

The Resident Experience

Jairus Mahoe, PharmD PGY2 Health-System Pharmacy Administration Palomar Health November 16th, 2017 Adapted from the slides of Mitch Vitale, PharmD

Objectives

1. Eat Chocolate

2. Talk Story

3. Get Informed

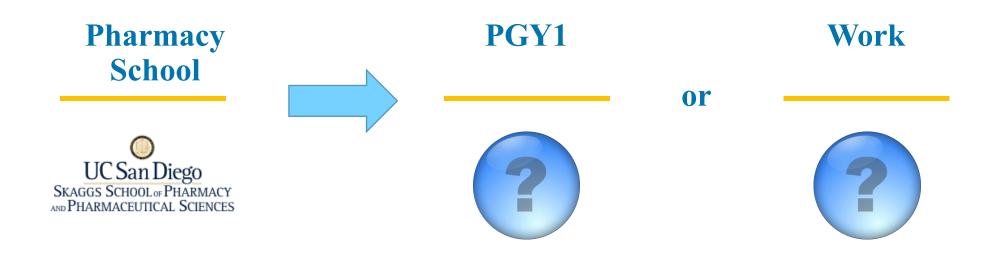
4. Have Fun

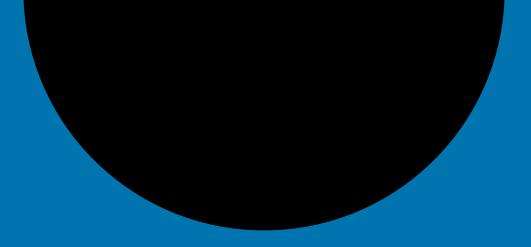
5. Ask Questions











So, you're thinking about residency?

Why?





RESIDENCY

THINGS TO THINK ABOUT

- Interests
- 2. Type
- 3. Teaching
- Staffing
- 5. Research
- 6. Program Size
- 7. Post-Residency Plans

Rotations/Electives: internal med, cardio, crit care, surg, ASHALGEbengerer JChon Decinpatient HIV, ASDitapadiatrissopediatrisulDuiEDvinformatics.psych, nes, med safety, organ transplant, pain sare ambeate attices; hears tallure, Havelde Bratestations Leptobre a cadenia jobs tetridenetc... research projects BResources for research? Will the research coincide with your interests? Tobetween? What's the end summer Hospital Job? Tobetween?

job? Specialized? Jack-of-all-trades?

Still interested

IN RESIDENCY?





Good.

Still interested

IN MONEY?



ONE WORD TO DESCRIBE RESIDECY

1. Rewarding

2. Valuable

3. Marathon

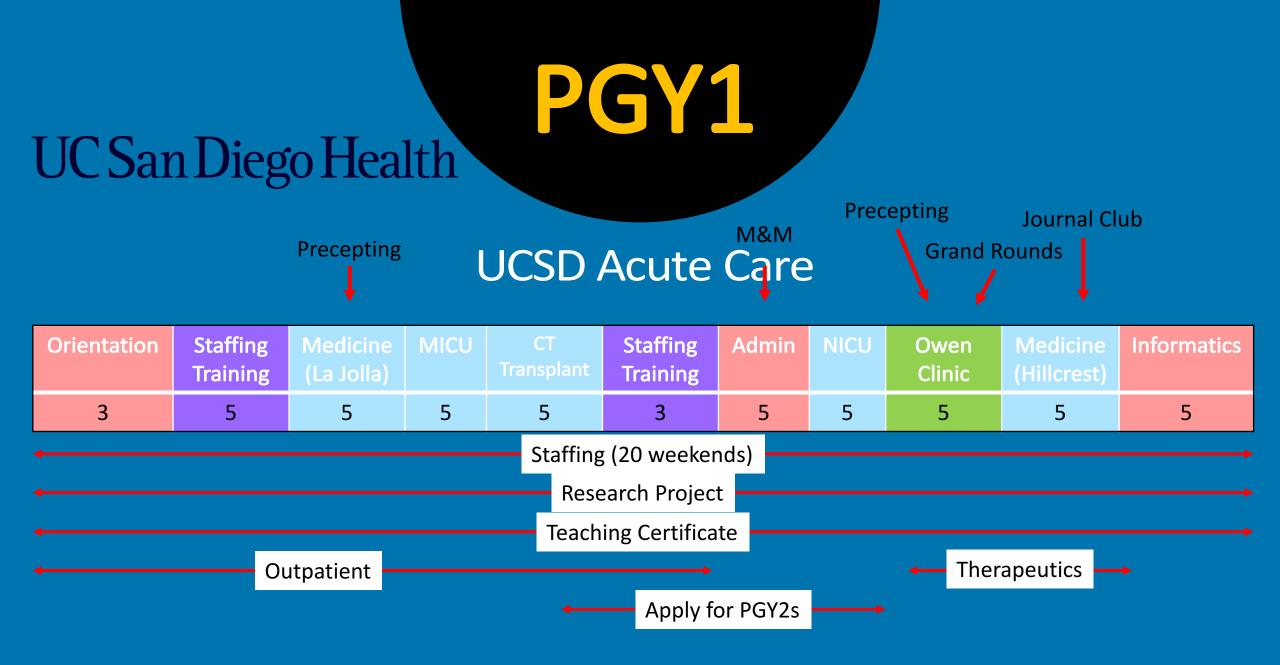
Balance Training Stressful Memorable SuccessfulTears ExhilaratingDone **Enlightening GreatChallenging** Educational FunExhausting BusyPledging Pain Growth



ASHP lists 3 types

1. Pharmacy

- 2. Community Pharmacy
- 3. Managed Care







	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 C Ralphs UCSD Ac 12 mo	s Store cademia	





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







Academia





Corporate



Teaching

Location



PALOMAR HEALTH

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		
ASHP PLA 2017 Program												
Staffing (12 weekends)												
Research Project												
	Apply for PGY3s Jobs											

PALOMAR HEALTH

My "Typical" Day

PGY2

		Colendar - JainusNathan.Mahoe@g	salomarhealth.org - Microsoft Outlook								Calendar - JairusNathan.Mahoe@	palomarhealth.org - Microsoft Outlook			
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PALOMAR HEALTH



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. <u>Make time for Yourself</u>





"I'd rather be a good man, than a great king"



—Thor

Best of Luck!

Questions?

THANK YOU