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# Preceptor Newsletter

SUMMER 2018

## Preceptor Spotlight:

**Mohamed Fouad, PharmD, BCPS, BCACP**



**Why did you choose a career in pharmacy?**

I always had an interest in healthcare and enjoyed helping people. Pharmacy is a diverse and rewarding career with opportunities in patient care, research and innovation. The degree of diversity at which pharmacists can work in a variety of settings is what I found most appealing.

**Why did you pursue ambulatory care?**

I enjoyed working directly with patients to improve their care and the opportunity to build a relationship with them. Over time, you learn their personal stories and become an integral part of their life. It is also very gratifying to work closely with doctors, and nurses, in a collaborative effort to improve the care provided to patients.

**What type of patient populations do you commonly care for?**

Saint Joseph's Health is located in Paterson, New Jersey, one of the most populous cities in our state. Additionally, it is home to more than 50 distinct ethnic groups. This diversity provides significant opportunities as a learning and teaching practice site, along with the ability to see and navigate through various cultural differences and beliefs. Saint Joseph's Health is also the largest provider of charity care in the state of New Jersey, therefore we often encounter socioeconomic challenges. Finding ways to navigate these obstacles and help patients overcome some of these challenges is very rewarding.

**What aspect of your job do you find most rewarding?**

The most rewarding part of my job is when I connect with my patients and empower them to take control of their health. Knowing that I was able to assist my most challenging patients on track to a healthier lifestyle and to achieve their goals is very fulfilling.

**As an ambulatory care pharmacist, what disease states do you typically manage?**

I predominantly manage patients with diabetes and their comorbid disease states. I also comanage patients for anticoagulation therapies.

**What is the most valuable lesson you have learned as a preceptor?**

We are all different in the way we prefer to learn and retain information. Therefore, the most valuable lesson I have learned with regards to being an effective preceptor is the importance of tailoring your teaching style to each individual learner.

**If you could be any pharmacotherapy agent, what agent would you choose?**

My choice would be metformin. I have been around the block for decades and I am very potent in lowering your hemoglobin A1C while improving cardiovascular outcomes.

**Lastly, how would your fellow pharmacists described you?**

One of the ways my pharmacy peers would describe me, is a "healthy-living enthusiast". I enjoy running, biking and being active. I am always trying to recruit them to participate in a race or a bike ride.

Jackie Johnston, PharmD, BCPS

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## The Unexpected: A reflection

Flat tires, car accidents, running out of gas, traffic, and getting lost are all things that have crossed my mind as a student before and during rotations. It can be unfamiliar territory for students as they transition from waking up with bed hair and going straight to class to being on a set schedule every day. Over time, every student learns to adapt, but they may have some initial concerns.

One distress before rotations is simply the drive. Every student hopes that the drive will not be terrible but if they are taking 287, the parkway or the turnpike, chances are that they will spend more time on the road than at their site. It may be one of the major factors for switching a rotation. Thankfully, there were not any rotations that were terribly far for me. Next, are the preceptors. Many of the students wonder if the preceptors are understanding and most are. I have not met any preceptors that were not accommodating within reason. Lastly, many of them believe that clinical rotations are the ones to fear. In fact, clinical rotations do take up a lot of time because there is a greater level of direct patient care, but it is also where you can learn the most. Non-clinical rotations can be equally challenging and provide exposure to a whole new skill set. Overall, rotations may be stressful at times, but it is worthwhile.

As my last rotation is coming to an end, I quickly realize that I will truly miss being in school. Although it is an exciting time with graduation just around the corner, it will never be as exciting as the amount of knowledge I learned or the number of friends I made during rotations. For instance, someone that I never thought to talk to in class became one of my great friends. It is an experience unlike any other for which I am truly thankful.

Some of the things I take away from these rotations are that I have learned to adapt to different situations, matured professionally, and gained a hands-on experience. More importantly, I have found that rotations are a good way to connect and make room for opportunities. My various preceptors have been great mentors and have taught me that what I put into the rotation is what I will get out of it.

Overall, I believe that this past year was a great introduction to what the real world of pharmacy is like. Even though it is sad that pharmacy school has come to an end, I am happy for what is to come.

Amy Lee, PharmD  
Class of 2018

I dreaded my rotations before starting. The cause of the pit in my stomach was from the fear of interrogations from physicians about treatment recommendations or drowning in journal clubs, seminars, and case presentations. Thus, I started off my first cycle in trepidation, but by the end of the five weeks, I found myself unwilling to leave.

The same scenario repeated throughout the year. I started each of my rotations expecting them to be difficult, tiring or, worse—boring, but each preceptor proved me wrong. More than simply expanding my knowledge, each cycle taught me something about myself.

I learned that I had a passion for oncology, a therapeutic area that I struggled with the most during the didactic portion of pharmacy school. I was humbled by the conversations I had with patients who lived with chronic pain, yet faced the stigma of opioid use. I witnessed the strength healthcare professionals have to grieve over the loss of a patient while continuing to help treat others. I gained confidence to voice my opinion in a room full of future healthcare professionals. I watched pharmacists redefine the term multitasking as they verified prescriptions, called doctor offices, and helped the next patient all at the same time. I found my calling to pursue a career in medication safety and protecting public health.

Now, when I walk onto the podium in May, I know that instead of seeing my former co-students, residents, and preceptors, I will be celebrating with my new friends, mentors and the next generation of healthcare professionals.

Catherine Myung, PharmD  
Class of 2018

## The Beginning

The transition from the didactic classroom setting into our first clinical rotation at Hunterdon Medical Center leads us with a plethora of emotions. We feel ecstatic to be finally done with countless lectures and exams, and we are ready to embark on a new challenge. As we step foot into our new role as clinicians, it was reassuring to see familiar faces on the first day of rotations. Being able to work with other Ernest Mario School of Pharmacy students has been comforting. Our first week at Hunterdon Medical Center has opened our eyes to what it means to be a clinical pharmacist. No longer are we memorizing lecture notes for exams, instead we are applying our knowledge.

We had quite a bit to ponder about during Memorial Day weekend. In a nutshell, it has been exciting yet challenging. From working up our patients to being able to talk to them about their medications face to face, it has been a very wholesome experience. Learning in a clinical setting has given us the opportunity to understand the medical world a bit differently than we are used to, and for that we are grateful. The trepidation and excitement of rotations still linger. As we whelm ourselves into daily assignments and projects, we are learning much and developing into better clinicians every day. Though hesitant in our own knowledge, each day we gain confidence with the support and enthusiasm of our preceptors.



Lynn Germaske, Sindhura Janjanam, Andy Nguyen, and Michael Yi

Pharm.D. Candidates 2019

**Have an idea for a future newsletter item or have a question  
you would like addressed in a future issue?**

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## NJSHP Annual Meeting: College Bowl!

Congratulations to team ***Epic-xaban*** (Emily Tiao, Zahava Picado, Jenna Koose, Cynthia Cheung, and Hetty Cheng) for placing 2<sup>nd</sup> at the 2018 New Jersey Society of Health System Pharmacists (NJSHP) Annual Meeting. A total of 9 students made up the 2 teams and competed against 2 other schools of pharmacy in the college bowl.

Ashmi A. Philips, PharmD, AAHIVP



Join NJSHP benefit from educational programs, networking meetings, continuing education credits and student scholarship.

Rani Madduri, PharmD, BCPS, AAHIVP

## Pharmacy Residency & Fellowship Showcase



The annual Ernest Mario School of Pharmacy Residency and Fellowship Showcase will be held on Friday, September 28<sup>th</sup> at the Busch Campus Center (Multipurpose Room) from 11 a.m. to 1:30 p.m.. We have the capacity to host 50 programs therefore, registration will be on a first come first serve basis. For additional information please contact the following:

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# Advanced Pharmacy Practice Experience Rotation Schedule 2018-2019

Cycle 1 (5/21/2018 – 6/22/2018) Memorial Day May 28th *(IPPE Rotations End 6/15/18)*

Cycle 2 (6/25/2018 – 7/27/2018) July 4<sup>th</sup> *(IPPE Rotations End 7/20/18)*

Cycle 3 (7/30/2018 – 8/31/2018) *(IPPE Rotations End 8/24/18)*

Cycle 4 (9/3/2018 – 10/5/2018) Labor Day Sept. 3rd

Cycle 5 (10/8/2018 – 11/9/2018)

Cycle 6 (11/12/2018-12/14/2018)

**ASHP Midyear Clinical Meeting Anaheim, CA, December 2-6, 2018**

**\*For this academic year we will consider accommodating students 4 days for the ASHP meeting that will take place in Anaheim, CA this year. Therefore, cycle 6 rotation will end on Dec. 21st for students that have attained permission from preceptor for the allocated 4 days to attend the ASHP Midyear Meeting. For students not attending ASHP Meeting cycle 6 ends on Dec. 14<sup>th</sup> as scheduled.**

Cycle 7 (1/7/2019 – 2/8/2019)

Cycle 8 (2/11/2019 – 3/15/2019)

**On site EMSOP P4 Prep Week 3/18-3/22/19**

**Spring Break for P4 Students 3/25-3/29/19**

**APhA Annual Meeting – Seattle, WA March 22-25<sup>th</sup>**

Cycle 9 (4/1/2019 – 5/3/2019)

***\*Holidays & Absences: Students are instructed to have personal discussion with preceptor on scheduling & are not to assume they are NOT to report to an assigned rotation site on specific holiday date and must notify preceptor and School of Pharmacy of ANY absences as per the EMSOP Absence Policy.***