

Preceptor Newsletter

SUMMER 2017

Newsletter Editors:

Ashmi A. Philips
Justin Kaplan

Donna Feudo, BSP Pharm, RPh.

Assistant Dean for
Experiential Education
848.445.6818
dmfeudo@
pharmacy.rutgers.edu

Janice Allunario

Pharmacy Field
Manager, Experiential
Education
848.445.6234
janice.allunario@
pharmacy.rutgers.edu

Joyce DaSilva

Coordinator of
Experiential Programs
848.445.6809
jdasilva@
pharmacy.rutgers.edu

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Joining Forces: Patient-Centered Care for Warriors, Veterans, and their Families

More than three hundred learners from various healthcare disciplines participated in the Joining Forces Interprofessional Event at the Rutgers University Robert Wood Johnson Medical School on Wednesday, May 24th, 2017. Among those taking part included fifty APPE students and eight faculty members from the Ernest Mario School of Pharmacy (EMSOP), medical students and residents, dental students, physician assistant students, physical and occupational therapy students, and others. This annual event was inspired by the national Joining Forces initiative which advocates for the provision of high-quality wellness and healthcare for returning veterans and their families. With the large number of American military personnel currently deployed, healthcare providers will need to be prepared now more than ever to appropriately care for veterans when they return.

The event began with introductions and formal lectures focused on common healthcare problems faced by veterans and their families with a focus on the lasting effects of chronic pain, mild traumatic brain injury, and posttraumatic stress disorder (PTSD). Faculty from various departments across Rutgers Biomedical and Health Sciences provided overviews of neurobiology and pathophysiology associated with many of these healthcare problems. Dr. Caitlin McCarthy of EMSOP delivered a short lecture on pharmacotherapy for PTSD and the evidence behind the use of various classes of drugs. Following the didactic session, a panel of volunteers consisting of veterans and parents of veterans shared their personal stories and struggles with both the physical and mental challenges they faced during active duty as well as after returning home from deployment. The panel provided valuable insight related to stigmas associated with returning war veterans, barriers to seeking and receiving appropriate healthcare, and recommendations on how to breach those barriers in the future. Finally, students were provided a complicated clinical case incorporating many of the aspects of the didactic material. In small multidisciplinary groups, students were asked to formulate a comprehensive care plan for the patient and her family that required expertise from all of the

different disciplines.

As a faculty member participating in this event for the first time, I would consider this to be an informative and useful program for all healthcare professionals. In particular, I learned how frequently we forget to ask patients about their military backgrounds or connections. Identifying patients with these experiences enables us to diagnose, treat, or provide referrals to other healthcare providers who may be better positioned to manage their wellness and healthcare concerns.

I also learned the magnitude of how stigmas may prevent or impede veterans and their families from seeking or receiving optimal care. The negative stigma that society attaches to mental health disorders may prevent people from seeking help. Most veterans are strong and independent by nature and live with the misconception that seeking help for mental health may be perceived as "weak." By speaking openly about mental health concerns and educating the public, we can work towards "de-stigmatizing" these issues and making healthcare and wellness more acceptable and accessible.

Finally, I realized how essential each discipline is to provide well-rounded care. I was impressed by the students' abilities to interact with group members from other schools. Each of them utilized expertise from their specific training and worked together to provide a comprehensive plan for the clinical case. It was evident that each of them viewed the patient's situation with different ideas and priorities based on their training. More importantly, the students themselves recognized the importance of input from all of the different healthcare disciplines which will ideally lead to a more collaborative approach to patient care in the future.

While the Joining Forces initiative began with the goal of advancing care for veterans and their families, it serves the dual role of raising the standards for healthcare providers. I would highly encourage students, faculty, and preceptors to consider participating in this event in future years.

Justin Kaplan, Pharm.D., BCCCP

Knight ScholarSM

A standardized longitudinal advanced pharmacy practice experience in multiple health-systems designed to prepare students for postgraduate training

The American Society of Health-System Pharmacists (ASHP) and the American College of Clinical Pharmacy (ACCP) have published statements stating that all entry-level pharmacists who wish to provide care in a health-system should be residency trained by 2020¹. However, securing a postgraduate year one (PGY1) residency position is becoming increasingly competitive. The demand is currently higher than the available positions. Recent surveys of PGY1 residency program directors tell us that strong letters of intent and recommendations from preceptors who've built a strong relationship carry the most weight when deciding which candidates to invite for interviews. One survey also indicated that PGY1 Residency Program Directors most desire students who have completed multiple APPEs within a single practice setting². In an effort to meet student demands for high-quality clinical experiences and provide health-systems with individuals to support pharmacy practice advancement, the Ernest Mario School of Pharmacy developed a longitudinal advanced pharmacy practice experience (LAPPE), Knight Scholar.

Following a successful pilot at a single health-system in 2014, the Knight Scholar program expanded to four sites in 2015, five

sites in 2016, and now six sites in 2017. It is modeled after postgraduate pharmacy residency training and is highly selective, requiring prospective students to submit an application and participate in an interview. Students are then selected via a match process. The application process provides students with an opportunity to refine written and oral skills necessary for residency and applications as our process mimics that of the ASHP Resident Matching Program. The program requires students to complete three clinical APPE rotations and one hospital practice APPE rotation within a single health-system, consecutively. This allows students to gain familiarity with the institution thereby increasing integration with the practice model and minimizing orientation time. Additionally, students complete a longitudinal research project of benefit to the health-system with results presented at a local or national conference. A research mentor is chosen by the student at his/her site to provide project guidance as well as assist in residency or

fellowship preparation. Professional development programs are offered to students, faculty, and preceptors at the pharmacy school four times during the duration of the program.

Of the 27 students who completed the LAPPE and graduated since the 2015, all had abstracts accepted and subsequently presented posters at a national or state health-system pharmacy conference. Following graduation, 17 graduates have entered PGY1 pharmacy residency training (Table 1), three entered pharmaceutical industry fellowship training, one entered a PGY2 drug information residency training, and five accepted staff pharmacist positions in health-system, community pharmacy or home infusion practice.

Table 1. PGY1 Pharmacy Residency Match Rates

Year	National	Knight Scholar
2015	64.5%	75%
2016	68%	85.7%
2017	67%	89%

ASHP Match Statistics.
Available at: <https://www.natmatch.com/ashprmp/aboutstats.html>.
Accessed May 26

¹American Society of Health-System Pharmacists. Policy and Positions: Education and Training. Available from: <https://www.ashp.org/-/media/assets/policy-guidelines/docs>. Accessed July 11, 2017.

²Taylor RA, Wisneski SS, Kaun MA, et al. Am J Health Syst Pharm 2014; 71(2): 140-144.

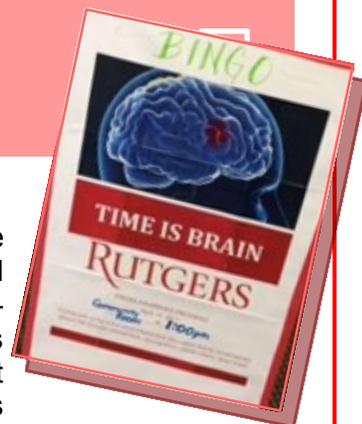
Knight ScholarSM By the Numbers *(continued)*

2	Knight Scholar research projects ranked in the Top 10 research abstracts (of 71 abstracts submitted) selected for platform presentations at the Annual New Jersey Society of Health-System Pharmacists (NJSHP) Meeting (2017)
4	Professional Development seminars offered to Knight Scholar students <ul style="list-style-type: none"> • Research 101 • Postgraduate training • CV writing Mock interviews • Research project presentations
6	Health-systems participating in the Knight Scholar program <ul style="list-style-type: none"> • Capital Health • Hunterdon Medical Center • RWJUH – Somerset • St. Barnabas Medical Center • St. Joseph's Regional Medical Center • St. Peter's University Hospital
15	Knight Scholar students who participated in Transitions-of-Care (TOC) training provided by Horizon Blue Cross – Blue Shield on May 12, 2017
16	Faculty and staff of the Ernest Mario School of Pharmacy involved in the Knight Scholar program
24	Non-faculty preceptors involved in the Knight Scholar program
26	Posters presented at the ASHP Midyear Clinical Meeting over the past three years
01.03.1 7	Knight Scholar recognized as an registered trademark by the US Patent and Trademark Office

For more information, please visit us at knightscholarx.org.
Daniel T. Abazia, Pharm.D., BCPS, CPE

Stroke Awareness

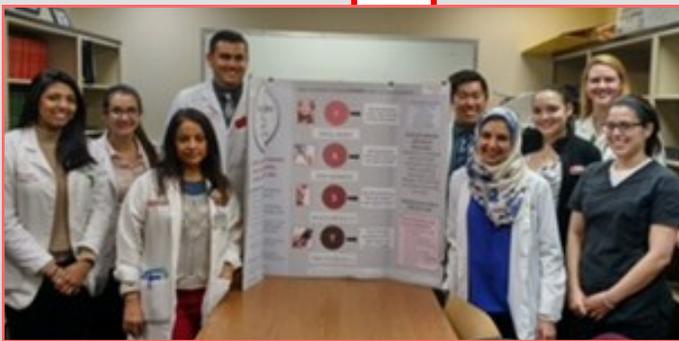
On a windy April Wednesday, the sun serendipitously shone a little brighter as we traveled to different senior centers to talk about stroke. The goal of bringing our knowledge regarding stroke prevention and recognition to an at-risk patient population, had come to fruition. As future pharmacists, it is imperative that we develop the skills and tools necessary to recognize and meet the needs of the communities we serve. After this outreach project, it has become all the more apparent that pharmacists currently occupy a unique niche in the healthcare field. We are readily accessible to the public, and have been trained to review complex medical information and relay what is pertinent to the health of our patients in a simplistic manner. These skills we put to test during our community outreach project, as we traveled to senior centers throughout New Brunswick.



Stroke Awareness

Continued

Our team consisted of P4 students Rouba Abukwaik, Liza George, Katie Gibison, Jamie John, Harsh Swaminarayan, and Emile Zhang along with Drs. Deepali Dixit, Tara Jawaro, and Jillian Cavallari; together, we went to three senior living facilities to educate residents and answer questions. Our contact Norma Reyes, who is the Assistant Property Manager for the senior living apartments, worked with us weeks in advance to coordinate the outreach program. She was thrilled that we were coming to talk about stroke, and really encouraged her seniors to sign up and join us for our discussion. Without a doubt, Mrs. Reyes is a wonderful advocate for the residents at her home. With her help, we were able to spread the word about our event throughout each of the facilities and reach many of the residents at these homes. With our outreach confirmed, we worked together to create materials for our discussion on stroke. Our posters, flyers and fun stroke themed bingo game came in handy as we interacted with, and educated, the residents of these facilities.



Our goal was for everyone attending the events to learn how to mitigate their risk factors for stroke, recognize the signs of a stroke, and respond promptly and effectively. Our presentation was interactive as we emphasized audience participation and teach-back methods. We included a fun bingo game with prizes at the end of the presentation to reinforce key points. To our delight, the residents were not shy to answer the many questions we asked throughout the presentation. We utilized the acronym F.A.S.T. to easily recall the symptoms of stroke and stressed that stroke is a preventable disease. We then worked with the residents to pinpoint what risk factors they themselves may want to work on by emphasizing that the key to risk reduction is maintaining a healthy lifestyle and controlling chronic medical conditions.

The residents of the senior living apartments were very welcoming. It was such a pleasure being able to meet new people and help increase their understanding of stroke. By making our presentation very interactive, we were able to get a sense of the residents' understanding of stroke. We were surprised by how forthcoming they were about their personal lives; it was alarming to learn that quite a few of them had experienced strokes in the past. Some of the residents took the opportunity to ask general questions about their disease states and how these would affect their risk of getting a stroke. We emphasized that "time is brain" and that they needed to be able to call 911 and get help

F.A.S.T.. To add to the overall discussion of staying on top of their medication, we also passed out a medical record handout for the residents to keep. With this handout they could fill in their medical information: doctors, pharmacies, conditions, emergency contacts, medications and allergies. We recommended that they complete it and keep it in their wallet or purse, or place it on the fridge or by the phone. We wanted to open up the discussion of providing emergency medical teams with information, and helped them understand that the more practitioners know the more

they can help. To encourage the residents to be even more interactive, we had gifts for the winners of the bingo game. We provided the winners with pill boxes with the intent that it would help the seniors, many of whom endorsed non-adherence, remember to take their medications. After all, managing concomitant disease states is key to decreasing the risk of stroke.

This was a wonderful experience for everyone involved in this outreach. We learned a great deal about how to organize a successful community outreach, and will incorporate those lessons into our future practice. The event was, in fact, such a success that the residents at the homes requested further education on other topics. We trust that our audience will be able to utilize their new knowledge, should the situation ever arise, and we intend to continue to collaborate with our colleagues to facilitate future outreaches and education.

By working with these residents, we also took something away: an insight on what these seniors have to handle on their own and why it might be difficult to keep up with the healthy lifestyle and adherence. This only gives us as students more drive to try and help our communities. Through this event, we were able to target those that are most at risk of suffering a stroke. Not only did we accomplish our goal of providing invaluable knowledge on preventing this condition, we were able to further enhance the opinion they have of pharmacists. As the most easily accessible health care professional, this event provided a unique opportunity for us to directly interact with the community we serve, make a positive impact on not only their lives but also our own, and truly allow them to take a first-hand approach in ensuring they remain healthy and stroke-free.

— Deepali Dixit, PharmD, BCPS —

Advanced Pharmacy Practice Experience Rotation Schedule: 2017-2018

Cycle 1	5/22/2017 to 6 /23/2017 Memorial Day May 29 th	IPPE Rotation Ends 6/16/17
Cycle 2	6/26/2017 to 7/28/2017 Independence Day July 4 th	IPPE Rotation Ends 7/21/17
Cycle 3	7/31/2017 to 9/1/2017	IPPE Rotation Ends 8/25/17
Cycle 4	9/4/2017 to 10/6/2017 Labor Day September 4 th	
Cycle 5	10/9/2017 to 11/10/2017	
Cycle 6	11/13/2017 to 12/15/2017	

ASHP MIDYEAR CLINICAL MEETING

DECEMBER 3 TO 7, 2017

For this academic year we will consider accommodating students 3 days for the ASHP Midyear Clinical Meeting, which will be held in Orlando, Florida.

As a result, cycle 6 rotation will end on December 20th, 2017 for the students that have attained permission from the preceptor for the allocated 3 days off to attend the meeting.

For students not attending the meeting, cycle 6 will end on December 15th, 2017 as scheduled.

Cycle 7	1/1/2018 to 2/2/2018	
Cycle 8	2/5/2018 to 3/9/2018	

Ernest Mario School of Pharmacy PREP Week (*On-site*) | March 12th to 16th
Spring Break for P4 Students| March 19th to 23rd
APhA Annual Meeting | March 16th to 19th | Nashville, TN

Cycle 9	3/26/2018 to 4/27/2018	
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HOLIDAYS AND ABSENCES

Students are instructed to have a discussion with their preceptor about scheduling for holidays.
Please *do not* assume that holidays are an automatic excused absence.

The School of Pharmacy and preceptor must be notified of any absences per the Ernest Mario School of Pharmacy absence policy.

Save the Date

Our Spring Preceptor CE Program is on April 17th, 2018!
Please look for information on the Preceptor Website | CORE Elms