HINDSIGHT IS 20/20 ... What I Wish I Had Known BEFORE Residency

Lauren M. Kuckewich, PharmD
PGY1 Health Systems Pharmacy Administration Resident
Medical University of South Carolina

Caitlin R. Musgrave, PharmD, BCPS
PGY2 Solid Organ Transplant Resident
Medical University of South Carolina

Kelly Owens, PharmD
PGY1 Pharmacy Practice Resident
Greenville Hospital System University Medical Center

Disclosure

The following individuals have nothing to disclose concerning possible financial or personal relationships with commercial entities (or their competitors) that may be referenced in this presentation:

LK, CM, KO: Nothing to disclose

I Matched! ... Now What?

• Licensing
  • Get started early
  • Make sure intern hours are in
  • Authorization to Test
  • Know the NAPLEX and MPJE registration procedures
  • Sign-up as soon as possible!

Lauren Kuckewich, PharmD
PGY1 Health Systems Pharmacy Administration Resident
Medical University of South Carolina

I Matched! ... Now What?

• Where to live
  • Use current residents as resource
  • Call and ask for rates or discounts
  • Special rates for hospital staff
  • What to consider
    • Accommodations
    • Travel time
    • Roommate or not to roommate
I Matched! . . . Now What?

• Preparing for residency
  • Parking
  • Where to be and what time
  • Get organized!!
• Picking rotations
  • Broaden your horizons
  • PGY-2 considerations
  • What not to pick
  • Know procedures to change schedule

The Easiest Month of Residency

Kelly Owens, PharmD
PGY1 Pharmacy Practice Resident
Greenville Hospital System University Medical Center

Orientation

“Gotta be a pharmacist before you can be a clinical pharmacist”
• Most residencies offer one month orientation
• Orientation may include
  • CPOE/Pharmacy systems
  • Kinetics
  • Nutrition
  • Code training

Orientation

Typical housekeeping
• “Signing your life away”
  • Write down usernames and passwords
• Picking a mentor
  • Interact with preceptors
  • Pick a mentor that meets your needs
• Need a map?
  • Use this time to learn your way around the hospital

Orientation

“We have to do what?”
• Upcoming presentations

• Your weakness is always “time management”
  • Start organizing now

Picking a Project You Won’t Get Sick Of

Caitlin R. Musgrave, PharmD, BCPS
PGY2 Solid Organ Transplant Resident
Medical University of South Carolina
Residency Projects

• Project Opportunities
  • Research/service project
  • Medication use evaluation
  • Drug information/management projects
    • Newsletter articles
    • Additional medication use evaluations
    • Policies and Procedures
    • Additional opportunities

Residency Projects

• Research/Service Project
  • Choosing a topic
    • List of topics provided by the program
    • Coming up with your own topic
      • Discuss feasibility
      • Can it be done in less than a year?

Residency Projects

• Research/Service Project
  • Choosing a topic
    • Bottom line: pick something you’re interested in!
    • Other considerations:
      • Project mentors
      • Will statistics help be available?
      • Will the outcomes be publishable?

Residency Projects

• Institutional Review Board (IRB)
  • Submit as soon as possible!
  • Expedited vs. exempt vs. full review
    • Verify requirements/guidelines with your institution
    • Use forms or examples if provided
    • If approval takes some time, consider starting to write the background and methods portion of your manuscript

Residency Projects

• Medication Use Evaluation
  • Scope
    • Completed during drug information rotation vs. additional research project
    • Group vs. individual
    • Assigned a topic vs. ranking topics

Residency Projects

• Data Collection
  • Bottom line: plan, plan, plan!
  • Work with your preceptors when creating your data collection form AND database
    • Ensure it is set up for easy analysis
  • Set hard deadlines for yourself
    • Consider setting these up with your project mentor at the beginning of the process to keep you on track
      • Otherwise, you WILL fall behind!
**Residency Projects**

- **Group Projects**
  - Bottom line: plan, plan, plan!
  - Set hard deadlines for the group
  - Sit down and data collect on a few patients TOGETHER
    - Ensure that everyone is using the same definitions and recording data in the same manner FIRST

---

**How to Wow Your Preceptor**

Lauren Kuckewich, PharmD
PGY1 Health Systems Pharmacy Administration Resident
Medical University of South Carolina

---

**Preceptor Interactions**

- **Answering questions**
  - Anticipate
  - Guidelines or literature
  - All about the phrasing

- **When to say... “I don’t know!”**
  - Don’t make something up
  - All about the phrasing: “I’ll look into that”
  - Most important – can affect patient care

---

**Preceptor Interactions**

- **Managing patients**
  - Ask preceptor or fellow residents
  - Monitoring forms
    - Use them wisely
    - Update to fit your needs
  - Prioritize problems

---

**Preceptor Interactions**

- **Staying organized**
  - Plan your day
  - Make lists
  - Use your calendar
    - Update often

**Important – you will get behind!!**

---

**Where to Go When You Need to Know...**

Kelly Owens, PharmD
PGY1 Pharmacy Practice Resident
Greenville Hospital System University Medical Center
Drug Information

- Library/Drug information center
- Drug-information request
- Access to articles you don’t have
- Facebook® – The new resource
- Mentors
  - Keeping you in check
- Preceptors
  - Most are willing to guide you

Drug Information

- Previous residents’ files
  - Expectations
  - Formatting
  - Depth
  - Gearing towards audience
  - Knowing what did NOT work

PGY2?! … I Just Got Here!

Caitlin R. Musgrave, PharmD, BCPS
PGY2 Solid Organ Transplant Resident
Medical University of South Carolina

PGY2 Residencies

- Early Committing
  - If you like multiple specialties and want to stay at the same program...
  - Does the program early commit?
  - What is the process?
  - Try to narrow down to 3!
  - Obtain rotations in those areas early
  - Many programs begin the early commit process in October
  - Securing a position before versus after Midyear

PGY2 Residencies

- Going Elsewhere (Midyear Madness)
  - Personal Placement Services
    - Register BEFORE the prices go up!
    - Unlike PGY1, PPS > Showcase
    - Post your updated CV early and seek out programs
    - Many may early commit, but clarify with the individual program if you don’t see them listed in PPS

PGY2 Residencies

- Early Committing
  - When you interview at your current program...
    - Rotation = a month-long job interview
    - Be prepared to answer the question
      “so why do you want to stay here?”
    - Please note: the correct answer to this question does not involve not having to pack up and move!
PGY2 Residencies

• Going Elsewhere (Midyear Madness)
  • Personal Placement Services
    • Write down booth numbers and map them out BEFORE you get there!
    • Come prepared with questions for interviews
    • More about you finding out if you’re interested than the other way around
    • Take LOTS of notes (just like the showcase, you’ll easily forget)

• Going Elsewhere (Midyear Madness)
  • Personal Placement Services
    • When scheduling interviews, keep in mind your responsibilities to your own program
    • Showcase attendance
    • Manning the PPS booth

How to Bring the House Down

Kelly Owens, PharmD
PGY1 Pharmacy Practice Resident
Greenville Hospital System University Medical Center

Presentations

• Choosing a topic
  • Your interest
  • Audience interest
  • Useful information
  • Has it been done recently?

• Knowing your audience
  • Gear information to what’s most important
  • Pearls geared towards them

• Presentation style
  • You will always have a “filler word”
  • Don’t read from your slides
    • Highlight what is most important
    • “Get loose”
    • Avoid distracting behaviors
  • Practice, Practice, Practice!!!
  • Eventually, you will develop your own style

• Interaction
  • Need to keep them awake
  • Gauging audience understanding
  • Many types of interaction available
    • Poll Everywhere
    • Cases
    • Multiple-choice questions
    • Candy “offering”
    • Don’t be negative

• Interaction
  • Need to keep them awake
  • Gauging audience understanding
  • Many types of interaction available
    • Poll Everywhere
    • Cases
    • Multiple-choice questions
    • Candy “offering”
    • Don’t be negative
Avoiding the Middle-of-the-Year Slump

Caitlin R. Musgrave, PharmD, BCPS
PGY2 Solid Organ Transplant Resident
Medical University of South Carolina

Work/Life Balance

- Is it Possible?
  - Only if you make the effort!
  - When planning out your week, include time for...
    - Yourself
    - Your friends
    - Your family
    - Your hobbies

Work/Life Balance

- Asking for Help
  - Never let residency get the best of you
    - Preceptors won’t know there’s a problem until you tell them!
    - Planning ahead early in the year can help, but you will – inevitably – fall behind
      - Set new – more realistic - goals

Work/Life Balance

- To-Do Lists
  - Will be never-ending
  - Don’t feel like you have to knock everything off in a day!
    - It will still be there tomorrow, and so will you!

Work/Life Balance

- Personal Days
  - TAKE THEM ALL!
  - Keep in mind residency rules (i.e. no more than 5 days off in a month, etc.)
  - You can’t take care of patients if you aren’t taking care of yourself

Work/Life Balance

- Learning to Say “NO!”
  - One of the single most difficult things to do in residency
  - You want to shine, BUT...
    - If you take on too many additional responsibilities, your residency requirements (patient care, project, etc.) WILL suffer
Networking

• Don’t throw out the “old”  
  • Former employers
  • Letters of recommendation
  • Classmates

• Get involved at your institution  
  • There’s more to a hospital than a pharmacy
  • Committees
  • Inter-disciplinary teams

Networking

• State organizations  
  • It doesn’t end with pharmacy school

• National organizations  
  • There’s more to Midyear (Clinical Meeting)

• Practice networks/boards  
  • Post questions and get the answers you need

Residency, etc.  
(Because There’s Always More to Do)

Lauren Kuckewich, PharmD  
PGY1 Health Systems Pharmacy Administration Resident  
Medical University of South Carolina

Residency Et Cetera

• Chief Resident  
  • Additional responsibilities
  • Obtaining the position

• Residency Trip  
  • Time to bond
  • Learn about other programs
  • Networking

Residency Et Cetera

• Residency Visits  
  • Put your best face forward
  • Opportunity to learn
  • Ask questions  
  ** Networking!

• Residency Interviews  
  • Sell it
  • Meet potential fellow residents

It’s Not What You Know ... It’s Who You Know!

Kelly Owens, PharmD  
PGY1 Pharmacy Practice Resident  
Greenville Hospital System University Medical Center
HINDSIGHT IS 20/20
... What I Wish I Had Known Prior to Residency

Lauren Kuckewich, PharmD
PGY1 Health-Systems Pharmacy Administration Resident
Medical University of South Carolina

Caitlin R. Musgrave, PharmD, BCPS
PGY2 Solid Organ Transplant Resident
Medical University of South Carolina

Kelly Owens, PharmD
PGY1 Pharmacy Practice Resident
Greenville Hospital System University Medical Center