

2021-2022

Sanford Pharmacy Residency Newsletter



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CURRENT PGY2 CRITICAL CARE RESIDENT

Kyle Wamsley



- *Hometown:* Neenah, WI
- *Pharmacy school:* University of Minnesota - Duluth
- *Career plans after residency:* ICU pharmacist and hopefully Residency Program Director (someday)
- *Hobbies outside of work:* Video/board games, hiking, traveling, brewery/restaurant exploring
- *Fun fact:* I have a twin brother and recently became an uncle x3!
- *Favorite memory from residency:* All the funny conversations and unofficial group therapy time with my coresidents in the resident lounge area. Also hanging out with coresidents/staff outside of work playing board games or going to trivia.

Research

- Studied the impact of IV milrinone for the treatment of cerebral vasospasm in high fisher grade aneurysmal subarachnoid hemorrhage patients
- Overall, Wamsley and colleagues saw no difference in safety endpoints, discharge location, or new ischemia on imaging despite having more severe vasospasms in the milrinone arm, demonstrating milrinone therapy may not impose increased safety risks.

Med Safety

- Assisted in updating the sedation and paralysis order sets to provide safer and more closely monitored care for our patients. Attention to agents utilized, dosing, and proper monitoring were of a central focus. Education documents were created and will be presented to nursing staff when the protocol goes live in Epic.

MUE

- Updated the Refractory Alcohol Withdrawal order panel to include phenobarbital loading doses along with quicker escalation of care. This has been observed to decrease incidence of mechanical ventilation, ICU admissions and benzodiazepine requirements. Panel is currently under production and education will go out to hospitalists before end of residency year.

CURRENT PGY2 ONCOLOGY RESIDENT



Kate Astrup

- *Hometown:* Fargo, ND
- *Pharmacy school:* NDSU
- *Career plans after residency:* Stay on at Sanford working in both inpatient and outpatient oncology
- *Hobbies outside of work:* Running, pickleball, drinking Junkyard Brewing Company sours, eating ice cream
- *Fun fact:* Getting married in Sept ♥
- *Favorite memory from residency:* HOPA in person!!

Research

- Evaluation and Impact of a Pharmacist-Led Oral Oncology Management Program - Included retrospective chart review and implementation of a pilot program.
- Kate called patients regularly after starting a new oral chemotherapy agent to assist in side effect management and lab monitoring adherence. Preliminary conclusions include pharmacists are equipped to manage mild-moderate adverse effects related to oral chemo.

Med Safety

- Preventing "take home prescriptions" from not being prescribed on discharge and/or not ordered for inpatient use upon admission. Comments on inbasket orders modified to reflect clear, defined instructions so that these medications are not forgotten.

MUE

- Calaspargase vs Pegaspargase clinical and financial assessment

CURRENT PGY1 AMBULATORY CARE RESIDENT



Morgan Thompson

- *Hometown:* Grafton, ND
- *Pharmacy school:* NDSU
- *Career plans after residency:* Stay on at Sanford as an ambulatory care pharmacist
- *Hobbies outside of work:* Going to the gym, walking my dog Milli, puzzles
- *Fun fact:* I have 4 degrees throughout my college career
- *Favorite memory from residency:* Midwest Pharmacy Residency Conference - getting to spend more time with my co-residents!

Research

- Evaluation of CYP2D6 genetics and effect of phenotypes on tamoxifen efficacy and safety. Currently, testing CYP2D6 prior to tamoxifen use is not done routinely. Preliminary results so far have shown a correlation between phenotype and tolerability but to what extent is not exactly know yet.

Med Safety

- Creation of a pain orderset for inpatient use to lend a more customized pain regimen while trying to limit opioid use. (build is finished and fine tuning with providers prior to going to committees for approval)
- Updated injection administration instructions for medications given in the clinic. These now detail exactly what location on the body is recommended for that medication rather than just intramuscular or subcutaneously.

MUE

- Evaluated opioid prescribing practices in urgent care clinic settings, and found appropriate prescribing of long-acting opioids to only non-opioid naïve patients, and inappropriate prescribing of opioids in 7.2% of prescriptions. Most common inappropriate diagnoses were: headache, otitis media, cough/sore throat, cystitis/UTI, and nausea/vomiting.

CURRENT PGY1 TRADITIONAL RESIDENT



Amanda DeWitt

- *Hometown:* Bismarck, ND
- *Pharmacy school:* NDSU
- *Career plans after residency:* Stay on at Sanford as an inpatient clinical pharmacist working both PMs and days in a variety of decentralized roles, expand involvement in pharmacy organizations, gain BCPS certification
- *Hobbies outside of work:* Reading, running, camping, traveling, being an extrovert
- *Fun fact:* I trained for and ran my first 1/2 marathon during residency!
- *Favorite memory from residency:* Christmas party at Carlina's house. Also, 4-5pm in the resident area.

Research

- Evaluation of febrile neutropenia rates when venetoclax is added to intensive AML induction regimens. Results of this small, retrospective cohort did not indicate prolonged durations of neutropenia or increased rates of FN. This is encouraging due to our institution's increasing utilization of the regimen FLAG-IDA + venetoclax in select patients.

Med Safety

- Audited insulin drip management and made adjustments to both DKA and hyperglycemia ordersets.
- Updated the medications in pregnancy verification guide to eliminate "A, B, C, D, X" categories.
- Ensured all chemotherapy agents had Epic build to protect against suprathreshold doses based on BSA dose caps by the manufacturer.

MUE

- Identified top 20 most used nonformulary medications and sorted into 3 "buckets" of: added to formulary, added to therapeutic sub policy, or created a BPA for providers to select an alternative. In doing so, streamlined pharmacist workflow when nonformulary medications are ordered off of the patient's home med list.

CURRENT PGY1 TRADITIONAL RESIDENT & INCOMING PGY2 CRITICAL CARE RESIDENT



Sam Markle

- *Hometown:* Bismarck, ND
- *Pharmacy school:* NDSU
- *Career plans after residency:* PGY-2 Critical Care Residency - Sanford Medical Center Fargo
- *Hobbies outside of work:* Hiking, biking, weightlifting, visiting breweries with friends, traveling
- *Fun fact:* Huge fan of off-brand soda and Greek yogurt
- *Favorite memory from residency:* Relaxing, telling jokes, and bonding with my co-residents in the resident lounge

Research

- Compared the utility of micafungin for traditionally fluconazole-resistant candiduria
 - Micafungin resulted in higher rates of microbiologic and clinical cure vs. standard of care comparators
 - This represents the largest population studied for micafungin efficacy in candiduria, and with positive results, indicates the potential utility for echinocandins in treating resistant fungal urinary tract infections

Med Safety

- Conducted a heparin audit validating the transition process to a new heparin calculator procedure
- Reviewed current outpatient renal dosing BPAs and evaluated recent medication prescribing trend to develop new and modified BPAs to better reflect practice needs
- Evaluated inpatient and outpatient digoxin prescribing compared to optimal renal dosing recommendations to determine need for further clinical decision support

MUE

- Performed an audit on our current empiric dosing protocol for vancomycin in pediatric and neonatal patients, aimed at evaluating safety and efficacy
- Demonstrated low overall rates of target attainment and predominantly subtherapeutic levels with initial dosing (based on 1st trough monitoring)

CURRENT PGY1 TRADITIONAL RESIDENT & INCOMING PGY2 ONCOLOGY RESIDENT



Ellen Hultstrum

- *Hometown:* Litchfield, MN
- *Pharmacy school:* SDSU
- *Career plans after residency:* PGY2 Oncology Residency - Sanford Roger Maris Cancer Center
- *Hobbies outside of work:* Biking, cooking, reading, traveling and trying to keep my succulents alive
- *Fun fact:* I studied abroad in Spain
- *Favorite memory from residency:* the hour between 4-5pm in the resident corner

Research

- Steroid use for immune related adverse events (irAEs) and impact on rates of irAE recurrence and resolution. Found no difference in rates of irAE recurrence or resolution when comparing amongst different doses and taper durations, although comparison groups were small and taper lengths were highly variable. These results are helpful to us as we work to enhance our institutional management of irAEs.

Med Safety

- Audit of medication too soon BPA: Identified inconsistency with prn pain med orders and variability in how these orders are interpreted that limited ability to assess utility of the BPA.
- Eliminating factors of 10 in pediatric IV meds: Identified concern with pediatric furosemide orders and implemented ERX build changes to align concentrations with ISMP/ASHP standards.
- Worked with provider and pharmacy groups to develop a second sign process which will ensure oncologist approval on oral chemotherapy meds ordered inpatient

MUE

- Optimizing use of preferred biosimilar agents (infliximab, rituximab, and trastuzumab) inpatient. An opportunity was identified to improve use of Renflexis and Ruxience amongst rheumatology patients. A process for converting these patients is currently being implemented.

CURRENT PGY 1 NON-TRADITIONAL RESIDENT

Melissa Gilbraith



- *Hometown:* Fargo, ND
- *Pharmacy school:* NDSU
- *Career plans after residency:* It's amazing how a year flew by and I look forward to starting my second year of the non-traditional role with new coresidents!
- *Hobbies outside of work:* Attempting Pinterest crafts with my Cricut and spending time with friends and family
- *Fun fact:* I can be a very active sleeper and have been known to talk in my sleep and even sleep with an eye open.
- *Favorite memory from residency:* The "twilight hour" in the resident area. Otherwise known as the mysterious hour after DSB that always goes way too quickly, but is a fun break in the day to catch up with each other and get in some good laughs!

Research

- Evaluating the safety and efficacy outcomes of switching standard post-procedure TAVR antithrombotic therapy from dual antiplatelet therapy to single antiplatelet therapy OR oral anticoagulation plus aspirin to oral anticoagulation alone.

Med Safety

- Updating ED autoverify list to balance medication availability and safety.
- Ensuring safeguarding of hazardous prescriptions in retail settings by reviewing WAM to ensure all cytotoxic and hazardous medications come with appropriate auxiliary stickers.

MUE

- Review of expired medication return through our reverse distributor, INMAR, to maximize reimbursements

INCOMING RESIDENTS



Jarod Burnside

- PGY1 Traditional
- *Hometown:* Fargo, ND
- *Pharmacy school:* NDSU
- *Career ambitions:* Current interest areas include emergency medicine, critical care, and internal medicine
- *Hobbies outside of work:* Spending time at family lake cabin in the summer, golf (even during the winter at indoor simulators!), archery
- *Fun fact:* My father and sister are also pharmacists in the FM area!
- *What are you most excited for in completing your residency at Sanford?:* Developing the tools and experiences to make safe, effective medication decisions for Sanford patients

Jennifer Spadgenske

- PGY1 Traditional
- *Hometown:* Menahga, MN
- *Pharmacy school:* NDSU
- *Career ambitions:* Current interest areas include critical care, pediatrics, and teaching/academia. I have interest in completing a PGY2 in critical care at this time.
- *Hobbies outside of work:* Running, hiking, and anything to do with the lake (skiing, tubing, fishing, you name it)
- *What are you most excited for in completing your residency at Sanford?:* I am excited to spend a year learning and developing a strong knowledge base to start my career with.



INCOMING RESIDENTS



Madeleine Koenig

- PGY1 Traditional
- *Hometown:* Lincoln, Nebraska
- *Pharmacy school:* University of Nebraska Medical Center
- *Career ambitions:* Board certification in one of her areas of interest (oncology, pediatrics, transplant) and/or continuation of training in a PGY-2 program
- *Hobbies outside of work:* Reading mystery novels, trying new recipes, and spending time in the outdoors with her husband, Jacob. She cannot wait to try the Fargo-area bike trails and cross-country skiing this winter.
- *What are you most excited for in completing your residency at Sanford?:* She is looking forward to the diverse clinical rotations where she can learn from Sanford's outstanding preceptors.

Adwoa Adjekum

- PGY1 Ambulatory Care
- *Hometown:* Accra, Ghana
- *Pharmacy school:* NDSU
- *Career ambitions:* Board Certified Ambulatory Care Pharmacist with focus interest in infectious disease, pharmacogenomics, specialty pharmacy and the clinical management of diabetes and hypertension.
- *Hobbies outside of work:* Reading, playing scrabble and spending time with family.
- *Fun fact:* Prior to pharmacy school, I worked as a pharmacy technician in the community retail pharmacy setting and at a health plan.
- *What are you most excited for in completing your residency at Sanford?:* The opportunity to hone my clinical and leadership skills and face challenges through a wide variety of clinical rotations, A year from now, I know I will look back and be proud of the clinical pharmacist I will be.



INCOMING RESIDENTS



Josh Collett

- PGY1 Pediatrics
- *Hometown:* Hutchinson, MN
- *Pharmacy school:* SDSU (Go Jacks)
- *Career ambitions:* Pediatric intensive care, pediatric cardiology and CV intensive care, emergency medicine, and infectious disease
- *Hobbies outside of work:* Hanging out with my baby, going to breweries and restaurants, attempting to cook
- *Fun fact:* I am powered by Smarties and espresso, much to my dentist's and cardiologist's dismay
- *What are you most excited for in completing your residency at Sanford?:* I'm most excited for being challenged clinically through formal and informal topic discussions, literature review, and impromptu roasting.

MORE FUN FACTS FROM THE 2021-2022 RESIDENCY CLASS

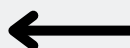
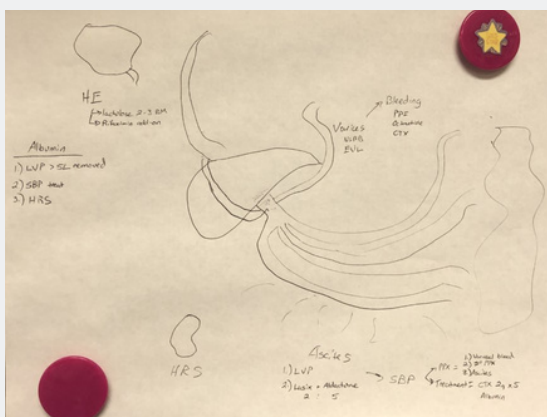
Sam had 2 cups of yogurt each day of residency. This equates to 175 lbs of yogurt over the year. (He plans to continue this into PGY2 year)

Total estimated monetary contribution by residents to restock candy bowl: ~\$250-\$300

Kyle roasted Ellen 361 of the 365 days of the year (including weekends and holidays)

"Alright, back to work" - A quote from Sam said every 5 minutes during the resident twilight hour

PGY1s attended an average of 5.5 fall huddles per week (this equates to about 230 fall huddles attended)



Sam's liver drawing
Also the only decoration to be found at his desk

PRECEPTOR OF THE YEAR

Each year the current residents vote for the preceptor of the year: a preceptor that has inspired and encouraged residents to work hard, develop their clinical skills, and provide safe and effective patient care.

We would like to acknowledge the **2020-2021 recipient of Preceptor of the Year:**



GABBY DOCKEN, PHARMD, BCPS

Current role: Emergency Medicine & Critical Care Pharmacist at Essentia Health-Fargo

Favorite aspect of precepting: Witnessing when ideas and concepts "click" for residents and they apply that knowledge to their clinical practice

We would also like to acknowledge the **2021-2022 recipient of Preceptor of the Year:**

ELIZABETH GAU, PHARMD, BCCCP

Current role: Critical Care Pharmacist at Sanford Medical Center Fargo

Favorite aspect of precepting: Watching residents grow and become more confident in their role. I was influenced by many great pharmacists, and I feel it is my duty to pay it forward.





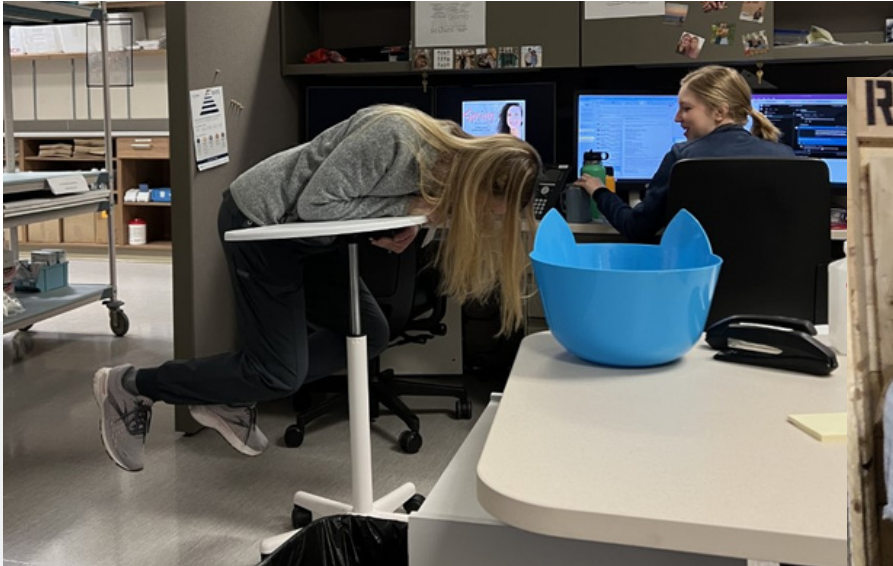
<-- Where we started

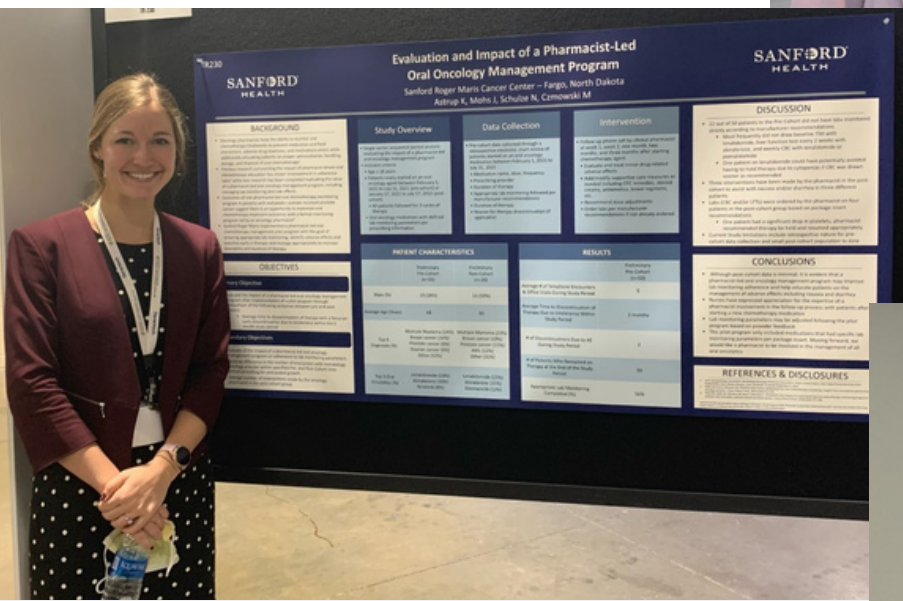


Where we ended -->











A rare photo of Kyle taking a break^
(He doesn't)