

VA Puget Sound Health Care System PGY-1 Pharmacy Residency Program

*****Accredited by the American Society of Health-System Pharmacists since 1976*****

Philosophy

The VA Pharmacy provides pharmaceutical care services in a tertiary care, full teaching and research affiliated medical center on two campuses, Seattle and Tacoma. The primary purpose of the residency training program is to prepare pharmacists to face the challenges of contemporary pharmaceutical care. The residency centers on a broad, in-depth experience with emphasis on evidence based drug therapy and the development of advanced pharmaceutical care practice skills. As a result, the program prepares pharmacists to provide the highest quality care in today's challenging health care environment.

Program Description

The VA Puget Sound Health Care System (VA Puget Sound) residency in pharmacy practice is a one-year postgraduate training program (PGY-1). It is accredited by the American Society of Health-System Pharmacists (ASHP) and follows training objectives outlined in the accreditation standard. The program offers an organized and directed opportunity to develop knowledge, skills, and philosophy of pharmacy practice. Residents participate in interdisciplinary rounds, therapeutic consultation for medication regimens, drug therapy monitoring, drug interaction and adverse event evaluations, and medication counseling for patients. In addition, residents will have opportunities to precept pharmacy students, provide in-services to nurses and physicians, and give presentations to colleagues.

In order to gain inpatient distribution experience, residents will provide periodic weekend staffing. Generally, this is one weekend every three weeks with a minimum of 12 weekends. All clinical and distributive functions of a staff pharmacist will be performed during this time. Residents will also gain experience in inpatient distribution practices including IV room as well as clinical services.

A research project is required, and each resident will present their project at the local Seattle Area Pharmacists Meeting and at the Western States Conference for Pharmacy Residents, Fellows, and Preceptors in San Diego, California. Appropriate resources are provided to guide the resident through the process of developing, executing and presenting a research project.

About the Medical Center

The VA Puget Sound Health Care System is a 504-bed acute care center that provides tertiary care for veterans in Western Washington. Services are also provided to veterans upon referral from Alaska, Eastern Washington and Northern Idaho. The VA is affiliated with the University Of Washington School Of Medicine and has 37 allied health training programs (including pharmacy, nursing, psychology, and various other disciplines). Inpatient and outpatient clinical services include medicine, dialysis, surgery, neurology, substance abuse, rehabilitation medicine, gerontology, spinal cord injury, bone marrow transplant, women's care and psychiatry. The Medical Center receives over \$7 million of VA funding and \$10 million of non-VA funding for biomedical, gerontological, rehabilitation, and health systems research.

Benefits

The stipend and benefits are determined annually on a national basis by the VA and are adjusted by location. Each resident is eligible for two weeks of vacation, 10 paid holidays, sick leave, medical and life insurance, employee parking, and lab coats. All residents are provided administrative leave to attend educational conferences including the ASHP Midyear Clinical Meeting and the Western States Residents, Fellows, and Preceptors Conference.

Qualifications

All residency candidates must meet the following prerequisites:

- ◆ United States Citizenship
- ◆ Bachelor or Doctor of Pharmacy with eventual licensure in any state
- ◆ A minimum GPA of 3.0
- ◆ A personal, on-site interview
- ◆ Participation in the [ASHP residency matching program](#)

How to Apply

Interested candidates may apply through the **PhORCAS (Pharmacy Online Residency Centralized Application Service) application portal**. Standard application materials include:

- ◆ Basic demographics
- ◆ Verified transcripts
- ◆ Letter of intent
- ◆ Curriculum vitae
- ◆ Three letters of recommendation
 - For the VA Puget Sound, please include a reference from university/college faculty.
 - Letters of recommendation may conform to the standardized reference template in PhORCAS or may be a free form letter.
- ◆ Extracurricular information
- ◆ **Supplemental information**
 - **A completed Application for Associated Health Occupations (VA Form 10-2850c)**

Deadline for application to the VA residency is January 7th. The resident must participate in the American Society of Health-System Pharmacists (ASHP) residency matching program.

Please note: This residency site agrees that no person at this site will solicit, accept, or use any ranking-related information from any residency applicant.

For more information or an application, please contact:

Jonathan Casavant, Pharm.D.
PGY-2 Pharmacy Administration Resident
VA Puget Sound Health Care System
1660 S. Columbian Way (S-119)
Seattle, WA 98108
206-716-5729
Email: jonathan.casavant@va.gov

Overview of Rotations

Residency Training Schedule

The residency is a one-year program beginning July 1st. It is a full-time obligation with a minimum of 2,000 hours completed over a period of 50-52 weeks. The resident's schedule will be designed according to the resident's individual interests, background, and education, as well as the needs of the institution. Residents become competent in each activity by meeting set goals and objectives, and are monitored throughout the program.

Four and six week clinical rotations in addition to longitudinal clinic rotations provide experience and develop competence in four major areas of pharmacy practice including: acute patient care, ambulatory patient care, drug information, and practice management. There are six scheduled clinical rotations, three to four electives, and eight options for longitudinal clinics.

Scheduled clinical rotations include:

- ◆ Ambulatory Care Clinic (American Lake)
- ◆ Bone Marrow Transplant Unit
- ◆ General Medicine – Inpatient Management
- ◆ Primary Care Clinic (Seattle)
- ◆ Surgery / SICU

Elective rotations include:

- ◆ Home Based Primary Care
- ◆ Infectious Disease
- ◆ Mental Health Clinic
- ◆ Oncology Clinic
- ◆ Spinal Cord Injury
- ◆ Women's Health Clinic

* Electives are tailored to the resident's personal interests

Longitudinal clinic rotations include:

- ◆ Arthritis Clinic
- ◆ Cardiology Clinic
- ◆ Diabetes Clinic
- ◆ Geriatrics Research Education and Clinical Center (GRECC)
- ◆ Hepatology Clinic
- ◆ Pulmonary Clinic
- ◆ Renal Clinic
- ◆ Women's Health Clinic

Acute Inpatient Care

Acute patient care pharmacy services are aimed at optimizing drug therapy. The resident will gain an appreciation for formulary management while learning to incorporate evidence based medical practices. The resident will have the opportunity to provide pharmacy services to various inpatient teams and providers by evaluating patient drug regimens and making appropriate interventions.

Inpatient activities include:

- ◆ Consultation in drug therapy selection
- ◆ Discharge counseling
- ◆ Drug information
- ◆ Formulary management
- ◆ Monitoring drug therapy
- ◆ Nutrition support
- ◆ Patient education and counseling
- ◆ Patient medication reconciliation
- ◆ Preceptor of pharmacy students

Ambulatory Patient Care

Ambulatory patient care pharmacy services provide primary and specialized health care to veterans. The resident will be involved in direct patient care and disease state management in collaboration with multidisciplinary teams.

Ambulatory activities include:

- ◆ Drug information requests
- ◆ Formulary management
- ◆ Monitoring safety and efficacy of drug therapy
- ◆ Participating in physical assessment and patient triage
- ◆ Patient counseling
- ◆ Providing drug information to healthcare professionals
- ◆ Reviewing patient profiles for drug interactions, therapeutic duplications, or contraindications

Practice Management

Practice management for inpatient and outpatient is covered through an initial training session and several rotational experiences throughout the residency. Activities in this area provide experience in the overall direction and integration of pharmacy services.

Activities in this area include:

- ◆ Administrative projects
- ◆ Continuous quality improvement sessions
- ◆ Formulary / budget reviews and recommendations
- ◆ Interdepartmental projects and correspondence
- ◆ Monthly staffing requirements
- ◆ Management of controlled substances
- ◆ Workload / priority management

Drug Information and Drug Use Policy Development

Multiple opportunities during the Management rotation and throughout the residency provide experience in drug information and drug use policy development.

Activities in these areas include:

- ◆ Adverse drug reaction reporting
- ◆ Drug information
- ◆ Formulary management
- ◆ Formulary monographs and drug reviews
- ◆ Medication error reporting
- ◆ Pharmacy Drug Bulletin Newsletter
- ◆ Staff presentations

Rotation Descriptions

Scheduled Rotations

PRIMARY CARE CLINIC

PCC (6 weeks)

The Primary Care Clinic (PCC) rotation provides the resident with the skills to perform the responsibilities of a Primary Care Clinical Pharmacy Specialist. The resident should attain a well-rounded knowledge base of primary care disease states and therapy guidelines. They should be able to function independently in counseling patients on medication therapy upon completion of this rotation. The resident should develop the skills to conduct a pharmacy clinic visit that ensures safety and efficacy of medication therapy and practice written and verbal communication skills to function as a patient-provider liaison.

The VA Puget Sound, Seattle Division has been selected to participate in the VA Center of Excellence in Primary Care Education, whose mission is to promote the advanced education of interprofessional teams, thereby creating clinical leaders able to deliver patient centered care, transform delivery of health care services, and improve health outcomes. Pharmacy residents will actively partake in this new and highly innovative program with dedicated pharmacy preceptors in providing hands on didactic education and pharmacy consultation for medical residents and nurse practitioner students enrolled in this curriculum. Future plans are in place for additional pharmacy involvement in disease state management duties and responsibilities.

SURGERY

SURG (4 weeks)

Residents will be involved in daily activities and direct patient care dealing with peri-operative management in the SICU and step-down unit. The resident will work in collaboration with other health care providers (surgeons, ARNPs, PA-Cs, nurses, nutritionists, and respiratory therapists) to understand, develop and monitor a pharmacotherapeutic plan daily. This rotation is designed to provide a more intense focus on critical care while still allowing flexibility to tailor the rotation to your own goals and objectives.

MANAGEMENT

MGMT (4 weeks)

The Management (MGMT) rotation prepares the resident to acquire the skills to perform pharmacy practice management and formulary management responsibilities. After completion of this rotation, the resident should attain a well-rounded knowledge base of pharmacy practice management activities and of the formulary and therapy guidelines. The resident should demonstrate skills to respond to medication information inquiries to ensure safety and efficacy of medication therapy. Written and verbal communication skills to resolve formulary management issues are honed during this rotation.

AMBULATORY CARE - AMERICAN LAKE

AL (4-6 weeks)

The American Lake Ambulatory Care rotation allows the resident to gain experience working on a primary care multidisciplinary team. The resident will work directly with providers, nursing staff and other team members to provide health care to veterans. Responsibilities include counseling patients on their medications, performing disease state management (primarily hypertension, diabetes and hyperlipidemia), and serving as a drug information resource for team members and patients. As schedule permits, there will be opportunity to teach group classes (anticoagulation, diabetes, weight management) and participate in other specialty clinics at the site (Addiction treatment clinic and Clozaril clinic).

GENERAL INTERNAL MEDICINE

MED (6 weeks)

The resident will participate with a general medicine team in daily activities, which include work rounds and attending rounds. Patients are admitted for a variety of medical diseases, some which require admission into the intensive care unit. Responsibilities include patient admission histories, monitoring of drug therapy and outcomes, providing drug information to the medical team, and to provide patient/family education and medication counseling. The resident will be involved with pharmacokinetic monitoring and formulary management.

BONE MARROW TRANSPLANT UNIT

MTU (4 weeks)

The resident will be involved in providing direct patient care to Marrow Transplant Unit (MTU) patients in collaboration with the multidisciplinary team. The resident will be involved in interdisciplinary rounds five days a week. Responsibilities include TPN management, making recommendations to optimize patients' drug therapy (immunosuppression, infection prophylaxis, etc.) throughout the transplant process, and counseling opportunities. The resident will also act as a preceptor to fourth year Pharm.D. students. Precepting responsibilities include facilitating discussion about topics relevant to the transplant setting and helping students prepare for their presentations. The resident will also present one inservice to the MTU staff. Other learning opportunities include attending meetings and lectures on the MTU as time allows. The resident will also have the opportunity to observe procedures, including bone marrow biopsies and lumbar punctures.

Elective Rotations

HOME BASED PRIMARY CARE

HBPC (2-4 Weeks)

Residents will function as a provider extender and patient-provider liaison. There will be opportunities to develop skills to conduct a pharmacy home visit to ensure safety and efficacy of medication therapy. Residents will attain a well-rounded knowledge base of primary care disease states and therapy guidelines and will function independently in providing teaching to nursing staff regarding medication therapy in the elderly. The resident will also attend HBPC Interdisciplinary Team Meetings two times each week.

MENTAL HEALTH CLINIC

MH (4 weeks)

Residents will be involved in daily activities and direct patient care in the Outpatient Mental Health Clinic in collaboration with other mental health clinic providers. Residents will be greatly involved in patient care including counseling opportunities, psychiatric assessment, disease state management, and a resource for mental health providers for drug information related questions. Residents will also have the opportunity to participate in morning rounds with attending and psychiatry residents in the inpatient psychiatric unit.

ONCOLOGY CLINIC

ONC (4 weeks)

The resident will participate in daily activities in the care and management of patients receiving treatment for a variety of oncologic disorders including solid tumors, lymphomas, and leukemias. This rotation includes provision of care in both inpatient and outpatient settings.

SPINAL CORD INJURY UNIT

SCI (4 weeks)

Residents will be involved in daily patient care activities in collaboration with the SCI providers. They will facilitate the comprehensive medication review rounds with the SCI providers on a weekly basis in addition to participating in ward rounds and disease management. The resident serves as a resource for SCI providers for drug information requests, and provides formal presentations of medication management conditions unique to SCI patients.

WOMEN'S HEALTH CLINIC

WHC (2-4 Wks)

Residents will be involved in daily activities in collaboration with primary care providers with a specialized focus in women's health. Direct patient care activities include conducting patient interviews and writing progress notes, some physical assessment, counseling opportunities, medication reconciliation, and serving as a liaison and resource to primary care providers. As an elective, the resident will also have opportunities to participate in Women's Health rounds and Women's Clinical Care conference with other educational opportunities with WHC nursing staff/providers/gynecologist. If interested, this rotation could potentially be integrated with the primary care rotation.

Longitudinal Clinic Rotations

ARTHRITIS CLINIC

Residents will conduct pharmacy clinic visits one-half day each week and monitor drug therapy for osteoarthritis, rheumatoid arthritis, gout, and other rheumatologic issues. In addition, the resident will provide formulary expertise for the Rheumatology providers. Other activities include journal club, disease state discussions, and medication counseling.

CARDIOLOGY CLINIC

Residents will be involved in direct patient care activities related to cardiac disease state management in collaboration with cardiology providers. The focus of this rotation will be to develop the necessary skills and knowledge base to provide pharmacologic management for various conditions, including but not limited to post-ACS/MI, HTN, dyslipidemia, and heart failure. Patients are scheduled for 30 minute appointments in which medication adherence/tolerance, lab and physical assessments, disease progression, and social history are evaluated to determine changes in regimen that ensures safety while reaching for treatment goals. Patients are seen at subsequent scheduled clinic appointments, allowing for continuity of care and development of patient-pharmacy resident rapport. In addition, residents will be highly involved in medication use evaluations and will also serve as a valuable drug therapy resource for cardiology providers. Cardiology topic discussions or a formal case presentation occur weekly on medical topics relating to cardiology with focus on the standards of practice as outlined by the American Heart Association (AHA) and American Association of Cardiology (AAC). Actual clinic time involves one-half day a week and additional follow-up as needed.

DIABETES CLINIC

Residents will be involved in direct patient care activities in diabetes management. The focus of this rotation will be to develop the necessary skills and knowledge base to provide pharmacologic management in diabetes. Patients commonly referred to the pharmacy diabetes clinic are those with complex insulin regimens, managed with U-500 insulin, and new starts with unique confounding factors. Actual clinic time involves one-half day a week and additional follow-up as needed for continuity of care. Patients are scheduled for 30 minute appointments in which medication adherence/tolerance, lab and physical assessments, disease progression, and social history are evaluated to determine changes in regimen that ensures safety while reaching for treatment goals. Patients are seen at subsequent scheduled clinic appointments, allowing for continuity of care and development of patient-pharmacy resident rapport. In addition, residents will be highly involved in medication use evaluations and will also serve as a valuable drug therapy resource for endocrinology and primary care providers. Other activities include weekly discussions on medical topics relating to diabetes with focus on the standards of practice outlined by the American Diabetes Association (ADA), the American Association of Clinical Endocrinologist (AACE), and American Association of Diabetes Educators (AADE).

GERIATRICS RESEARCH EDUCATION AND CLINICAL CENTER CLINIC (GRECC)

The resident will be involved in the daily activities and direct patient care of geriatric patients in collaboration with other geriatric providers. Actual clinic time involves one-half day a week and additional follow-up as needed for continuity of care. Residents will be greatly involved in patient care including counseling opportunities, physical assessment, disease state management, and a resource for geriatric providers for drug information-related questions. Other activities include weekly discussions of a medical topic related to geriatrics and formal case presentations.

HEPATOLOGY CLINIC

With the recent advances and increasing complexity in pharmacological management of patients with chronic hepatitis C virus infection (HCV), there is a new opportunity for resident involvement in the care of these patients within a longitudinal clinic setting. Residents will be involved in patient care including counseling opportunities, limited physical assessment, disease state management, safety and efficacy monitoring, drug-drug interaction management, and serving as a resource for hepatology providers for drug information related questions. Other activities include a weekly discussion of a medical topic relating to hepatology or formal case presentations. Actual clinic time involves one-half day per week and additional follow-up as needed for continuity of care.

PULMONARY CLINIC

The Pulmonary Clinic resident is extensively involved with educating patients on various inhalation techniques by utilizing inhaler education devices and tools and documenting inhaler education with chart notes. Inhaler education notes document a patient's inhaler technique, areas of correct technique, areas needing improvement, and recommendations if any further follow-up on inhaler education is required. The resident also provides formulary expertise and acts as the drug information specialist for Pulmonary Clinic providers. Other activities include weekly topic/journal article discussion relating to pulmonary conditions. The resident also participates in the Pulmonary Lung Festival at Seattle and American Lake.

RENAL CLINIC

The Renal Clinic Pharmacy longitudinal rotation prepares the resident to manage a multitude of issues unique to patients with renal disease. The resident will attain a well-rounded, working knowledge base of chronic kidney disease (CKD), diabetic nephropathy, renal artery stenosis (RAS), and other commonly encountered diseases affecting the kidneys. The resident will work closely with their renal pharmacist preceptor and renal providers to provide quality evidence-based drug therapy recommendations accompanied by appropriate safety and efficacy monitoring, follow-up, and documentation. This rotation also provides extensive experience in triaging acute patient issues and managing often refractory hypertension, volume overload, or electrolyte abnormalities in complex patients with multiple co-morbidities. Actual clinic time involves one-half day per week and additional follow-up as needed for continuity of care.

Frequently Asked Questions

How many pharmacy residents train at VA Puget Sound each year?

How do I apply for a residency position at VA Puget Sound?

How much staffing is required of the residents?

What types of elective rotations are available?

Can I do an elective at a different site?

How is the performance of pharmacy residents evaluated?

What types of health benefits are available to pharmacy residents?

Do pharmacy residents go to educational meetings?

Do I need a Washington Pharmacist license to be a pharmacy resident at VA Puget Sound?

Do I need to be a U.S. citizen to be a resident at VA Puget Sound?

What type of computer and electronic resources are available at VA Puget Sound?

What types of medical references are available?

What jobs have former residents taken after completing a pharmacy residency at VA Puget Sound?

What is there to do in the Pacific Northwest?

1. How many pharmacy residents train at VA Puget Sound each year?

VA PSHCS currently has six positions in our PGY-1 Pharmacy Residency Program. Residents share a centralized office and interact with each other on a daily basis.

2. How do I apply for a residency position at VA Puget Sound?

Residents are selected through the Residency Matching Program. This is administered through the American Society of Health-System Pharmacists (ASHP). Visit the ASHP web site at <http://www.ASHP.org>, select the link to “Residency and Accreditation Information,” and then select the link for “PhORCAS” for more details about applying for a residency.

3. How much staffing is required of the residents?

The pharmacy residents are required to staff every third weekend once training is complete with a minimum of 12 weekends. This is designed to meet the staffing experience requirement for accredited Pharmacy Practice Residencies. During this staffing experience the resident will review and verify medication orders and perform clinical pharmacy monitoring functions.

4. What types of elective rotations are available?

Pharmacy residents have 12 elective weeks during the year. These electives may include (but are not limited to) mental health, spinal cord injury, infectious diseases, critical care, cardiology, women’s clinic, and oncology clinic. The elective time is used to tailor specific interests of the resident within the training program.

5. Can I do an elective at a different site?

It is possible for one elective to be completed outside of VA Puget Sound. An outside site must be affiliated with an established residency program and the preceptor must be willing to have a resident from VA Puget Sound. The resident is responsible for arranging an outside experience if one is desired.

6. How is the performance of pharmacy residents evaluated?

Residents are evaluated by preceptors on every rotation. The evaluations are based on the ASHP Residency Learning System. Specific goals and objectives must be met for each of the rotations.

7. What types of health benefits are available to pharmacy residents?

Residents have access to the same medical, dental and vision insurance plans that are offered to full time employees of VA Puget Sound. These include a wide range of HMO (Health Maintenance Organization) and PPO (Preferred Provider Organization) health plans.

8. Do pharmacy residents go to educational meetings?

Residents are expected to attend the ASHP Midyear Clinical Meeting in December and the Western States Conference for pharmacy residents, fellows, and preceptors in May. Travel funds are not available and are the responsibility of the resident. If funds are available, registration to the Midyear Clinical Meeting or Western States Conference may be funded, otherwise it is the responsibility of the resident.

9. Do I need a Washington Pharmacist license to be a pharmacy resident at VA Puget Sound?

Residents are required to have a state pharmacist license in order to fulfill their duties as a pharmacy resident. However, the license does not need to be from Washington. It can be a pharmacist license from any state in the USA.

10. Do I need to be a U.S. citizen to be a resident at VA Puget Sound?

Yes. According to federal law, you must be a citizen of the United States of America in order to be employed as a pharmacy resident at VA Puget Sound.

11. What type of computer and electronic resources are available at VA Puget Sound?

VA Puget Sound utilizes an electronic medical record. Each pharmacy resident desk has its own computer terminal. Residents have access to a wide variety of Windows-based programs, including Word, Excel, Outlook, Access, Explorer, and Power Point. Laptop computers and overhead projectors are available for conference presentations given at VA Puget Sound.

12. What types of medical references are available?

VA Puget Sound has access to a large number of electronic and paper drug information and therapeutics references. In addition to access of VA references, all residents will obtain a University of Washington access ID and will have access to all references available to UW affiliate faculty members. Drug references include but are not limited to Up To Date, Micromedex, AHFS Drug Information, USP DI, Dipro, and many more. The library carries many medical text books and maintains subscriptions to various medical journals.

13. What jobs have former residents taken after completing a pharmacy residency at VA Puget Sound?

The primary objective of the residency training program is to prepare pharmacists to take a role in any practice setting and be able to face the challenges of contemporary pharmaceutical care. Former residents have taken a wide variety of positions in several practice settings. Former residents now work in clinical pharmacy practices in both inpatient and ambulatory care settings; many have stayed at VA Puget Sound. Others have entered specialty programs or fellowships. Residents have also gone on to develop new clinical services and clinics at the VA and elsewhere. Some residents have become university faculty or preceptors. Former residents have eventually become pharmacy supervisors or clinical coordinators.

14. What is there to do in the Pacific Northwest?

Western Washington is home to the Puget Sound and the Cascade and Olympic mountain ranges, which offer breathtaking scenery and provide numerous outdoor activities to suit your spirit of adventure year-round. Activities include camping, kayaking, rock climbing, miles upon miles of scenic bike trails, access to the West Coast's best winter recreation areas, and some of North America's premier hiking. Additionally, you will find historic communities, picturesque lighthouses, and a legacy of Native American culture throughout the state. As the metropolitan center of the Puget Sound, Seattle offers an incredible array of restaurants, historic sites, and an eclectic arts/music scene and is within 3 hours of Portland, OR and Vancouver, BC.

For more information or an application, please contact:

Jonathan Casavant, Pharm.D.
PGY-2 Pharmacy Administration Resident
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