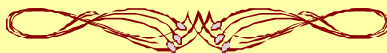


# The Residents' Roar

Volume 4, Issue 1



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*A publication of the University of Pittsburgh School of Pharmacy Residency Programs*

<http://www.pharmacy.pitt.edu>

## Out with the Old, In with the New!

By Olanrewaju O. Okusanya, Pharm. D.

As last year's University of Pittsburgh School of Pharmacy residents began to embrace their uncertain yet exciting futures ahead, they relinquished their positions to new and diverse successors. The University of Pittsburgh School of Pharmacy Residency Banquet on June 26<sup>th</sup>, 2002 evoked different feelings depending on the attendee's perspective. For the new residents, it was a promise of things to come and for the old or 'seasoned' residents, the culmination of a year of hard work.

### Pharmacy Residents 2002-2003



*Back (left to right): Lanre Okusanya, Aasha Alkebulan, Kristin Mitchem, James Coons, Michael Fraundorfer. Front (left to right): Beth Baker, Christina Schober, Rhonda Rea, Becky Roman, and Bethany Fedutes (Not shown) Michael Vozniak and Joshua Fredell.*

The banquet was organized by Kathleen Woodburn and the rest of the Pharmacy and Therapeutics department at the University of Pittsburgh. It was held at the Dave and Busters establishment located in the center of the newly developed Waterfront of Homestead, PA. It allowed the new residents an invaluable opportunity to meet the out-going residents who were making their final plans for departure. It also gave the new residents the opportunity to meet one another for probably the first time and share in the excitement of a new beginning.

The world-renowned transplant surgeon, Dr. Thomas Starzl, the guest speaker for the event, encouraged continued professional development and afterwards, the residency certificates were presented along with a small gift to the veteran residents. After the banquet, the faculty and residents slowly made their way to the Game Room for a little fun and relaxation, signifying a new beginning!



### In this edition:

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## The University of Pittsburgh School of Pharmacy

*Cordially invites you to attend a  
reception at the 39<sup>th</sup> Annual Meeting of  
the American Society of Health-System  
Pharmacists.*

Tuesday, December 10<sup>th</sup>, 2002 the  
Hilton Atlanta

5:30 pm – 7:30 pm

Fulton/Cobb Room

## Residency Programs Available

### Cardiology at UPMCHS

Director Amy Seybert, Pharm.D.

### Drug Information at UPMCHS

Director Nicole Ansani, Pharm.D.

### Critical Care at UPMCHS

Director Amy Seybert, Pharm.D.

### Pharmacy Practice at the V.A.

Director Lauren Trilli, Pharm.D., BCPS

### Eckerd Health Services

Director Sina Carlson, Pharm. D.

### Oncology at UPMCHS Shadyside

Director Rowena Schwartz, Pharm.D, BCOP

### Pharmacy Practice at UPMCHS

Director Sheel Patel, Pharm. D., BCPS

### Ambulatory Care at UPMCHS

Director Michael Shullo, Pharm.D.

specialized training in cardiovascular medicine.

After interviewing for the cardiology specialty residency with Amy Seybert, I was eager to return to my alma mater to become part of the many changes occurring at the Medical Center.

Leadership was evident in the cardiology residency, and the multitude of opportunities to teach and refine my clinical skills were integral to my decision. I have had a great deal of involvement this year with heart failure and lipid management, teaching, and glycoprotein IIb/IIIa inhibitor research. I hope to use my experiences this year to pursue a clinical faculty position at an academic medical center.

### Bethany Fedutes, Pharm. D.

**Drug Information Specialty  
Resident**



I grew up in Perryopolis, PA (approximately 35 miles south of Pittsburgh) and I graduated from Duquesne University Mylan School of Pharmacy. I spent the last year at Allegheny General Hospital in the Pharmacy Practice Residency Program. I am currently residing in Pennsbury Village, Pittsburgh, PA.

I was attracted to the University of Pittsburgh Medical Center due to the vast learning opportunities offered by such a large health system. The innovative Drug Use and Disease State Management (DUDSM) Program, the residency's association with a School of Pharmacy and the outcomes research program interested me as well.

During this residency, my personal goal is to improve my writing and presentation skills. I plan to become more comfortable setting up research projects and developing policies based on outcomes research. My research project this year will focus on the pharmacoeconomics of low molecular weight heparins and fondaparinux.

Overall, I expect to make the transition from Drug Information resident to Drug Information Clinical Specialist. However, I plan to use this year to explore opportunities in many areas such as industry and the FDA.

## New Faces and Dynamic Personalities Meet the 2002-2003 Pharmacy Residents

### James C. Coons, Pharm. D. Cardiology Specialty Resident



Originally from Clearfield, PA, I graduated from the University of Pittsburgh as a member of the class of 2001. A desire for warmer weather brought me to the state of Virginia where I entered a general practice residency at the University of Virginia Health System in Charlottesville. My tenure there marked a year of diverse experiences with an established group of practitioners. The learning curve was not unique to the residency though; I also learned how to manage a softball team and how to entertain a southern draw. My practice and research efforts in the critical care/ cardiology arena ultimately led to my decision to pursue further

*We have a diverse group of bright residents, whom I look forward to working with this year.*  
**- B. Fedutes, Pharm.D.**

**Rhonda Rea,  
Pharm. D.  
Critical Care Specialty  
Resident**



I graduated from Duquesne University in 2001 and became interested in pursuing a residency after working on a clinical research project with Dr. Charles Karnack. Last year, I did a pharmacy practice residency at The Cleveland Clinic Foundation (go Cleveland Browns!!). It was a great experience in critical care and prompted me to do a specialty residency.

So, I decided to choose UPMCHS because of the faculty (especially the critical care faculty). I wanted a variety of critical care experiences (including transplant) with preceptors that had several years of experience. This is one of the few programs in the country that allows pharmacy residents to have a faculty appointment at the School of Pharmacy. There is also a lot of support for residents regarding research projects and publications. My research project involves evaluating hospitalized patient's outcomes with amiodarone and lidocaine (used in the context of the ACLS guidelines). I also will be involved in an aspiration pneumonia project with Sandy Kane

During my residency this year, I hope to enhance my patient care skills, improve my understanding of how to design, carry out, and publish clinical research projects, and to improve my presentation skills. I hope to become more involved in national organizations and develop and maintain professional relationships with mentors and colleagues.

**Becky Roman,  
Pharm. D.  
V.A. Pharmacy Practice  
Resident**



Hello! My name is Becky Roman, and I am a pharmacy practice resident at the VA Pittsburgh Healthcare System. I am originally from Cincinnati, and I received my Pharm.D. from Ohio Northern University in 2001. After graduation, I moved to

Baltimore and worked for a year as a pediatric clinical pharmacist at Johns Hopkins Hospital. My experiences there were terrific, but I felt I needed additional clinical training. I was looking for more experience in the areas of geriatrics and ambulatory care. The VA's program is ideal for me. Through my time at the VA, I look forward to gaining more clinical knowledge and caring for some very interesting and complex patients. I am also excited to gain teaching experience through the University of Pittsburgh and by precepting pharmacy students. Currently, I am on my internal medicine rotation. It has been very challenging, but I am learning a lot. I am looking forward to my rotations in ambulatory care, geriatrics, oncology/pain management, and possibly managed care.

**Beth Baker, Pharm. D.  
V.A. Pharmacy Practice  
Resident**



My name is Beth Baker and I am one of the three Pharmacy Practice Residents at the VA Pittsburgh Healthcare System. I am originally from the Pittsburgh area (Butler, PA) and received my Pharm.D. on 5/18/02 from Duquesne University. I was most impressed with the VA's program because of its focus on ambulatory care and my interest in geriatrics. Upon completing my residency, I would like to work with the elderly, perhaps in a long-term care facility or within the VA Healthcare System. In my future experiences during this year at the VA, I hope to strengthen my clinical knowledge, become comfortable teaching and precepting students at the University of Pittsburgh and Duquesne University Schools of Pharmacy, and gain experience with presentations within the hospital and at pharmacy meetings. During my first month at the VA, I learned staffing in a hospital setting, which is important to me seeing that I have most of my experience in a retail pharmacy setting. I spent most of my time in the ambulatory care clinics during this first month. In clinic, we evaluate and monitor patients with hypertension, diabetes, dyslipidemias, and those on oral anticoagulants, and are able to adjust their drug therapy accordingly. I have yet to determine my research project.

*My most unique experience thus far has been with one of my ambulatory care patients, a sweet 74 year-old veteran, who wanted to fix me up on a date with his PCP.  
- B. Baker, Pharm.D.*

**Michael  
Fraundorfer,  
Pharm. D.  
V.A. Pharmacy Practice  
Resident**

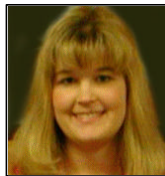
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I grew up in Altoona, PA and moved out to Pittsburgh in 1996 to attend Duquesne University, where I earned my Pharm.D. in May. I chose the VA as my residency site because of the great opportunities that it offers. Here, I can pursue my interest in geriatric medicine, work with a great clinical staff, and have a variety of teaching opportunities as well. After I finish my year here at the VA, I'd like to stay within the VA system, do some teaching, and maybe some outside consulting at a long term care facility. Through my experience here at the VA, I hope to sharpen my skills and knowledge so that I can become a well-respected practitioner and serve as an educator and preceptor for students. Thus far, I have learned how to practice in a primary care clinic and manage various disease state issues such as diabetes, hypertension, anticoagulation, and hyperlipidemia. I have also learned how to handle different types of patients with a variety of personalities. My research project topic is still in the works, but I should have it selected soon. As for my most interesting experience here at the VA, I would pick the slew of nicknames that I have already acquired here in my first month. Most of which are not suitable for publication!

**Kristin Mitchem,  
Pharm. D.  
Eckerd Health Service  
Resident**

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Originally I am from Enola, Pennsylvania, a small town outside Harrisburg. I completed my Pharm.D. at the University of Pittsburgh in 2002.

I chose the pharmacy benefits management residency at Eckerd Health Services because of the dynamic practice setting. This residency offers the opportunity to participate in many different kinds of projects related to pharmacy practice and managed care.

Thus far, I have already had the opportunity to meet one-on-one with members of various departments, review prior authorization cases within the clinical department, write communication

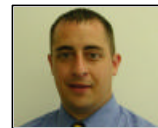
materials for members and clients, and mentor Pharm.D. students.

During this residency, I expect to gain an overall understanding of the pharmacy benefits management industry. By spending time with different departments within EHS, I hope to gain an appreciation for the roles and responsibilities of each department and identify many, unique roles for pharmacists in this setting.

Upon completion of this residency, I plan to continue working in a managed care environment.

**Michael Vozniak,  
Pharm. D.  
Oncology Specialty Resident**

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Born in Dallas, PA, I graduated from the University of Pittsburgh School of Pharmacy in April 2001. Following graduation, I completed a pharmacy practice residency at the University of Kentucky Chandler Medical Center in Lexington, KY. At UK, my research project was entitled Cancer-Related Fatigue Assessment and its Impact on Prescribing Habits.

I chose the Oncology Specialty Residency at UPMC because of the reputation of the faculty and the cancer center. Another aspect that drew me to UPMC was the interaction between pharmacists and physicians in providing superior patient care on a daily basis.

While completing my oncology specialty residency at UPMC, I expect to enhance my patient care skills, develop an in-depth understanding of disease states and management, specifically in oncology, and to culminate into an independent clinician.

Thus far, I have found my residency to be very demanding, while affording the opportunity to help manage the care of patients with quite different problems. All of which has been very rewarding and evokes a sense of accomplishment.

My future is definitely in the oncology field, however whether it is in research discovering the cure for cancer, or providing clinical care remains to be seen.

**Aesha D. Alkebulan,**  
**Pharm. D.**  
**Pharmacy Practice Resident**



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I began my college years at the University of Pittsburgh in 1995 before transferring to the University of North Carolina at Chapel Hill School of Pharmacy in 1997. During this same year, I married my wonderful husband, Horus M. Alkebulan, Jr. and completed my Doctor of Pharmacy education in May 2002.

I decided to return to Pittsburgh because of my interest in their budding Antibiotic Management Program led by Dr. David Paterson. I knew the pharmacist's role in the Infectious Disease arena at UPMC was about to change drastically and I wanted to be a part of it. There will be many valuable experiences here in Pittsburgh, not only at UPMC but on the community level as well. The opportunities for service are endless and I look forward to utilizing my skills as a pharmacist and a humanitarian to help where I can. Professionally, I plan to improve my skills as an educator and a researcher during this year's residency. My research project will study the influence of MDR1 gene polymorphisms on the pharmacokinetics of ritonavir. I will eventually become an HIV/AIDS Clinical Pharmacy Specialist.

**Olanrewaju (Lanre)**  
**Okusanya, Pharm.**  
**D.**  
**Pharmacy Practice Resident**



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I graduated from Texas Southern University in Houston, TX but I am originally from Lagos, Nigeria. I decided to pursue a residency because of my interest in translating the aspects of pharmacology into patient care. Right now, my interests lie in oncology, pharmacokinetics and in research. I chose UPMC because of the myriad of opportunities it has available for one to explore in different aspects of pharmacy and unique rotation sites. Also, the cordial relationship between the faculty and the residents make for a good learning experience. My research project is on evaluating the accuracy of current

methods in the assessment of creatinine clearance in acute renal failure. Upon completion of the residency, I plan to either pursue a fellowship or a specialty residency in oncology.

**Christina E. Schober,**  
**Pharm. D.**  
**Pharmacy Practice Resident**



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I am originally from Mickleton, NJ and received my Pharm. D from Philadelphia College of Pharmacy, University of the Sciences in Philadelphia.

I was attracted to UPMC Health System for my pharmacy practice residency because of its diverse strength in both cardiology and solid organ transplant, both of which are strong interests for me. There are many innovative programs and learning opportunities available at this large institution and I plan to explore many different areas. Also, the direct association with the pharmacy school itself was appealing because few pharmacy residents are given the opportunity to provide direct student preceptorship and didactic lecturing as a Clinical Instructor.

I hope to gain the confidence and experiences in patient care that will be essential to my success as a clinical pharmacist. I personally would like to gain knowledge on the procedural processes of a clinical research project, improve my presentation skills to a level suitable for national conventions, and make contacts and friends that will carry me throughout my career as a pharmacist. My research project this year will involve the use of thiazolidinediones in patients with precautionary conditions or medications.

Long-term goals are to be an adjunct faculty member at a school of pharmacy and a clinical specialist, possibly internal medicine, but I plan to use this year to explore many different options.

*Pittsburgh's hospitality is very welcoming.  
Though I can't say much for the  
temperature yet.  
- O. Okusanya, Pharm. D.*

## **Joshua Fredell, Pharm. D.**

### **Managed Care Resident**

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I am the oldest child in my family, just beating my twin brother by 4 minutes. I grew up in New Wilmington, PA and obtained my Pharm.D. from the University of Pittsburgh. My residency is different than most because I started in January 2002 and will end in December.

I chose UPMC Health Plan for two primary reasons. First, I spent some time as an intern with the company, so I know it is a quality company truly dedicated to its members and willing to be creative in managing healthcare costs. Secondly, the residency opened in January and I graduated in December, so timing was perfect. Thus far, I have gained a large amount of experience during my residency and hopefully that will carry me into a great career.

I have worked on redesigning our formularies, written numerous clinical reviews as a member of the rebate workgroup, and developed member and physician detailing pieces addressing the benefits/risks associated with COX-2 inhibitors and traditional NSAIDs. I have also worked closely in managing the clinical and financial aspects facing our Medicare population.

My basic plan is to stay within managed care, either with a health plan or pharmacy benefit manager.

## **Innovations: Spotlight on UPMC**

### ***CHF Disease Management Program***

By James C. Coons, Pharm.D.

In January 2002, the Congestive Heart Failure (CHF) Disease Management Program was initiated to provide more comprehensive education and follow-up to patients admitted to UPMC with a diagnosis of heart failure (HF). The charge is to ultimately reduce patient morbidity and subsequently reduce hospital admissions for HF. The team is composed of pharmacists, nurse practitioners, dietitians, and a cardiac rehabilitation specialist. The team has been highly supported by physicians, and has already shown progress toward reducing hospitalizations. This service is rather unique among academic medical centers, and has the benefit of pharmacist involvement. Pharmacy residents, especially those with an interest in cardiology and/or internal medicine, now have an opportunity to become involved in this innovative service.

## **Alumni News...**

**Melissa Somma** (Ambulatory Care '99) returned to Pittsburgh in 2002 to start a new job as Director of Outpatient Pharmacologic Education at the UPMC St. Margaret Family Medicine Residency Program and as Clinical Assistant Professor, Pharmacy and Therapeutics.

**Justine Schuller** (Pharmacy Practice '00) married Jason Gortney on April 13, 2002. Dr. Gortney is now a clinical pharmacist for cardiovascular services at Baylor University Medical Center in Dallas, TX.

**Emily Wade** (Pharmacy Practice '00; Critical Care '01) married Christopher Castelli on July 13, 2002. Dr. Castelli has started her second year as Assistant Professor and Critical Care Specialist at UPMC *Presbyterian*.

**Mike Shullo** (Pharmacy Practice '98) was married in August 2002. He is STILL at Pitt, and was the recipient of the Preceptor of the Year Award this past spring.

**Jennifer Stoffel** (Critical Care '95) moved this fall to Minnesota with her husband and daughter (Madison Rose). She is now a Clinical Specialist working with PACT (Purchasing Alliance for Clinical Therapeutics), the group purchasing division of McKesson Medication Management.

**Laurel Evers Riemann** (Pharmacy Practice '99; Drug Information '00) formed a company in February called PharmIAD (Pharmaceutical Information Analysis and Development) which provides drug information and medical writing. Laurel and her husband Bryan live in Savannah, Georgia.

**Kerry Cholka** (Pharmacy Practice '95; Ambulatory Care '96) sends a big hello from chilly Wisconsin where she is working as a Clinical Pharmacist, Ambulatory at the University of Wisconsin Hospital and Clinics.

**Sarah Zajko** (Pharmacy Practice '01) recently returned from another month at UPMC Palermo, Italy. She is newly engaged and will be married this summer!

*Please send (via fax, e-mail, or even snail-mail) your recent news—marriages, births, new jobs, promotions, announcements, etc.—to be published in the next issue*

## ***Antibiotic Management Program (AMP)***

By David L. Paterson, MD

It has been estimated that 50% of antibiotic use is inappropriate – wrong drug, wrong dose or not necessary at all. The adverse consequences of inappropriate antibiotic use are delays in curing infection (potentially leading to increased length of hospital stay and even mortality), increasing antibiotic resistance, adverse effects such as *Clostridium difficile* colitis and wasted resources (and increased pharmacy expenditure).

The aim of the UPMC Antibiotic Management Program is to optimize use of antibiotics in the hospital. The projected result is decreased antibiotic resistance, decreased *C. difficile* and decreased expenditure on antibiotics. The Antibiotic Management Program is staffed by an infectious disease physician, two pharmacists (with residencies in Infectious Diseases) and two data analysts. Their interventions are as follows:

1. Education to physicians regarding optimization of antibiotic use
2. Creating guidelines for antibiotic use
3. Restricting use of antibiotics associated with high levels of antibiotic resistance or *C. difficile* colitis
4. Streamlining antibiotic therapy based on microbiology results

Preliminary results have shown that educational efforts have reduced inappropriate antibiotic use by about 10%.

However, education coupled with enforcement of restriction of certain antibiotics has reduced the use of these antibiotics by more than 90%.

## **Impressions of Pittsburgh**



1. Steeler football. I swear this city shuts down on Steeler Sunday, and I bet other teams do not have victory songs to a polka.
2. The dialect here, with words such as “yunz,” “dawntawn,” “stillers,” and “chipped ham”
3. A Hockey Town like no other!!
4. It is not uncommon for small cars to be consumed by potholes!
5. Pittsburgh is a maze at night. All the roads look alike and seem to go nowhere.
6. No Walgreens!!!
7. I am amazed at how many people were born here, went to school here, and will probably live here forever. It must be what gives this city a small-town feel.
8. The only place to get fries and slaw on your sandwich – Primanti Brothers
9. The Original “The O” – large pizza that tastes good for \$4.95
10. Stop signs in the oddest places
11. The “mullet” capital of the world if you listen to the radio station DVE
12. Eat N’ Park Smiley Cookies

### **How well do you think you know this year’s residents?? Match a resident with each of the following statements.**

1. I always wanted to be an astronaut and even went to Space Camp while I was in high school.
2. I count weight watcher points.
3. The name you call me is not my first name.
4. My high school nickname was Grace.
5. Ayn Rand (author of "The Fountainhead" and "Atlas Shrugged") is my favorite author.
6. I am #2 of 7 children.
7. I almost died when I managed to get Patrick Stewart’s autograph!! Live long and prosper!
8. I am a big fan of Saturday Night Fever and the disco era.
9. I had a pet chicken!
10. I was just married in October!
11. I secretly want to have a “mullet.”
12. When I was 14 years old, someone asked me to marry a relative of theirs so that they could get their Green Card!

1. Rebecca 2. Bethany 3. Mike V. 4. Beth B. 5. Rhonda 6. Christina 7. Aesha 8. Jim 9. Lanre 10. Kristin 11. Mike F. 12. Joshua.

## Highlights from ACCP

The 2002 Annual American College of Clinical Pharmacy Meeting was held in Albuquerque, New Mexico from October 20-23<sup>rd</sup>. Four curricular tracks were addressed: Cultural Competency, Evidence-Based Medicine, Pharmacogenomics and ACCP Career Development. This meeting provided a unique opportunity for new and veteran pharmacy clinicians to meet their colleagues on a more intimate level during specific Practice and Research Network (PRN) meetings as well as during the more laid back ACCP Research Institute Silent auction which proved to be a wonderful experience! This year's meeting also provided a Recruitment Forum for individuals interested in pursuing higher education in their chosen field.

Seven University of Pittsburgh School of Pharmacy residents and six faculty members attended. Michael Vozniak, Pharm. D., Emily E. Castelli, Pharm.D., and Sandra L. Kane, Pharm. D., M.S. shared their research projects during the Scientific Poster Presentations.

## Mark Your Calendar

ASHP Midyear  
December 8-12, 2002 - Atlanta, GA

ACCP Spring Practice and Research Forum  
April 27-30 Palm Springs, CA

APhA Annual Meeting  
March 28 - April 1, 2002 - New Orleans, LA

## Additional Contributors of This Edition of Residents' Roar

*David Paterson, MD, Beth Baker, PharmD,  
Bethany Fedutes, PharmD, Michael Fraundorfer, PharmD,  
Joshua Fredell, PharmD, Kristen Mitchem, PharmD,  
Rhonda Rea, PharmD, Becky Roman, PharmD,  
Christina Schober, PharmD, Michael Vozniak, PharmD, and  
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