

PGY2 Pharmacy Residency: Psychiatry

Veterans Affairs North Texas Health Care System

Program Director: Kristen Backe, PharmD, BCPP



The ASHP- accredited PGY2 specialty residency in Psychiatry builds on Doctor of Pharmacy (PharmD) education and PGY1 pharmacy residency programs to contribute to the development of clinical pharmacists in specialized areas of practice. PGY2 residencies provide residents with opportunities to function independently as practitioners by conceptualizing and integrating accumulated experience and knowledge and incorporating both into delivering patient care or other advanced practice settings. Residents who successfully complete an accredited PGY2 pharmacy residency are prepared for advanced patient care, academic or other specialized positions, along with board certification, if available.

General Description

The 12-month program is designed to lead the resident through an assortment of rotational and longitudinal learning experiences in a variety of practice settings. By the end of the program, the resident should feel competent practicing in both inpatient and outpatient settings involving psychopharmacology. The residency includes core rotations that are chosen to establish a strong base in mental health and neuropsychopharmacology. Core disorders within this residency include depression, anxiety disorders, posttraumatic stress disorder (PTSD), bipolar disorder, schizophrenia, dementia, personality disorders, and substance use disorders. The resident may choose electives based on their career goals. Although the residency is designed around core and elective rotational and or longitudinal learning experiences, the focus of the training will be to master each of the diseases and conditions established within the ASHP required competency areas, goals, and objectives for PGY2 psychiatric pharmacy residencies.

Program Goals

Clinical

- Establish yourself as an integral member of a health care team
- Promote expertise in managing medication therapies in psychiatric pharmacotherapy
- Develop solid patient care skills in both acute and chronic care settings
- Develop a sound understanding of pharmacy practice management
- Augment understanding of practice management in the institutional, regional, and national levels

Academic

- Interpret and disseminate knowledge in psychiatric pharmacotherapy
- Foster innovative and rewarding precepting strategies
- Provide teaching experiences in small group learning environments
- Generate new knowledge in psychiatric pharmacotherapy

Professional

- Cultivate techniques for self-assessment, goal setting, and career planning
- Demonstrate exemplary verbal and written communication skills
- Establish a personalized system for balancing multiple work/life responsibilities

- Recognize the importance of professional development through participation in pharmacy organization activities

*For additional information, please refer to the **ASHP PGY2 Psychiatric Pharmacy Residency Educational Goals and Objectives**.*

Program Activities

Required learning experiences (4-6 weeks)

- Acute care/Inpatient adult mental health
- Inpatient geriatric mental health/precepting
- Outpatient adult general mental health
- Primary care – mental health integration (PCMHI)
- Substance use disorders/Dual diagnosis (currently requires travel to Bonham VA part time)
- Mental Health Pharmacy Leadership/Management

Elective Learning Experiences (4 weeks)

- Mental health intensive case management (MHICM), physician precepted
- MH consultation team/Emergency Department
- OEF/OIF trauma clinic, physician precepted
- Pain management
- CLC/Pain management
- Academic Detailing
- Consult Liaison, physician precepted
- Correctional healthcare mental health (through Parkland Health) *

New elective learning experiences may be developed based on resident interests/career goals. Required and Elective Rotations may change based on preceptor availability and program needs.

Based on preceptor/learning experience availability, the resident may be traveling to Bonham or Fort Worth VA for an elective or required rotation. To the best of our ability, we strive to be as flexible as we can and are open to making changes throughout the year as a residents' potential interests change.

**** Texas pharmacist license required for all non-VA learning experiences***

Practice Experiences

- Interdisciplinary grand rounds, journal club presentation opportunities
- Rounding with health care professionals
- Practice-based projects
- Medication therapy management
- Education of health care professionals and precepting pharmacy students
- Participation in departmental and committee meetings
- Clinical intervention documentations
- Participation in board certified pharmaceutical specialist reviews
- Opportunities with Texas Tech University Teaching Certificate Program

Residency Projects

Residents will complete one research project and one quality improvement project per year. Residents may also complete additional projects as needed by the facility. Residents may be asked to present their project(s) at a local, regional, or national event. Residents may choose any type of research project or quality improvement project, provided that the project:

- 1) includes generation of original data
- 2) is suitable for publication and presentation at a national pharmacy meeting
- 3) can reasonably be completed within the residency year

Teaching Activities

Teaching activities for residents are designed to complement practice activities while allowing the resident to experience a variety of teaching methods. Residents will be required to demonstrate skills necessary to function in an academic setting by completing the following activities:

VISN 17 psychiatric pharmacy didactics series (required)

Residents will have the opportunity to participate in weekly psychiatric pharmacy didactics discussions. These discussions are presented by VISN 17 psychiatric pharmacy residents with participation, feedback, and evaluation provided by residents and clinical pharmacy practitioners. They are designed to assist with BCPP prep. Each 60-minute session consists of a 40-minute presentation of an assigned topic and 15-20 minutes for questions and discussion. Residents will be assigned two topics each to present throughout the year and are encouraged (but not required) to attend the weekly presentations.

Experiential Teaching/Precepting (required)

Clerkship teaching (involving both P3 and/or P4 Pharm.D. students) is integrated into the resident practice model. Residents will independently precept 1-2 students. Informal precepting and opportunities for layered learning may be present on multiple learning experiences.

Other Teaching/Educational Opportunities

Residents will be required to provide in-services and/or topic discussions for pharmacy, nursing and medical services as required by preceptors. Residency topic discussions will be held on individual rotations as required and/or requested.

Teaching Certificate Program (optional)

The Clinician Educator Training Program is a program to provide training for PGY1 and PGY2 residents who are interested in developing their academic skills. The major goal of the training program is to supplement a strong clinical background with the skills needed to become a successful educator. The learning objectives for this program are to develop a personalized teaching philosophy, create evaluable learning objectives and corresponding exam questions for a formal lecture, evaluate students fairly, and to discuss effective teaching methodologies for a given scenario. The program includes didactic and web-based teaching models, mentored facilitator training for small group problem-based learning, and precepting of third and/or fourth-year Doctor of Pharmacy students. Residents also receive instruction in statistical and clinical trial design; submit a project proposal to the institutional review board; and collect, interpret, and publish their results. Additional activities are provided to enhance discovery, integration, and writing skills. The program also includes innovative discussion topics based

on needs previously identified by new faculty members. While the program targets residents with an interest in academia, the skill sets gained through Teaching Certificate Program are applicable to a broad range of career opportunities.

Additional Activities (required unless specified)

Resident Rounds Seminar Series

Residents will present a formal 45-minute presentation with 15 minutes for question and answer to VANTHCS pharmacy staff in the fall. Residents must choose topics that are of sufficient controversy or debate that are candidates for further publication in the medical literature. These presentations are accredited for 1 hour of CE credit for pharmacists and pharmacy technicians.

PGY2 Psychiatric Topic Discussions

Residents will participate in the resident driven topic discussions which can include literature review, case application, clinical pearls, etc. as well as journal clubs throughout the year.

Manuscript Preparation

Residents are required to submit one manuscript per year for publication in a peer reviewed journal.

Poster Presentation

Residents are required to present a poster of their research project at a national (preferred) or state professional meeting. In addition, a presentation towards the end of the residency year at our local facility may also be required.

Resident Interviews

Residents may be asked to participate in the interview process for the PGY2 psychiatric residency program.

Program Leadership



Kristen Backe, PharmD, BCPP
Mental Health Clinical Pharmacist Practitioner
RPD PGY2 Psychiatric Residency Program
Practice Site: VA North Texas Health Care System

Dr. Kristen Backe is a psychiatric clinical pharmacist practitioner and PGY2 mental health residency program director at VA North Texas.

Dr. Backe received her Doctor of Pharmacy degree from Butler University in Indianapolis, Indiana. She then went on to complete a PGY1 pharmacy residency at Cox Health System in Springfield, Missouri, and a PGY2 Psychiatric residency at Seton Healthcare/University of Texas at Austin before coming to VA North Texas in 2015. She enjoyed her time as PGY1 residency program co-coordinator from 2017-2022 and was excited to make the transition to PGY2 mental health director in July 2022.

Dr. Backe is a clinical pharmacist practitioner in the PC-MHI clinic where she engages in medication therapy management for a variety of mental health disease states including depression, anxiety, post-traumatic stress disorder, insomnia, substance use disorder, schizophrenia and psychotic disorders, and bipolar disorder. Dr. Backe is also a member of the College of Psychiatric and Neurologic Pharmacists (CPNP).

In her free time, she enjoys watching Chicago Bears and Butler Basketball and taking her dog on walks.



Martein D Lewis, PharmD, BCPP, MSHI
Psychiatric Clinical Pharmacist Practitioner,
V17 Academic Detailing Program Manager
PGY2 Psychiatric Pharmacy Residency Program Coordinator
Practice Site: VA North Texas Health Care System

Dr. Martein Lewis is a Board-Certified Psychopharmacologist working as a VISN17 Academic Detailing Program Manager while serving as the Residency Program Coordinator for the PGY2 Psychiatric Pharmacy Residency program.

Prior to her current position, she practiced as a mental health clinical pharmacist practitioner at the Fort Worth Outpatient clinic working to improve Veteran access to care as a medication expert and interim provider. Born and raised in Wichita, Kansas, she graduated with her bachelors from Prairie View A&M University then obtained her Doctorate in Pharmacy from the University of the Incarnate Word in San Antonio, TX. Before starting her career at the VA, she practiced as a district liaison working in retail pharmacy management at Target pharmacy. She then completed her PGY1 Ambulatory Care Residency at the Phoenix VA and her PGY2 Psychiatric Residency at the Eastern Colorado VA. Due to her longstanding passion for education and desire to optimize technology to better patient care, she most recently obtained her Masters in Healthcare Informatics from the University of San Diego to begin her role with the VISN 17 Pharmacy Benefits Management team.

Outside of work, Dr. Lewis is an active Board Member for the Pharmacy Initiative Leaders, Inc. in which she empowers underrepresented individuals to succeed at every stage of their pharmacy journey through support and connection. She is also involved with national organizations such as American Society of Health-System Pharmacists (ASHP), American Health Information Management Association (AHIMA), as well as the College of Psychiatric and Neurologic Pharmacists (CPNP). She believes in the importance of self-care, normalizing mental health, promoting the value of pharmacists, and helping underserved communities in any way.

[Information for Applicants](#)

Qualifications: Residency applicants must have a PharmD degree from an ACPE-Accredited program, have an active pharmacist license in the US, and be eligible for preceptorship. Candidates for the Psychiatric Specialty Residency should have completed an ASHP Accredited PGY1 Residency and are eligible for employment with the Veteran's Administration.

Interested applicants should submit all application materials by **Sunday, January 1, 2023, at 11:59pm CST.**

For more information, please utilize the resources and contact information below:

Website

[VA North Texas Health Care System Pharmacy Residency Programs Website](#)

Video

[Introduction to VANTHCS and Pharmacy Residency Programs](#)

Contact Information

NTXPharmacyResidencyPrograms@va.gov