



The background features a blue-tinted image of Darth Vader's helmet and upper body, set against a starry space backdrop. A large, thin white circle is centered on the left side of the slide. A solid yellow circle is positioned to the right of the main title text.

The Resident Experience

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PGY2 Health-System Pharmacy Administration
Palomar Health

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Adapted from the slides of Mitch Vitale, PharmD

Objectives

1. Eat Chocolate
2. Talk Story
3. Get Informed
4. Have Fun
5. Ask Questions

My Background

Undergrad

Pharmacy School

APPE

PGY1

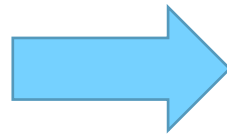
PGY2

???



Your Future

**Pharmacy
School**



PGY1



or

Work



So, you're thinking about residency?

Why?





RESIDENCY



THINGS TO THINK ABOUT

1. Interests Rotations/Electives: internal med, cardio, crit care, surg, MICU, neuro ICU, ID, inpatient HIV, outpatient HIV,
2. Type ASHP accredited vs non-accredited? Pharmacy (NICU), pediatrics, pediatric ID, ED, informatics, psych,
3. Teaching Teaching certificate? Teaching program? Affiliated with a quality and outcomes, med safety, organ transplant, pain university? Teaching hospital? Students?
4. Staffing How much staffing? Where is the staffing? Do get to and palliative care, ambulance, anticoag, heart failure,
5. Research Choose? Research support, send previous residents, etc... knowledge, research group, academic, etc...
6. Program Size research projects? Resources for research? Will the Small program? Big program? No co-residents? research coincide with your interests?
7. Post-Residency Plans What's the end game? Hospital job? Community job? Specialized? Jack-of-all-trades?

Still interested

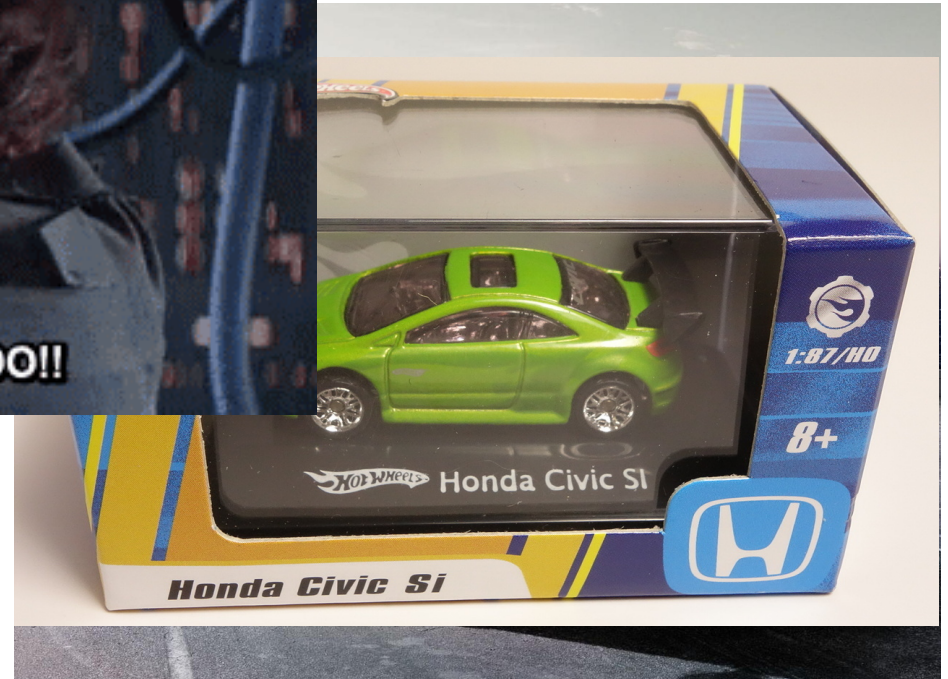
IN RESIDENCY?



Good.

Still interested

IN MONEY?



**ONE WORD
TO DESCRIBE
RESIDENCY**

1. Rewarding
2. Valuable
3. Marathon

**Balance
Training
Stressful
Memorable
Successful Tears
Exhilarating Done
Enlightening
Great Challenging
Educational
Fun Exhausting
Busy Pledging
Painful
Growth**

PGY1

ASHP lists 3 types

1. **Pharmacy**
2. **Community Pharmacy**
3. **Managed Care**

PGY1

UC San Diego Health

UCSD Acute Care

Precepting

M&M

Precepting

Grand Rounds

Journal Club

Orientation	Staffing Training	Medicine (La Jolla)	MICU	CT Transplant	Staffing Training	Admin	NICU	Owen Clinic	Medicine (Hillcrest)	Informatics
3	5	5	5	5	3	5	5	5	5	5

Staffing (20 weekends)

Research Project

Teaching Certificate

Outpatient

Therapeutics

Apply for PGY2s



UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES

PGY1

UCSD Community Pharmacy

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Ambulatory Care	DSME 3 months	Family Med 3 months	Anticoag CKD Clinic 3 month	PMT 3 months
Community Pharmacy	Ralphs Corporate Ralphs Store UCSD Academia 12 months			



UC San Diego
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AND PHARMACEUTICAL SCIENCES

PGY1

My Typical Day

5:30am	Wake up
5:45am	Run
7:00am	Leave for Rotation
8:00am	UCSD or Ralphs Rotation
12:00pm	Lunch
4:00pm	Finish Rotation – Tie Up Loose Ends
5:00pm	Projects/Events/Coresidents
7:00pm	Home
9:00pm	Prep for Next Day
11:00pm	Sleep



PGY1

Positives


UC San Diego
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AND PHARMACEUTICAL SCIENCES
Academia

RPD



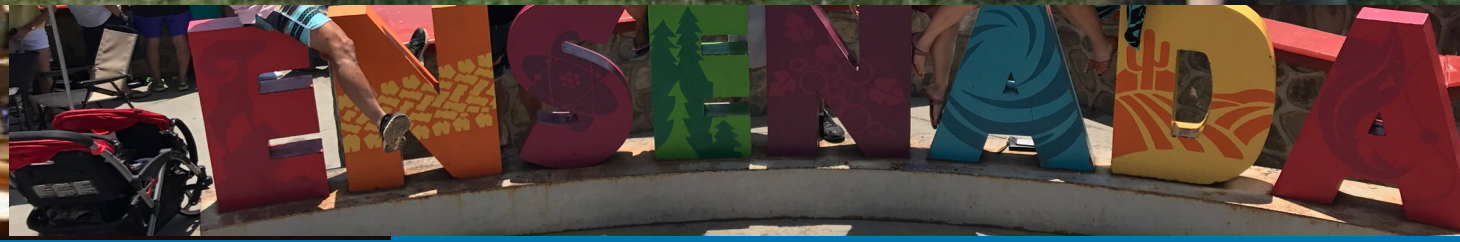
Corporate



Teaching



Location

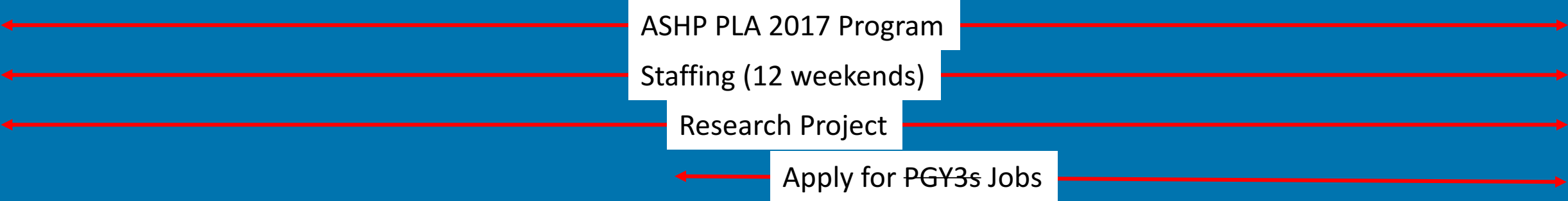




PGY2

Health-system Pharmacy Administration

Projects	Projects	Projects	Projects	Projects	Projects	Projects	Projects	Projects	Projects	Projects
Orientation	Pharmacy Services	Supervisor Training	SWOT Analysis	Medication Safety	Clinical Mgt.	Finance	Supply Chain	Medication Use	Operations	Informatics
2	6	2	4	8	4	4	3	4	6	5





PGY2

My "Typical" Day

the upskilling effects of continuing education for

10:00pm

sleep

My Actual Day





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



Best of Luck!

Questions?

THANK YOU