Objectives

1. Eat Chocolate
2. Talk Story
3. Get Informed
4. Have Fun
5. Ask Questions
<table>
<thead>
<tr>
<th>Undergrad</th>
<th>Pharmacy School</th>
<th>APPE</th>
<th>PGY1</th>
<th>PGY2</th>
<th>???</th>
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<td>University of Hawaii at Manoa</td>
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</table>
So, you’re thinking about residency?

Why?
THINGS TO THINK ABOUT

1. Interests
   Rotations/Electives: internal med, cardio, crit care, surg, MICU, neuro ICU, ID, inpatient HIV, outpatient HIV, NICU, pediatrics, pediatric ID, ED, informatics, psych, quality and outcomes, med safety, organ transplant, pain, palliative care, cardiology, anesthesiology, heart failure, oncology, nutrition support, academia, obstetrics, etc…

2. Type

3. Teaching
   How much teaching? Where is the teaching? Do you get to choose? Preferences?

4. Staffing
   How much staffing? Where is the staffing? Do you get to choose? Preferences?

5. Research
   Research projects? Resources for research? Will the research coincide with your interests?

6. Program Size
   Small program? Big program? No co-residents? Lots of co-residents? Somewhere in between?

7. Post-Residency Plans
   What's the end game? Hospital job? Community job? Specialized? Jack-of-all-trades?
Still interested

IN RESIDENCY?

Good.
Still interested

IN MONEY?

N0000000000000000!!
1. Rewarding
2. Valuable
3. Marathon
ASHP lists 3 types

1. Pharmacy
2. Community Pharmacy
3. Managed Care
UC San Diego Health

PGY1

UCSD Acute Care

<table>
<thead>
<tr>
<th>Orientation</th>
<th>Staffing Training</th>
<th>Medicine (La Jolla)</th>
<th>MICU</th>
<th>CT Transplant</th>
<th>Staffing Training</th>
<th>Admin</th>
<th>NICU</th>
<th>Owen Clinic</th>
<th>Medicine (Hillcrest)</th>
<th>Informatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>5</td>
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<td>5</td>
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</tbody>
</table>

- Staffing (20 weekends)
- Research Project
- Teaching Certificate
- Outpatient
- Apply for PGY2s
- Therapeutics
- Grand Rounds
- Journal Club
- M&M
- Precepting
## UCSD Community Pharmacy

<table>
<thead>
<tr>
<th>Quarter 1</th>
<th>Quarter 2</th>
<th>Quarter 3</th>
<th>Quarter 4</th>
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</thead>
<tbody>
<tr>
<td><strong>Ambulatory Care</strong></td>
<td><strong>DSME 3 months</strong></td>
<td><strong>Family Med 3 months</strong></td>
<td><strong>Anticoag CKD Clinic 3 month</strong></td>
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<tr>
<td><strong>Community Pharmacy</strong></td>
<td></td>
<td><strong>Ralphs Corporate Ralphs Store</strong></td>
<td><strong>PMT 3 months</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>UCSD Academia</strong> 12 months</td>
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</tr>
<tr>
<td>Time</td>
<td>Activity</td>
<td></td>
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</tr>
<tr>
<td>5:30am</td>
<td>Wake up</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45am</td>
<td>Run</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00am</td>
<td>Leave for Rotation</td>
<td></td>
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<tr>
<td>8:00am</td>
<td>UCSD or Ralphs Rotation</td>
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</tr>
<tr>
<td>12:00pm</td>
<td>Lunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00pm</td>
<td>Finish Rotation – Tie Up Loose Ends</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00pm</td>
<td>Projects/Events/Coresidents</td>
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</tr>
<tr>
<td>7:00pm</td>
<td>Home</td>
<td></td>
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</tr>
<tr>
<td>9:00pm</td>
<td>Prep for Next Day</td>
<td></td>
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<tr>
<td>11:00pm</td>
<td>Sleep</td>
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Health-system Pharmacy Administration

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<tr>
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<tbody>
<tr>
<td>Orientation</td>
<td>Pharmacy Services</td>
<td>Supervisor Training</td>
<td>SWOT Analysis</td>
<td>Medication Safety</td>
<td>Clinical Mgt.</td>
<td>Finance</td>
<td>Supply Chain</td>
<td>Medication Use</td>
<td>Operations</td>
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<td>8</td>
<td>4</td>
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<td>6</td>
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- ASHP PLA 2017 Program
- Staffing (12 weekends)
- Research Project
- Apply for PGY3s Jobs
My “Typical” Day

Wake up at 6:00am
At desk by 7:00am
Morning Pharmacy Huddle at 9:30am
Projects from 10:00am to 12:00pm
Lunch at 12:00pm
Meeting at 1:00pm
Projects from 2:00pm to 5:00pm
Home from 5:00pm to 6:00pm
Exercise at 6:00pm
Prep for next day at 9:00pm
Sleep at 10:00pm
REFLECTIONS

1. Nothing is easy...
   especially in residency

2. Time flies when you’re having fun...
   especially in residency

3. You get out what you put in...
   especially in residency
TIPS

1. BALANCE
   is key

2. Be Professional
   all the time

3. Better yourself
   with time management

4. Get a Life
   outside of Pharmacy

5. Make time for Yourself
“I’d rather be a good man, than a great king”

—Thor