

VA Puget Sound Health Care System

PGY1 Pharmacy Residency Program



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

Philosophy

The VA Puget Sound Health Care System (VA Puget Sound) provides pharmaceutical services in a tertiary care, teaching and research affiliated medical center on two campuses, Seattle and Tacoma. The PGY1 pharmacy practice residency program prepares residents for a career in clinical pharmacy. Residency training delivers a broad range of experiences with an emphasis on evidence-based drug therapy, direct patient care, practice management, and development of advanced pharmaceutical skills. The program prepares residents to provide the highest quality care in today's challenging health care environment.

Program Description

The VA Puget Sound pharmacy practice residency is a one-year postgraduate training program (PGY1). It is accredited by the American Society of Health-System Pharmacists (ASHP) and follows training objectives outlined in the accreditation standard.

The purpose of the VA Puget Sound PGY1 pharmacy residency program is to prepare residents to meet the Department of Veterans Affairs Clinical Pharmacist qualification standards upon successful completion of the program. Residents will provide competent, patient-specific pharmaceutical care in ambulatory, inpatient, and administrative settings. Residents will ensure patient safety and efficacy while minimizing pharmaceutical cost to the patient and organization.

In order to gain inpatient distribution experience, residents will work approximately 12 staffing weekends throughout the residency year. A minimum of three staffing weekends will be treated as training weekends (not eligible for dual appointment wages). For the remaining staffing weekends, the resident will be paid under their dual appointment (pharmacist wages) once dual appointment has been obtained. All clinical and distributive functions of a staff pharmacist will be performed during this time including IV medication preparation and clinical services.

A research or quality improvement project is a requirement of this residency program. Each resident will present their project at the ASHP Midyear Clinical Meeting and at the Western States Conference for Pharmacy Residents, Fellows, and Preceptors in San Diego, California. Appropriate resources will be provided to guide residents through the process of developing, executing, and presenting their research project.

About the Medical Center

The VA Puget Sound Health Care System is a 421-bed acute care center that provides tertiary care for veterans in Western Washington. Services are also provided to veterans upon referral from Eastern Washington, Alaska, and Northern Idaho. It 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 VA Puget Sound has the 6th largest research program in the Department of Veterans Affairs with over 580 active research projects and \$38 million average research expenditures.

Benefits

Residency stipend and benefits are determined annually on a national basis by the Department of Veterans Affairs and are adjusted per location. For the 2018-2019 year, the stipend for PGY1 Pharmacy Residents at the VA Puget Sound was \$45,040. Thirteen paid days of both annual and sick leave accrue over the course of the year. (Each resident accrues 4 hours of vacation and sick leave every two weeks.) Additionally, each resident is eligible for 10 paid holidays and medical, dental, vision, and life insurance. All residents are provided administrative leave to attend educational conferences including the ASHP Midyear Clinical Meeting and the Western States Conference for Pharmacy Residents, Fellows, and Preceptors.

Qualifications

All residency candidates must meet the following prerequisites:

- ◆ United States citizenship
- ◆ Doctor of Pharmacy from a ACPE- accredited program with eventual licensure in any state
- ◆ A personal on-site interview in Seattle, Washington
- ◆ Participation in the **ASHP residency matching program** (<http://www.natmatch.com/ashprmp>)

How to Apply

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

- 1) Basic demographics
- 2) Verified transcripts (pharmacy school ONLY)
- 3) Letter of intent and curriculum vitae
- 4) Submission of three letters of recommendation through PhORCAS.
 - Letters of recommendation should be from pharmacy employers, faculty members, and/or preceptors
 - At least one letter of recommendation must be from a pharmacy faculty member
- 5) Extracurricular information
- 6) Supplemental information
 - Application for (VA form Health Professions Trainees 10-2850d)
 - Link to form at: https://www.va.gov/vaforms/form_detail.asp?FormNo=2850d

The deadline for application to the VAPSHCS residency program is **December 31st, 2018**. 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.

Residency Director:

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PGY1 Residency Director, Formulary Program Manager

VA Puget Sound Health Care System

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Rotation Overview – Residency Training Schedule

This residency is a one-year program beginning Monday, June 24th, 2019. 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. Residency structure consists of 11 four-week clinical rotations, which includes eight scheduled or “core” rotations and two elective rotations. Additionally, there are three 4-month longitudinal electives. Options for elective rotations and longitudinal electives are as listed below. These rotations provide experience and develop competence in four major areas of pharmacy practice including: acute patient care, ambulatory patient care, drug information, and pharmacy management.

| Scheduled Clinical Rotations | Elective Rotations | Longitudinal Electives |
|---|---|---|
| <ul style="list-style-type: none"> ◆ Primary Care Clinic (Seattle) ◆ Medical Center of Excellence in Primary Care Education (COE) ◆ General Internal Medicine ◆ Surgical Intensive Care Unit <u>OR</u> Medical Intensive Care Unit ◆ Oncology ◆ Bone Marrow Transplant Unit ◆ Pharmacy Management ◆ Outpatient/Formulary Management | <ul style="list-style-type: none"> ◆ Spinal Cord Injury ◆ Home-Base Primary Care ◆ Antimicrobial Stewardship ◆ Primary Care Clinic (American Lake) ◆ Academic Detailing (Regional) | <ul style="list-style-type: none"> ◆ Cardiology Clinic ◆ Geri PACT Clinic ◆ Hepatology Clinic ◆ Renal Clinic ◆ Women’s Health Clinic ◆ Ambulatory Care Clinic Administration ◆ Anticoagulation ◆ Pharmacy Practice Administration |

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 of drug therapy
- ◆ Nutrition support
- ◆ Patient education and counseling
- ◆ Patient medication reconciliation
- ◆ Precepting pharmacy students

Ambulatory Patient Care

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

Ambulatory activities include:

- ◆ Disease state management of various chronic conditions
- ◆ 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

Pharmacy Practice Management

The management rotation prepares the resident to perform pharmacy practice in formulary management and/or ambulatory care pharmacy services. It allows the initiation and completion of meaningful and relevant pharmacy administrative projects. The resident will attain a well-rounded knowledge base of pharmacy practice management activities with a focus on project management and implementation. Residents will work with pharmacy managers and staff to gather information, develop solutions, and present plans.

Activities in this area include:

- ◆ Administrative projects
- ◆ Continuous quality improvement sessions
- ◆ Formulary / budget reviews and recommendations
- ◆ Interdepartmental projects and correspondence
- ◆ Management of controlled substances
- ◆ Drug Information and Drug Use Policy Development
- ◆ ISMP report for P&T committee
- ◆ Adverse drug reaction reporting
- ◆ Drug information
- ◆ Formulary management
- ◆ Formulary monographs and drug reviews
- ◆ Medication error reporting
- ◆ Pharmacy Drug Bulletin Newsletter
- ◆ Staff presentations
- ◆ Medication Use Evaluation Project

Rotation Descriptions

Scheduled Rotations

PRIMARY CARE CLINIC – SEATTLE (4 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 attains a well-rounded knowledge base of primary care disease states and therapy guidelines. Residents counsel patients on medication therapy (primarily involving diabetes, hypertension and dyslipidemia). By the end of this rotation, residents will be counseling patients independently. The resident develops the skills to conduct a pharmacy clinic visit that ensures safety and efficacy of medication therapy. The resident works directly with providers, nursing staff, and other team members to gain written and verbal communication skills to function as a patient-provider liaison.

MEDICAL CENTER OF EXCELLENCE IN PRIMARY CARE EDUCATION (4 weeks)

The VA Puget Sound, Seattle Division has been selected to participate in the VA Center of Excellence (COE) in Primary Care Education. The COE's mission is to promote the advanced education of interprofessional teams, thereby creating clinical leaders who are able to deliver patient-centered care, transform delivery of healthcare services, and improve health outcomes. Pharmacy residents will actively partake in this innovative program by providing hands-on didactic education and pharmacy consultation for medical residents and nurse practitioner students enrolled in this curriculum. Pharmacy residents will participate in weekly collaborative practice care plans as well as monthly panel management. Future plans are in place for additional pharmacy involvement in disease state management duties and responsibilities.

GENERAL INTERNAL MEDICINE (4 weeks)

The resident will participate with a general medicine team in daily activities which include work rounds and attending rounds. The resident will monitor drug therapy and outcomes, provide drug information to the medical team, and provide patient/family education and medication counseling. The resident will be involved with warfarin and vancomycin monitoring as well as formulary management. The purpose of this general medicine rotation is to provide exposure and education in the care of patients requiring acute inpatient hospitalizations. The rotation will be focused on understanding pharmacotherapy and using evidence-based literature to develop therapeutic regimens.

SURGICAL INTENSIVE CARE UNIT/SICU (4 weeks)

The purpose of the SICU rotation is to allow the resident to gain experience in critical care medicine relative to surgery. It is designed to provide an intense focus on critical care, including pathophysiology and disease/medication management. Emphasis will be placed on evidence-based critical care concepts and pharmacotherapy while assuming responsibility for medication therapy outcomes. The resident will assert an active role as the pharmacist on the multidisciplinary team through development, assessment, and ongoing monitoring of medication therapy. They will be involved in daily activities and direct care involved in peri-operative management of patients in the SICU and step-down unit. The resident will work in collaboration with other healthcare providers (physicians, ARNPs, PA-Cs, nurses, nutritionists, and respiratory therapists) to understand, develop, and monitor therapeutic plans.

ONCOLOGY CLINIC (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 oncology settings. Focus will be on understanding treatment, managing side effects, and managing symptoms related to patients' disease process. By the end of this rotation, the resident will have developed pharmacy practice skills in medication review, appropriate laboratory monitoring, and implementation of treatment plans in the setting of a team-based multidisciplinary cancer care clinic.

BONE MARROW TRANSPLANT UNIT (4 weeks)

The resident will provide direct patient care to Bone Marrow Transplant Unit (BMTU) patients in collaboration with the multidisciplinary team. Direct responsibilities include attending interdisciplinary rounds, TPN management, and making recommendations to optimize drug therapy (immunosuppression, infection prophylaxis, etc.) throughout the transplant process. The resident will also have medication counseling opportunities and act as a preceptor to fourth year pharmacy students. Precepting responsibilities include facilitating topic discussions and helping students prepare for their presentations.

MEDICAL INTENSIVE CARE UNIT/MICU (4 weeks)

The goal of this clinical experience is to provide the pharmacy resident with unique opportunities to develop, manage, and optimize pharmacotherapeutic plans for patients who require an elevated level of medical care. These experiences are intended to form a framework for gaining insight into the realm of critical care medicine that may serve as the foundation for future career opportunities. Emphasis will be placed on evidence-based critical care concepts and pharmacotherapy while assuming responsibility for medication therapy outcomes. The resident will serve an active role on the multidisciplinary team, including presence on daily rounds. This will necessitate professional collaboration with other healthcare providers to ensure that pharmacotherapy is optimized for patients' specific needs. Other valuable opportunities on this rotation will include education of medical, pharmacy, and nursing staff on topics pertinent to pathophysiology and disease state/medication management in the MICU.

OUTPATIENT PHARMACY/FORMULARY MANAGEMENT (4 weeks)

The outpatient pharmacy and formulary management rotation provides the resident with the skills to perform operations and patient care within an outpatient pharmacy. The resident will become familiar with the common duties and responsibilities of an outpatient pharmacist including processing pending prescriptions, patient counseling, and triaging provider issues. Additionally, the resident will become proficient in formulary management by learning the process of approving and denying non-formulary medications and processing non-VA provider prescriptions. The resident will develop written and verbal communication skills involved in pharmacy practice management and leadership.

Elective Rotations

PRIMARY CARE CLINIC - AMERICAN LAKE (4 weeks)

The American Lake Ambulatory Care rotation allows the resident to gain experience working in both the Women's Health Clinic and Geriatric Clinic primary care multidisciplinary teams in Tacoma. The resident will work directly with patients as well as providers, nursing staff, and other team members to provide optimal health care to veterans. Responsibilities include performing disease state management (primarily hypertension, diabetes and hyperlipidemia), counseling patients on new medications, and serving as a drug information resource. There will also be opportunities to teach group classes (anticoagulation, diabetes, weight management) and participate in other specialty clinics at the site (Mental Health, Addiction Treatment Clinic, Hematology Clinic, and Clozapine Clinic).

SPINAL CORD INJURY UNIT (4 weeks)

The resident will collaborate with SCI providers and participate in daily patient care activities such as ward and wound rounds. The resident will also attend weekly comprehensive medication review rounds (Rx/SCI rounds) with the pharmacy preceptor and SCI providers. Other responsibilities include providing medication formulary management, participating in disease management, acting as a drug information resource for SCI providers, and providing patient education and counseling.

HOME BASED PRIMARY CARE (4 Weeks)

Home Based Primary Care is a unique model of interdisciplinary healthcare within the Veterans Affairs Health Care System that provides services to veterans in their homes. Residents will deliver comprehensive care and develop skills to conduct pharmacy home visits as well as collaborate with nurse practitioners, psychologists, dietitians and various other disciplines to ensure safety and efficacy of medication therapy. Residents will attain a well-rounded foundation of primary care disease states and therapy guidelines and will function independently in providing teaching to nursing staff regarding medication therapy in older adults. Other responsibilities include performing extensive chart reviews and writing comprehensive new and 90-day medication review notes. The resident will also have opportunities to implement medication recommendations under the HBPC pharmacist scope of practice and participate in weekly interdisciplinary team meetings.

ANTIMICROBIAL STEWARDSHIP (4 Weeks)

The Antimicrobial Stewardship/Infectious Disease rotation is a learning experience focused on providing care for patients with acute infectious disease processes while practicing antimicrobial stewardship. Residents participate in all aspects of multidisciplinary care as part of the Infectious Disease (ID) Consult Service and VA Puget Sound Antimicrobial Stewardship Program (ASP). The ID Service is a consulting specialty service which consists of infectious disease attending physicians, fellows, medical residents, and the antimicrobial stewardship pharmacist. The Antimicrobial Stewardship program consists of a pharmacist and ID physician. In addition to the ID Consult Service, pharmacy residents will have the opportunity to work alongside the ID fellow in weekly HIV clinic. Other rotation opportunities involve contributing to antimicrobial stewardship projects, participating in microbiology rounds, creating weekly ID clinical pearls for pharmacy staff, and conducting a formal journal club or case presentation.

Longitudinal Electives

CARDIOLOGY CLINIC

Residents will be involved in direct patient care activities related to cardiac disease state management in collaboration with cardiology providers. Residents will develop the necessary skills and knowledgebase to provide pharmacologic management for conditions including, but not limited to, post-ACS/MI, HTN, dyslipidemia, and heart failure. Residents will assess medication adherence, tolerance, labs, physical assessments, disease progression, and social history to determine appropriateness of patients' cardiology medication regimens. In addition, residents will be involved in medication use evaluations and serve as a valuable drug therapy resource for cardiology providers.

GERI PACT CLINIC

Residents will be involved in direct patient care activities as an integral part of the interdisciplinary geriatric team in the Primary Care Clinic. These activities include medication review/reconciliation to assess for polypharmacy, ADRs, and adherence. Other responsibilities include disease state management, participation in team huddles, serving as a drug information resource, and patient counseling. The resident will also have the opportunity to lead an educational "Falls Group Session" and work alongside an interdisciplinary "falls team" to help reduce falls as part of a pilot program at the Puget Sound VA. Topic discussions will focus on disease states frequently encountered in the geriatric population. Residents will also develop teaching skills by presenting on geriatric drug-related topics to medical residents, fellows and students.

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 in hepatology clinic will be involved in direct patient care activities such as disease state management, therapeutic and drug-drug interaction monitoring, patient counseling, and physical assessment. Additionally, the residents will serve as a resource for hepatology providers for drug information related questions. Other activities include formal case presentations and weekly topic discussions.

RENAL CLINIC

The resident will attain a working knowledgebase of chronic kidney disease (CKD) related chronic disease states. Diabetes, anemia, and hypertension are three most common disease states referred to the renal clinic pharmacist. The resident will work closely with the renal pharmacist preceptor to provide evidence-based drug therapy recommendations accompanied by appropriate safety and efficacy monitoring, follow-up, and documentation. This rotation provides extensive experience in managing refractory hypertension, volume overload, and electrolyte abnormalities in complex patients with multiple co-morbidities.

WOMEN'S HEALTH CLINIC

Residents will be involved in daily activities in collaboration with primary care providers with a focus in women's health. Direct patient care activities include conducting patient interviews, documentation, physical assessment, counseling opportunities, medication reconciliation, and serving as a liaison/resource for primary care providers. The resident will also have opportunities to participate in the Women's Clinical Care conference with WHC nursing staff/providers/gynecologist.

ANTICOAGULATION CLINIC

The anticoagulation medication therapeutic management (MTM) clinical rotation is a longitudinal rotation designed to provide experience in managing anticoagulation pharmacotherapy. This rotation also allows the resident to develop independent judgment and accountability and to improve upon verbal and written communication skills. The goal of this rotation is to gain a foundation in becoming a proficient and effective anticoagulation clinical pharmacist.

AMBULATORY CARE CLINIC MANAGEMENT

The Ambulatory Care Clinical (ACC) pharmacy management rotation provides the resident with skills to perform pharmacy practice management and leadership in clinical care coordination. The resident will become familiar with the common duties and responsibilities of the clinical program manager, as well as the leadership skills necessary to assume multiple roles in managing pharmacy clinics. By the end of this rotation, the resident should achieve a well-rounded knowledge base of pharmacy practice management activities. The resident should be able to demonstrate the necessary skills to manage multiple clinical pharmacy teams, identify areas of improvement in clinic function and pharmacist activity, and develop plans of action to resolve or improve issues that may arise. The resident will develop written and verbal communication skills involved in pharmacy practice management and leadership.

Frequently Asked Questions

Please see below for answers to Frequently Asked Questions (FAQs) related specifically to the VA Puget Sound pharmacy residency program. For additional FAQs related to general trainee positions within the VA overall, please visit the following website: <http://vawww.oaa.med.va.gov/faqs/details.aspx?TID=26&Cat=3>. If you still have questions, please contact the residency director, Dr. Cassandra Song.

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

VAPSHCS currently has seven positions in our PGY1 Pharmacy Residency Program. Residents share a central office with individual work spaces 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 ASHP Residency Matching Program. Visit the ASHP website 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 approximately twelve weekends throughout the course of the residency year. Three weekends will be considered training and the rest will be completed once Dual Appointment is obtained. This is designed to meet the staffing experience requirement for accredited pharmacy practice residencies.

4. What types of elective rotations are available?

Pharmacy residents have two 4-week blocks plus three 4-month longitudinal elective opportunities during the residency year. These electives are listed above and may include home based primary care, primary care clinic (American Lake), antimicrobial stewardship, spinal cord injury, or creation of one's own elective. The elective time is used to tailor the experience to the specific interests of the resident within the training program itself.

5. How is the performance of pharmacy residents evaluated?

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

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

Residents are eligible for the same medical, dental, vision and life 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.

7. 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. 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.

8. 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 can be from any state in the USA. Residents are advised to gain licensure prior to starting the residency program if possible to ensure timely approval of dual appointment.

9. 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.

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

VA Puget Sound utilizes an electronic medical record called CPRS. Each pharmacy resident has their own dedicated work office desk and computer terminal. Residents have access to a wide variety of Windows-based programs and drug information resources. Additional media devices are available for temporary use on request.

11. 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. Electronic Drug references include, but are not limited to, UpToDate, Micromedex, Sanford guide, Pubmed and Natural Medicines Comprehensive Database. Residents have access to the VA library, which carries medical text books, and maintains subscriptions to various medical journals. Residents also have access to the University of Washington library and electronic database through their clinical faculty appointment.

12. 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 multiple practice settings and provide patient care that maximizes a pharmacist's abilities as an independent provider. Former residents have taken a wide variety of positions in several practice settings, both inpatient and ambulatory care. Several past residents have stayed with the VA Puget Sound Health Care System. In fact, the majority of preceptors are previous VA Puget Sound residents. Several have entered into PGY2 residencies or fellowships in a wide area of specialties, such as oncology, pain and palliative care, administration, and ambulatory care. Other careers that past residents have pursued are academia, management, and program development.

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

Seattle is the perfect mixture of outdoor and urban living, nestled in the Puget Sound (*pronounced pyoojīt 'sound*), an important ecological inlet of the Pacific Ocean, and surrounded by the Cascade and Olympic mountain ranges, activities are only limited by your imagination. Outdoor activities include hiking, camping, kayaking, boating, rock climbing, biking, skiing, whale watching and so much more. Although nicknamed the Emerald City for the surrounding greenery, shades of green do flow through the veins of Seattle's dedicated professional football, baseball and soccer fans. If sporting events are not your cup of tea (or coffee), within Seattle you can find a plethora of local breweries, wineries, dive bars and world class restaurants, not to mention the original Starbucks coffee shop. Additionally, you will find historic communities, music & art festivals, and a legacy of Native American culture throughout the region. If this large metropolitan city isn't enough, Seattle is within three hours of three famous national parks (Mt. Rainier, North Cascades and Olympic) as well as Portland, OR and Vancouver, BC.