident/Fellow/Graduate Student: $75
- Website: www.accp.com

American Society of Health-System Pharmacists
- Mission: "to advance and support the professional practice of pharmacists in hospitals and health systems and serve as their collective voice on issues related to medication use and public health"
- Membership benefits:
  - Clinical research and publications
    - ASHP (print and online), ASHP e-newsletter, ASHP daily briefing, InterSections member magazine
  - Professional discounts
  - Advocacy and networking opportunities
    - Grassroots Action Center, discussion forums, MentorExchange
  - Practice tools and resources
    - Online CE, career resources, and complementary membership to sections and forums
- Annual dues:
  - New practitioner: $85 (1st year), $158 (2nd year), $205 (3rd year)
  - Active full member: $230
  - Monthly payment plan and discounted multi-year memberships available
- Website: www.ashp.org

Iowa Pharmacy Association
- Mission: "...to preserve and advance the interests of the profession and to serve the professional needs of all pharmacists, pharmacy students, and pharmacy technicians"
- Membership benefits:
  - Information and education
  - Professional development
  - Advocacy
- Annual dues:
  - Pharmacist: $225
  - Resident: $105
  - Transition Member (P4): $50
- Website: www.iarx.org

Pharmacy References
- Required to have at least one current reference from each category (may be print or electronic)
  - Iowa Pharmacy Law and Information Manual
  - Patient information
  - Drug interactions
  - General information
  - Drug equivalency
  - Natural or herbal medicines
  - Telephone number of a poison control center
  - Additional references as may be necessary for the pharmacist to adequately meet the needs of the patients served

[Links to additional references and resources]
Drug Information Resources

- Primary literature and databases
- Institutional Specific
  - i.e. Mercy: Micromedex, PubMed, Intranet
- Position Specific
  - Pediatrics, Oncology, Outpatient/Retail, Inpatient

Optional References


Staying Up-To-Date

- Subscribe to FREE e-mail news updates and journal alerts
  - ASHP Daily Briefing
  - Journal Table of Content Alerts (JAMA, NEJM, Arch Int Med, JAPhA, AJHP, etc.)
  - Medscape and Science Direct
- Review clinical practice guidelines (see handout)
- Participate in journal clubs and topic discussions
- Precept pharmacy students
- Attend and/or give presentations
- Complete CE not only for licensure requirements
- Take advantage of free online webinars
- Be resourceful and find what works for you

The Next Step

- Board of Pharmaceutical Specialties
  - Nuclear Pharmacy
  - Nutrition Support Pharmacy
  - Oncology Pharmacy
  - Pharmacotherapy
  - Psychiatric Pharmacy
  - Ambulatory Care Pharmacy
    - Recognized June 15, 2009
    - First test October 2011
- Certification in Geriatric Pharmacy
- Others Certifications
  - Anticoagulation
  - Asthma
  - Diabetes
  - Dyslipidemia
  - Immunization

Pearls to Easing the Transition

- Build and maintain your professional network (new and old)
- Never think a question is stupid, always ask to learn
- Look up the information first on your own
- Be resourceful
- Continue to challenge your knowledge
- Find your passion

Questions?

- Candace Jordan
  - cjordan@mercydesmoines.org
- Marie Marcelino
  - marie-marcelino@uiowa.edu
# MY GOALS

<table>
<thead>
<tr>
<th>Goal (S.M.A.R.T.)</th>
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### 1-Year

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### Lifelong Goals

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<tr>
<td>Diabetes</td>
<td>American Diabetes Association</td>
<td>2010 Clinical Practice Recommendations</td>
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<td>Dyslipidemia</td>
<td>National Heart Lungs and Blood Institute</td>
<td>Third Report of the Expert Panel on Detection, Evaluation and Treatment of High Cholesterol in Adults (Adult Treatment Panel III)</td>
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<td>Hypertension</td>
<td>National Heart Lungs and Blood Institute</td>
<td>The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC 7)</td>
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<td>Heart Failure</td>
<td>American College of Cardiology Foundation/American Heart Association</td>
<td>2009 Focused Update: ACCF/AHA Guidelines for the Diagnosis and Management of Heart Failure in Adults</td>
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<td>Stroke</td>
<td>American Stroke Association/American Heart Association</td>
<td>2008 Update to the AHA/ASA Recommendations for the Prevention of Stroke in Patients With Stroke and Transient Ischemic Attack</td>
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<td>Atrial Fibrillation</td>
<td>American College of Cardiology/American Heart Association Task Force on Practice</td>
<td>2006 Guidelines for the Management of Patients with Atrial Fibrillation</td>
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<td>Ventricular Arrhythmias</td>
<td>Guidelines and the European Society of Cardiology Committee for Practice Guidelines</td>
<td>2006 Guidelines for Management of Patients with Ventricular Arrhythmias and the Prevention of Sudden Cardiac Death</td>
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<td>Anticoagulation</td>
<td>American College of Chest Physicians</td>
<td>Antithrombotic and Thrombolytic Therapy, 8th Edition</td>
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<td>Kidney Disease</td>
<td>National Kidney Foundation</td>
<td>National Kidney Foundation Disease Outcomes Quality Initiative (NKF KDOQI) Guidelines</td>
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<td>Kidney Disease: Improving Global Outcomes (KDIGO)</td>
<td>• Diagnosis, Evaluation, Prevention and Treatment of Chronic Kidney Disease related Mineral and Bone Disorders (CKD-MBD)</td>
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<td>• Care of Kidney Transplant Recipients</td>
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<td>Asthma</td>
<td>National Heart Lungs and Blood Institute</td>
<td>Guidelines for the Diagnosis and Management of Asthma</td>
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<td>COPD</td>
<td>Global Initiative for Chronic Obstructive Lung Disease (GOLD)</td>
<td>Global Strategy for Diagnosis, Management, and Prevention of COPD</td>
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<td>Osteoporosis</td>
<td>National Osteoporosis Foundation</td>
<td>The Clinician’s Guide to Prevention and Treatment of Osteoporosis</td>
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<td>Pain</td>
<td>American Academy of Pain Medicine</td>
<td>Clinical Practical Guidelines</td>
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<td>Clinical Guidelines</td>
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<td>Infectious Disease</td>
<td>Infectious Diseases Society of America</td>
<td>Standards, Practice Guidelines, and Statement Developed and/or Endorsed by IDSA</td>
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<td>HIV</td>
<td>U.S. Department of Health and Human Services</td>
<td>AIDsinfo Clinical Guidelines Portal</td>
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<td>STD</td>
<td>Centers for Disease Control and Prevention</td>
<td>Sexually Transmitted Diseases Treatment Guide, 2006</td>
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<td>Epilepsy</td>
<td>American Academy of Neurology</td>
<td>• Efficacy and tolerability of the new antiepileptic drugs I: Treatment of new onset epilepsy</td>
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<td>• Efficacy and tolerability of the new antiepileptic drugs II: Treatment of refractory epilepsy</td>
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<td>Texas Medication Algorithm Project</td>
<td>Manuals and algorithms for Major Depressive Disorder, Bipolar Disorder, and Schizophrenia</td>
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<td>Cancer</td>
<td>American Society of Clinical Oncology</td>
<td>Clinical Practice Guidelines</td>
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<td>National Comprehensive Cancer Network</td>
<td>NCCN Clinical Practice Guidelines in Oncology</td>
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