

2023-2024

Sanford Pharmacy Residency Newsletter



Table of Contents

Current Residents.....	2-8
Incoming Residents.....	9-12
Preceptor of the Year.....	13
Pictures.....	14-17

Current PGY2 Critical Care Resident

Cameron Sofia

- Hometown: Huntley, IL
- Pharmacy school: Purdue University
- Career plans: ICU and ER Pharmacist
- Hobbies: Video/board games, hiking, reading (fantasy, Sci fi)
- Fun fact: I was the first in my family to graduate from college!
- Favorite memory: Having our first big win at the coin pusher at Space Aliens arcade!



Research

- Studied the impact of early IV milrinone use with vasospasm occurrence in aneurysmal subarachnoid hemorrhage patients to prevent new ischemia and improve neurological outcomes
- Mentors: Drs. Jodi Atterberg and Megan Moore

Med Safety

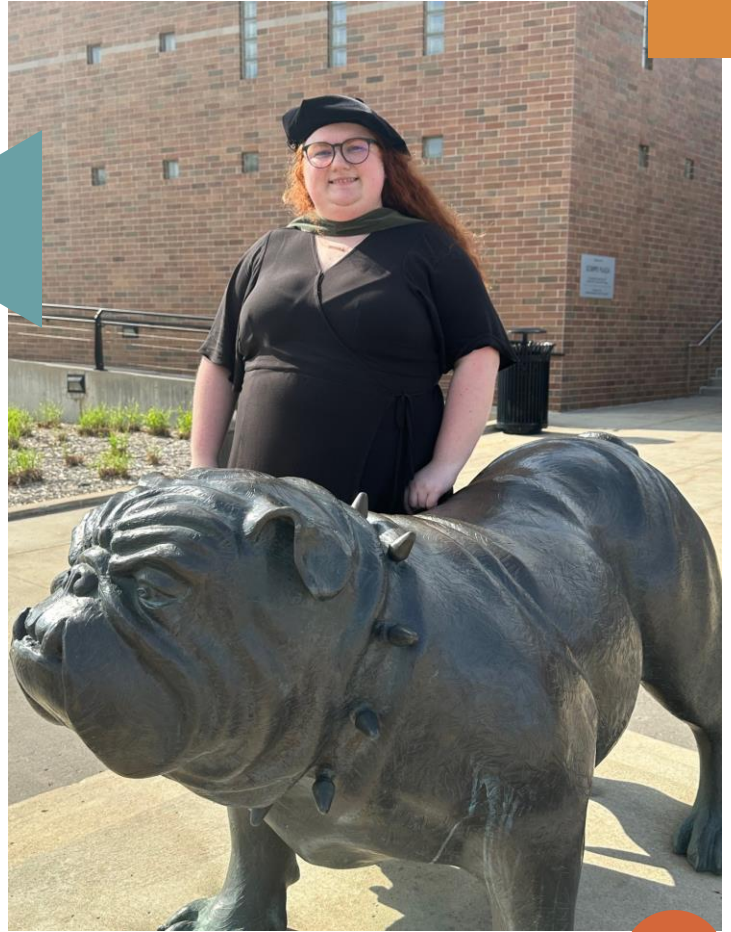
- Created a new workflow for pharmacist response to positive blood cultures to lessen reliance on our manual paging system, including getting approval for implementation of an automated best practice alert to notify pharmacists when blood cultures result.

MUE

Assessed current practice for fentanyl titration using enteral oxycodone and proposed a protocol for instead using methadone in specific patient scenarios. Methadone is currently being used more frequently and the results will be compared with the previous oxycodone practice

Current PGY1 Pediatric Resident

Morgan Schrage



- Hometown: Cresco, Iowa
- Pharmacy school: Drake University – Des Moines, Iowa
- Career plans: Stay at Sanford Fargo
- Hobbies: Quilting, reading, racing
- Fun fact: As a way to commemorate residency, I am making a color coded quilt with the high and low temperature of every day of residency.
- Favorite memory: Winning the coin pusher game at Space Aliens

Research

- Studied the comparison of methadone and morphine use as weaning agent for the treatment of iatrogenic withdrawal in the neonatal intensive care unit.
- Mentors: Carlina Grindeland and Julia Muzzy

Med Safety

- Created a workflow action to guide decision making in whether or not a medication is safe to be put into a kit
- Created a SBAR and protocol to be approved to create a standard dosing weight for patients in the ICU that are on weight based continuous infusions


MUE

Evaluation of the current pediatric enoxaparin anticoagulation guide with current location data to determine if changes are needed with the intent to pursue possible enoxaparin dosing consult service.

Current PGY1 Ambulatory Care Resident



Fatme Younes

- Hometown: Beirut, Lebanon
- Pharmacy school: North Dakota State University School of Pharmacy
- Career plans: Joining the Sanford Specialty Pharmacy Team
- Hobbies: Hiking, Houseplants ("biophilia"), Home Improvement & Decor
- Fun fact: I am a real estate agent! #RelocatorRx 
- Favorite memory: 7-hour car ride to MPRC in Omaha, NE

Research

- Studied the impact of the pharmacist-managed diabetes care currently offered at Sanford primary care clinics
- Mentor: Dr. Douglas Gugel-Bryant and Dr. Nicholas Meyer
- Designed a retrospective cohort study to evaluate CYP2D6-genotype-based adverse effects in patients on Aripiprazole
- Mentor: Dr. Natasha Petry and Dr. Amanda Massmann

Med Safety

- Collected the latest guideline recommendations and updated the pre-anesthesia medications policy to improve patient safety
- Conducted an ambulatory medication safety tracer in 29 Sanford clinics and formulated a plan to improve availability, storage and administration of emergency medications in the ambulatory care setting

MUE

Designed and piloted an intervention to improve pharmacy contracts compliance metrics and medicare star ratings for statin use in patients with diabetes

Current PGY1 Traditional Resident

Rebecca Aubart



- Hometown: Colgate, ND
- Pharmacy school: North Dakota State University
- Career plans: Staying on with Sanford Health Fargo
- Hobbies: Reading, Travel
- Fun fact: I'm an identical twin
- Favorite memory: Waiting in line for the Cars ride at Disneyland.

Research

- Conducted research entitled, "Glucagon Like Peptide – 1 Receptor Agonist Impact on Inflammatory Bowel Disease". We looked at patient's who were diagnosed with IBD that were taking GLP-1 agonist medications, identifying the possible positive impact the medications could have on IBD symptoms.
- Mentor: Douglas Gugel-Bryant, PharmD, BCPS

Med Safety

- Created a workflow diagram to recommend appropriate actions to address wrong route medication errors with traditionally IV route medications.
- Evaluated the utility and efficiency of the Risk Connect data fields used for grading medication safety events.

MUE

Working with managers at Sanford owned network sites, we assessed compliance and identified areas for improvement on solid oral dosage forms and inhalers within the Therapeutic Substitution by Pharmacy Policy.

Current PGY1 Traditional Resident

Trent LaCanne



- Hometown: Windom, MN
- Pharmacy school: South Dakota State University
- Career plans: Internal medicine pharmacist at Sanford Sioux Falls
- Hobbies: Fantasy football, fishing
- Fun fact: I did the napoleon dynamite dance for a pharmacy talent show (and lost)
- Favorite memory: Beating the preceptors in bowling.

Research

- Completed a research project named "Phenylephrine vs. norepinephrine in patients with atrial fibrillation in rapid ventricular rate" where rate and rhythm effects of phenylephrine were compared to norepinephrine
- Mentors: Liz Gau, Megan Moore

Med Safety

- Optimized ordersets and panels in the CCL and IR spaces in preparation for barcode scanning.
- Created a medication level guide to easily assess how to order a medication level and when to expect results

MUE

Validated our current vancomycin nomogram and compared trough levels attained to predicted AUC between two calculators.

Current PGY1 Traditional Resident

Abby Leitch

- Hometown: Mankato, MN
- Pharmacy school: University of MN
- Career plans: clinical pharmacist at Mayo Clinic Health System-Mankato
- Hobbies: volleyball, reading, exploring coffee shops (but only ordering matcha)
- Fun fact: I played volleyball almost weekly throughout residency!
- Favorite memory: ASHP Midyear in Anaheim, CA and MPRC in Omaha, NE



Research

- Evaluated the impact of ongoing provider feedback and education on antibiotic prescribing for upper respiratory tract infections in the urgent care setting.
- Designed a retrospective cohort study to assess safety and efficacy of antibiotic prophylaxis strategies for simple ambulatory urological procedures.
- Mentor: Maxx Enzmann, PharmD, BCPS, BCIDP

Med Safety

- Created a report to identify patients on prolonged courses of dual antiplatelet therapy (DAPT) and a workflow for pharmacist-led stewardship of DAPT in the clinic setting.
- Designed a workflow for pharmacist allergy assessments and implementation of antibiotic oral-graded challenges.

MUE

Evaluated Sanford Fargo's treatment of ventilator-associated pneumonia as required by the Joint Commission.

Current PGY1 Non-Traditional Resident

Janie Lundberg

-Hometown: Elk River, MN

-Pharmacy school: University of Minnesota
Duluth

-Career plans: Finishing PGY1 next year and
continuing my career at Sanford with plans to
apply to PGY2 in critical care

-Hobbies: I love spending time with my dogs
Max and Stella, my boyfriend Nathan, friends
and family; fishing, hunting, being outside and
going to concerts

-Fun fact: I can play the piano

-Favorite memory: Hanging out with co-
residents



Research

"Rates of acute kidney injury in patients
receiving antimicrobial-infused bone
cement plus systemic antibiotics versus
systemic antibiotics alone following total
joint arthroplasty"

Med Safety

- Reviewed safety concerns regarding
current IVIG infusion build and working
towards potential new build
- Assessed need for pediatric
liquid medication dose banding
vs batching and implementing new
workflow with regards to high use
medications

MUE

Assessed Gentamicin dosing
protocol for neonatal sepsis

Incoming Residents

Ben Arends

PGY2 Critical Care Resident

-Hometown: St Paul, MN

-Pharmacy school: NDSU

-Career ambitions: Beyond completion of a PGY2

I would love to work in both the critical care and emergency medicine settings. Additionally, I would like to become a preceptor to future students and residents.

-Hobbies: Playing board games, trying new restaurants and breweries, traveling

-Fun fact: Crocs are the most common type of shoe I own

-What are you most excited for in completing your residency at Sanford?: For the upcoming year I am looking forward to being back at Sanford in a new role. I am excited for the opportunity to precept further and the wide variety of critical care experiences.



Chris DiPede

PGY2 Critical Care Resident

-Hometown: Moorestown, NJ

-Pharmacy school: Temple University

-Career ambitions: Become a clinical specialist in critical care

-Hobbies: I really enjoy being active outdoors, hiking and experiencing nature whenever I can

-Fun fact: I'm currently training for a 10k, with the eventual goal of running a half marathon

-What are you most excited for in completing your residency at Sanford?: opportunity to expand my skill set in an area I'm passionate about while forming new connections with the people I meet along the way.



Incoming Residents

Habiba Afifi

PGY1 Ambulatory Care Resident

-Hometown: Fargo, ND

-Pharmacy school: NDSU

-Career ambitions: My career ambition is to practice at the top of my license and have an active role in patients' medication management. My career interests include ambulatory care, infectious disease, cardiology, and acute care.

-Hobbies: My hobbies include weight lifting at the gym, singing, outdoor activities and spending time with family and friends.

-Fun fact: I am bilingual

-What are you most excited for in completing your residency at Sanford?: I am most excited about the wide range of electives/rotations that Sanford offers and connecting with my co-residents.



Andrew Holick

PGY1 Pediatric Resident

-Hometown: Tucson, Arizona

-Pharmacy school: Roseman University College of Pharmacy

-Career ambitions: Pediatric Ambulatory Care

-Hobbies: Music/concerts, bowling, painting, reading, TV/movies, traveling

-Fun fact: Bowled two sanctioned 300 games (one as a Junior and one as an adult).

-What are you most excited for in completing your residency at Sanford?: I am excited to get to work in the Sanford pediatric department, learning from experienced pharmacists and staff. To be able to dive deeper into treating this patient population with care, compassion, and precision.



Incoming Residents

MaKayla Geyen-Helget

PGY1 Traditional Resident

-Hometown: Monticello, MN

-Pharmacy school: NDSU

-Career ambitions: Emergency Medicine
Pharmacist

-Hobbies: Playing pickleball, traveling, and
spending time with friends and family

-Fun fact: I have 2 fur-children

-What are you most excited for in completing
your residency at Sanford?: I am most excited
to grow my clinical knowledge and explore
various areas of pharmacy practice with the
guidance of many great preceptors and
mentors.



Leandre Kalhagen

PGY1 Traditional Resident

-Hometown: Edmore, ND

-Pharmacy school: NDSU

-Career ambitions: I am still unsure of my
primary ambition and focus area but am
interested in widening my clinical knowledge
within the critical care and oncology fields.

-Hobbies: Baking, crocheting, reading and
playing board games with my friends.

-Fun fact: I can solve a Rubik's Cube.

-What are you most excited for in completing
your residency at Sanford?: I'm excited to
further broaden my experiences in different
areas of pharmacy practice that I didn't get a
chance to fully explore during my rotations. I
am also eager for the opportunity to further
advance my personal and professional
development to improve my clinical pharmacy
skills and confidence in patient care.



Incoming Residents

Brian Meissner

PGY1 Traditional Resident

-Hometown: Mandan, ND

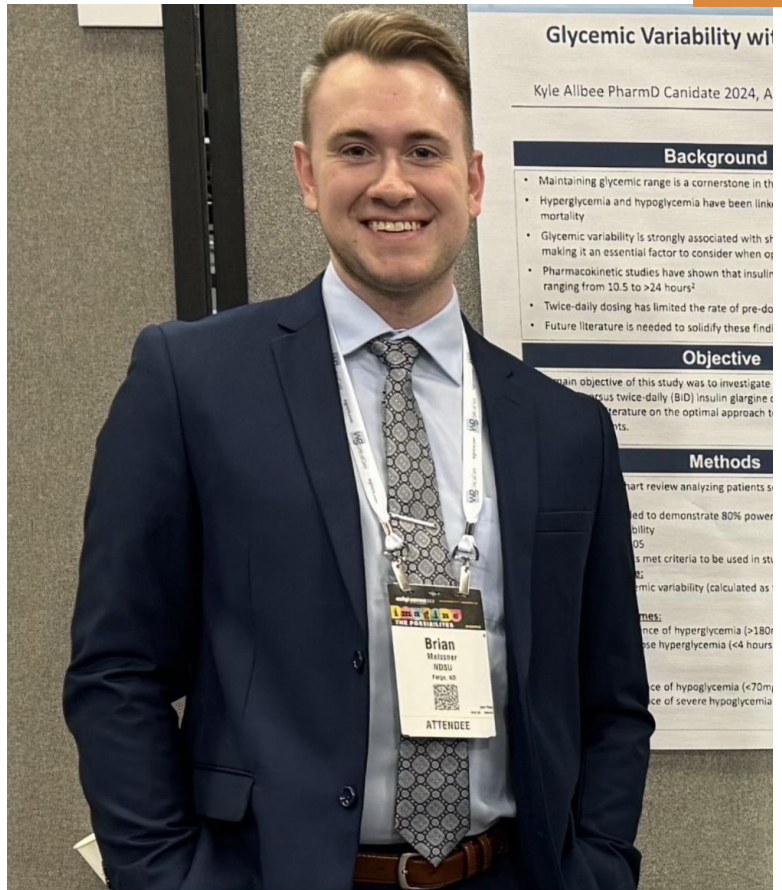
-Pharmacy school: NDSU

-Career ambitions: Becoming a Board-Certified Psychiatric Pharmacist or Pharmacogenomics Specialist

-Hobbies: Hanging out with friends, cooking, going to the gym, playing tennis

-Fun fact: I have self-taught myself piano for the past few years.

-What are you most excited for in completing your residency at Sanford?: Building a strong clinical foundation base to carry into a PGY2 residency!



Preceptor of the Year 2024

Each year the current residents vote for the preceptor of the year: a preceptor that has inspired and encouraged residents to work hard, develop their clinical skills, and provide safe and effective patient care.



Maja Stoneberg, PharmD, BCPS

Impact on this year's residents:

- Served as a primary preceptor for Adult Medicine I and II
- Precepted all medication safety projects for the PGY1 Traditional/Non-Traditional residents
- Mentored a Pharmacy Grand Rounds presentation

Favorite aspects of precepting:

"As a preceptor, I derive great satisfaction from establishing a constructive but safe atmosphere where residents feel empowered to share ideas, ask questions, and actively contribute. This year, I've had the privilege of witnessing residents blossom into skillful clinicians during their internal medicine rotations and emerge as confident leaders in our medication safety project meetings. I've found immense joy in observing their growth, not only in clinical knowledge but also in their ability to collaborate effectively and propose innovative solutions. They have demonstrated amazing creativity and resourcefulness in overcoming challenges, providing me with invaluable learning opportunities from each of them. I look forward to continuing to mentor and learn from the next cohort of residents, building on the successes and lessons of this year."

Pictures



Pictures



Pictures



Pictures

