



The Resident's Roar

Volume 2, Issue 1

Fall 2000

Current Programs & Residents

Ambulatory Care at UPMC Health System (UPMCHS)

Hong-Diep Nguyen, PharmD

Critical Care at UPMCHS

Emily E. Wade, PharmD

Critical Care-Transplant at UPMCHS

Karen Laughlin, PharmD

Drug Information at UPMCHS

Catherine Eckard, PharmD

Managed Care at Eckerd Health Services

Jessica L. Neely, PharmD

Oncology at UPMCHS

Ann Verghese, PharmD

Pharmacy Practice at UPMCHS

Robin V. Thomas, PharmD

Sarah M. Zajko, PharmD

Pharmacy Practice at the V.A.

Catherine C. Peng, PharmD

Cynthia Pohland, PharmD

Monica B. Aspinall, PharmD

University of Pittsburgh Resident Seminar Series Schedule

| DATE | PRESENTER |
|----------------|------------------|
| Jan. 5, 2001 | Robin Thomas |
| Jan. 19, 2001 | Jessica Neely |
| Feb. 2, 2001 | Cynthia Pohland |
| Feb. 16, 2001 | Hong-Diep Nguyen |
| Mar. 2, 2001 | Ann Verghese |
| Mar. 16, 2001 | Emily Wade |
| Mar. 30, 2001 | Karen Laughlin |
| April 13, 2001 | Catherine Eckard |
| April 27, 2001 | Monica Aspinall |
| May 11, 2001 | Catherine Peng |
| May 25, 2001 | Sarah Zajko |



Location: Scaife Hall, 11th Floor Conference Room

Time: 12:00 noon

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- 2 UPMCHS Programs
- 4 Eckerd Health Services Managed Care Program
- 5 VA Programs/ ASHP Midyear Events
- 6 Upcoming Resident Functions

Robin Thomas, Pharm.D.
UPMCHS Pharmacy Practice Resident
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Robin Thomas is one of two Pharmacy Practice Residents on the UPMCHS-Presbyterian campus. Born in Brooklyn, NY, he later moved to Oklahoma as a child and grew up in Yukon, just west of Oklahoma City. After seeing that working at Little Caesars Pizza for three years wasn't his cup of tea, he went to the University of Oklahoma after high school and received his BS in Pharmacy in May 1997. Afterwards, he worked one year as a hospital pharmacist and went back to receive his Pharm. D. degree, also at the University of Oklahoma. After graduating in May 2000 with his Pharm. D., he came to Pittsburgh for his residency.

Robin became interested in the healthcare field early in life, especially in pharmacy since he's always wondered, "What are the pharmacists doing behind the counter. Can I watch?" Seeing his mother in the healthcare field as an RN and listening to her talk about patients and medications they receive, he joined pharmacy school. He is currently balancing the residency with married life since he is a newlywed.

Robin chose this residency because it was well rounded by providing exposure to internal medicine, critical care, infectious disease, transplant, practice management and drug information. Robin's goals during this residency include gaining more experience, sharpening his clinical skills, and expanding his knowledge base in pharmacy practice.

Afterwards, he plans to find a clinical position in a major hospital.

He enjoys free food, music, sports, TV, DJ'ing, snowboarding and cars. If he ever gets burned out on pharmacy, he would join NASCAR or help produce a movie or a record.

Sarah M. Zajko, Pharm.D.
UPMCHS Pharmacy Practice Resident
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Sarah is one of the two pharmacy practice residents at UPMCHS. Although she was born in Bethesda, Maryland Sarah considers herself a "Pittsburgher." Sarah became interested in pharmacy during high school when she was looking at different paths that could be taken in college. Pharmacy appealed to her because of the involvement in the health care field as well as the wide variety of opportunity available as a pharmacist. She attended Duquesne University School of Pharmacy where she graduated cum laude with her Doctor of Pharmacy degree in May 2000. Rotations that Sarah completed as a pharmacy student were internal medicine, drug information, critical care in the transplant ICU and infectious disease.

As a student Sarah worked for three years at Phar-Mor Pharmacy. After having the opportunity to become

Zajko, cont.

involved in the Drug Use and Disease State Management (DUDSM) Program here at the UPMC-HS, Sarah became interested in clinical work and in pursuing a residency.

Sarah chose the residency offered at the UPMC-HS because she knew she would get a well-rounded experience given her previous experience in the DUDSM program. She also wanted to be a part of a university teaching environment. Sarah wanted to become involved in the teaching aspect of the residency which included not only precepting students, but also didactic lecturing for the University of Pittsburgh School of Pharmacy. Sarah hopes to develop her clinical skills and become involved in various projects. She doesn't know what the future holds for her, but she hopes to pursue a career as a clinical pharmacist.

Hong-Diep Nguyen
UPMCHS Ambulatory Care Resident
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Diep is the current ambulatory care resident at UPMC. She came to the United States from Vietnam in 1992 with her family. Her brother sponsored her family to move to Pittsburgh. Diep's husband was a physician in Vietnam. However, Diep says that she gave him her "pharmacy spirit" because he is now a pharmacy student in Pittsburgh. Diep also has three children who she describes as well behaved, studious, friendly and very interested in science.

Diep was an English teacher in Vietnam where she taught middle school students and adults at the English Language Institutes for several years before coming to the United States. After settling in Pittsburgh, she worked for the Tuberculosis Program of the Allegheny County Health Department from October 1992 to December 1995, and also helped with the Catholic Charity of Pittsburgh. She also worked part-time for a physician's office for two years. Diep also became actively involved in volunteering for the Vietnamese Catholic Association of Pittsburgh since the time she settled in Pittsburgh. While she was actively working Diep was studying part-time for her pre-pharmacy courses. After being admitted into the University of Pittsburgh pharmacy school, Diep worked as an intern at Allegheny Valley Hospital.

As a pharmacy student, Diep completed rotations in the UPMC- Drug Uses and Disease State Management Program, the Medical Intensive Care Unit, the Cardiac Intensive Care Unit and out-patient oncology. She thinks they are all very interesting and challenging. After finishing the program early in December 1999, Diep worked as a graduate pharmacist at Children's Hospital of Pittsburgh for several months before starting her ambulatory care residency. She chose ambulatory care because she loves being with patients and improving her clinical skills by helping them. She says that she is learning a lot not only from the clinical pharmacists in the ambulatory care

Nguyen, cont.

department at UPMC, but also from her patients and other health care professionals. Diep is striving to overcome difficulties in the professional aspects of pharmacy as well as communications.

Diep sees herself working with patients in the future, whether in Pittsburgh or any other place that she is needed and valued as a health care professional. Outside of pharmacy, Diep enjoys listening to music especially when she is stressed and tired, gardening, cooking and reading.

Emily E. Wade, Pharm.D.
UPMCHS Critical Care Resident

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This is Emily's second year as a resident with the University of Pittsburgh. Last year she was one of the four pharmacy practice residents and is currently a critical care resident. As a result, she is rounding in various intensive care units including neurology, medicine, transplant, cardiology and surgery.

She started her pharmacy training at West Virginia University where she received a BS Pharm and PharmD degree. During PharmD school Emily realized that she wanted to continue training after school and began considering residency programs. She also looked for projects such as conducting research to present at the mid-year meeting, writing drug monographs to present at the pharmacy and therapeutics committee, and becoming involved in volunteer work to gain more experience. When interviewing for her first residency Emily looked for a program that would provide to her the experience she desired. Some programs involved in-house on-call services, didactic experience, precepting experience, monthly presentations, and the list went on. She was drawn to the program at UPMC-HS for the involvement in a large teaching institution. The didactic and precepting responsibilities were important characteristics. The experience here has been positive and she even signed up to stay an extra year!

This year she is striving to incorporate the critical care literature into her database in order to optimize patient medication regimens. She hopes to add value to team decisions every day. She will be seeking a clinical position in critical care that will allow her to continue to grow as a vital member of a patient care team. Outside of pharmacy, Emily enjoys shopping in the strip district, taking karate classes and dining out at top Pittsburgh restaurants.



Looking for an address of a former colleague? We can help you locate them through our clinician database!

Karen K. Laughlin

UPMCHS Critical Care-Transplantation Resident

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Karen Laughlin is from Richmond, Virginia and completed her Pharm.D. from Midwestern in May of 1999. As a pharmacy student at Midwestern University, she realized that she enjoyed working with a multi-disciplinary team to promote patient care through several of her acute care rotations, particularly transplantation. She then chose to pursue a pharmacy practice residency with an ultimate goal of completing a specialty residency.

As a student, Karen worked in both the community and hospital settings and also conducted research in gene transfection at the University of Chicago. Upon moving to Pittsburgh, she completed a pharmacy practice residency at the VA Pittsburgh Healthcare System. She enjoyed her residency at the VA while refining her patient care skills and was involved with various aspects of health care such as the ambulatory care clinics and P&T committee. She is currently a Critical Care resident at UPMC-HS. Karen has chosen to focus her residency in transplantation. Upon being offered the residency position, she was thrilled to have the opportunity to practice pharmacy at one of the premier hospitals for transplantation in the country.

During her current residency, she hopes to improve upon her clinical skills, particularly the incorporation of evidence-based medicine into daily patient care activities. She also strives to be an integral member of each multi-disciplinary team she is involved with. In the future, she would like to obtain a clinical specialty position that would allow her to be involved in both patient care as well as teaching. On a personal note, Karen enjoys spending time with her two dobermans, Max and Hannah, as well as attending Pittsburgh Penguin hockey games.

Catherine Eckard

UPMC Drug Information Resident

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Catherine Eckard is originally from Cumberland, Maryland. She developed an interest in chemistry and began her studies at the College of Notre Dame of Maryland in Baltimore. With a desire to apply her interest in the sciences to a profession in the health care field, she enrolled in the Doctor of Pharmacy program at the University of Maryland. During pharmacy school, she worked as a student technician for Johns Hopkins Bayview Medical Center and St. Agnes Hospital in Baltimore, Maryland. She contributed to student projects including monitoring non-formulary use of medications, renal dosing, as well as IV to PO therapy conversions. Also, Catherine was involved in several programs, providing information and educating patients and consumers about the appropriate use of medications. Catherine acted as coordinator for the Student Committee on Drug Abuse, helping to educate middle and high school students about the dangers of using illicit drugs.

Eckard, cont.

Additionally, Catherine was a volunteer coordinator for Asthma Awareness Day to help asthmatic patients understand how to appropriately administer their medications. In her final year of school, she enjoyed a variety of rotations, including Pediatrics, Ambulatory Care, Hospice, Long Term Care, Drug Information and General Medicine. She found that the provision of drug information and the ability to answer questions positively contributing to patient care was her most rewarding and enjoyable experience.

After completing her Pharm.D. degree, she began a residency in Drug Information at UPMC-HS. Her goal as a resident is to strengthen her writing and editing skills, as well as gain experience with research. She looks forward to finding new ways to serve and educate the general public through volunteering time at a homeless clinic and other various projects. She plans apply her education and experiences to the pursuit of a career in academia or industry.

Eckerd Health Services

Brenda Castiglione, Pharm.D., Program Director

Sina S. Carlson, Pharm.D., Assistant Program Director

This is the inaugural year of the Eckerd Health Services (EHS) Pharmacy Benefit Management (PBM) specialty residency. EHS is one of the nation's largest pharmacy chain-based prescription benefit management firms. We created this residency to give residents the opportunity to practice a dynamic PBM environment while gaining a clinical and administrative perspective in managing pharmacy benefit plans for a wide variety of clients. We are excited about the opportunity to make this area of practice known to pharmacy students and residents. Residents participate in multiple aspects of PBM operations including Drug Utilization Review (DUR) criteria development, clinical intervention activities, Pharmacy and Therapeutics committee activities and clinical information systems development. The resident will also have an opportunity to obtain valuable insight about new business development, client service and marketing support. We are pleased with the progress of our first year and are looking forward to continued success.

If you are interested in learning more about the EHS Pharmacy Benefit Management Residency, please contact Dr. Castiglione or Dr. Carlson. We look forward to hearing from you.

Jessica L. Neely, Pharm.D.

UPMCHS Managed Care Resident at Eckerd Health Services

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Jessica is originally from Franklin, PA, although she lived in a suburb of York, PA, for several years prior to coming to the Pittsburgh area. She completed her Doctor of Pharmacy Degree at the University of Pittsburgh, School of Pharmacy on April 30, 2000. While completing her studies, Jessica pursued several internships. She worked at the *East Berlin Pharmacy* in East Berlin, PA. Another internship experience was at *Stadlander's Pharmacy*, a specialty mail order pharmacy. Jessica's favorite and most valuable internship was with the *Drug Use and Disease State Management Program (DUDSM)* at the University of Pittsburgh Medical Center Health System. The last internship experience involved working in the IV Room and Unit Dose areas of the *Oakland Veterans' Administration* hospital.

Currently, Jessica is a Clinical Pharmacy Resident with *Eckerd Health Services*, a chain-based pharmacy benefits management firm. She chose to pursue a residency in order to expand her clinical knowledge, to strengthen her writing, research, and teaching skills, and to gain exposure in management and skills within a managed care/PBM environment. Jessica chose this residency due to the dynamic PBM environment, the number of available clinical opportunities in this new program and the willingness of the clinical team to accommodate her personal goals and interests. Some of the activities that she has been involved in include the development of clinical bulletins; P&T Committee support; the development of drug interaction criteria and corresponding physician letters for the retrospective DUR system; precepting Pharm.D. students; and the creation, development, and implementation of a senior care program. Future residency responsibilities will include Clinical Programs support, formulary development, participation in the RIGHT Patient Care Program, and review of prior authorizations.

Jessica's future goals include working within a PBM or other managed care environment for several years. Thereafter, she wishes to pursue a clinical liaison position within the pharmaceutical industry. In her leisure time, she enjoys such activities as listening to music, dancing, reading, cooking, shopping, and spending time outdoors. She also hopes some day to be able to volunteer at a zoo or animal shelter, become a pet-sitter, or open a pharmacy within an animal clinic.

VA Pharmacy Practice

Sherrie Aspinall, Pharm.D. Program Director

The residency program at the VA continues to expand. This year there are three pharmacy practice residents. One of the positions was funded by the Geriatrics Research, Education and Clinical Center (GRECC). In the future, the VA will offer a geriatrics specialty residency program, and the pharmacist selected will work closely with the GRECC.

The clinical pharmacy staff supporting the residency is also expanding. Sherrie is now the Clinical Pharmacy Coordinator, and she continues to work with the infectious disease team. A practitioner in acute care is being recruited to fill her position. Another clinical pharmacist is working part-time in ambulatory care with Lauren Trilli and Melissa Crawford (Crouthamel). Melissa is a former resident. Finally, Rob Maher, from Duquesne University, joins Jill Slimick as a preceptor for the residents during their geriatrics experience.

Catherine C. Peng, Pharm.D.

VA Pharmacy Practice Resident

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Catherine is one of the pharmacy practice residents at the VA hospital. She was born in New York City, but lived in Massillon, OH for most of her life. As an undergraduate, Catherine spent 1 semester at University of Akron and 2 ½ years at Grove City College prior to graduating from the University of Pittsburgh School of Pharmacy in April 2000 with her Pharm.D. She is often teased by her friends for transferring countless times, but said that she just did not know what she wanted to do yet.

Going to ASHP Midyear Meeting?

- Please stop by and visit us at the Residency Showcase on Tuesday, December 5, at Booth E2
- Join us for the University of Pittsburgh Reception at the Aladdin Hotel Tuesday December 5, from 5:30-7:30

Peng, cont.

As a pharmacy student, Catherine completed many rotations including Ambulatory Care, Hospital, Community, Internal Medicine, Research and Specialized Compounding. What she enjoyed most was ambulatory care because of the ability to communicate with the patient and promote that patient's health. Catherine also has an interest in research. Along with school, Catherine was involved in many activities. She worked as an intern in the drug information center, and as a research assistant in a managed care organization while also working in hospital and community pharmacy.

After graduating, Catherine chose to pursue a residency in order to gain more experience in multiple pharmacy disciplines before making an ultimate career choice. She chose the residency at the VA hospital because it was able to offer her numerous experiences in ambulatory care. Her future plans include obtaining a clinical pharmacy position in managed care. She considers herself a "numbers" person and would like to get involved with outcomes research and pharmacoeconomics.

Outside pharmacy, Catherine can be found enjoying many things. She enjoys dance, piano, and the theatre. She enjoys the arts and hopes to take up oil painting in the future. She can be found doing kick-boxing and actually used to be an aerobics instructor in college. She also enjoys traveling and architecture. In fact, she has already designed blue prints for a future house she hopes to build!

Cynthia J. Pohland

VA Pharmacy Practice Resident

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Cindy Pohland is a pharmacy practice resident at the Pittsburgh VA Healthcare System. She is originally from Belle Vernon, Pennsylvania, and received her BS and Pharm.D. from Duquesne University. She did rotations in Ambulatory Care, Internal Medicine, Nutritional Support, Infectious Disease, Medical Information at Eli Lilly, Critical Care and Endocrinology. She most enjoyed the patient contact that she experienced during the Ambulatory Care and Endocrinology rotations. She decided to do a residency to increase her clinical knowledge base to be able to become a more effective part of the healthcare team. She worked as a student at Shop and Save Pharmacy, Jefferson Hospital and Eckerd. She worked as an HIV/AIDs Specialist at Stadtlander's pharmacy for one year after graduation before deciding to do a residency. She hopes to gain the clinical experience necessary to provide optimal patient care as a clinical pharmacist. She plans to pursue a career in Ambulatory Care or Managed Care.

Monica B. Aspinall
VA Pharmacy Practice Resident
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Monica B. Aspinall is currently a pharmacy practice resident with a geriatric focus at the VA Healthcare Systems in Pittsburgh. She is originally from Pittsburgh, PA. And received her Pharm.D. from Duquesne University School of Pharmacy. The rotations she completed at Duquesne included Managed Care at Highmark Blue Cross Blue Shield, Acute Care at UPMC McKeesport, Infertility and Hepatitis C at Fisher Pharmacy along with Outpatient Pharmacy at CVS. Monica enjoys the patient contact along with being able to help people on an every day basis. She enjoys helping people understand their medications

Monica chose to do a pharmacy practice residency because of the many opportunities available to someone with the experience of a residency behind them. She chose the VA because the program would allow her to focus in geriatrics, her primary interest. She also felt that the staff were very welcoming and provided a great work atmosphere. She enjoys working with students and helping others to learn and one day hopes to be a part of the faculty at a University as well as a clinical pharmacist with her own site to teach students.

As a student, Monica worked at Mercy Hospital Pharmacy as a Pharmacy Technician. She also worked at Donora Union Pharmacy, a small family owned independent pharmacy. Secondary to Monica's interest in geriatrics, she has completed 2 semesters in an independent study at Duquesne University that focused on Geriatrics. She hopes to find a clinical position that will allow her to continue to learn and that contains an academic appointment.

UPCOMING RESIDENT FUNCTIONS

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| Nov. 13, 2000 | "New Drugs in the Global Economy: Risk Assessment & Management in the European Union & Co-operation with the US" presented by F. Sauer |
| Nov. 17, 2000 | Research Discussions begin |
| Jan. 2001 | Resident Seminar Series begins Resident Recruitment |
| Apr 19-22, 2001 | Eastern States |