

SANFORD RESIDENCY NEWSLETTER

FARGO, NORTH DAKOTA

June 2020

Guess the resident:

1. Has a set meal schedule for every day of the week (listed on page 9)
2. Has siblings that are 12 and 14 years younger
3. Has an uncle and cousin who are tiger trainers in the circus
4. Broke a bone in their foot while performing a WWE wrestling move
5. Played on an all-guys hockey team in middle school
6. Holds the record for all-time saves at their home town pool

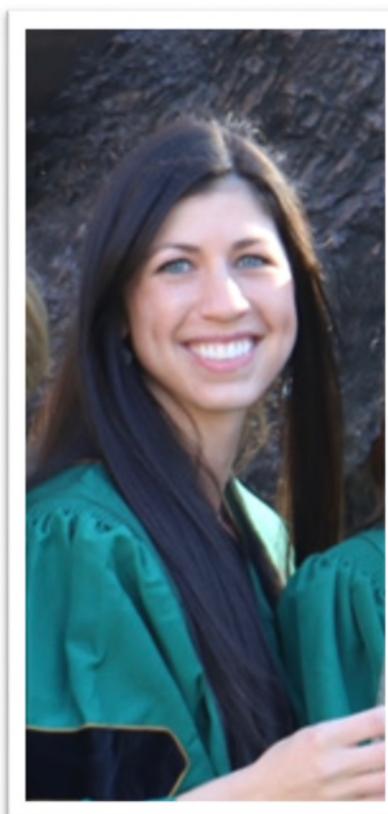


Meet the Current Residents

Siri Burck (PGY1)

Siri is from Fargo, ND. She received her BS in Biochemistry at University of North Dakota in 2015, and her Doctor of Pharmacy degree from North Dakota State University in 2019. Siri's research project evaluated the utility and feasibility of implementing a screening tool for opioid misuse and accidental overdose in the inpatient setting. In this pilot study, 93.3% of patients were screened as at risk of opioid misuse or accidental overdose. After implementation of the screening tool and recommended changes based on risk score, the experimental group had decreased MMEs on 24-hour follow-up, increased non-opioid analgesic availability, and increased naloxone prescriptions at discharge.

When her residency is complete, she is excited to continue working at Sanford as a clinical pharmacist. Outside of work, Siri enjoys spending time with family and friends, reading, watching shows, doing puzzles, and spending time at the lake.



**Maxx Enzmann (PGY1)**

Maxx is from Carmel, IN and attended Drake University in Des Moines, IA, where he graduated with his Doctor of Pharmacy degree in 2019. For his residency research project, he found no difference in bleeding risk in regimens containing ticagrelor and anticoagulation compared to regimens containing clopidogrel and anticoagulation.

Following the completion of his PGY-1 year, Maxx will be completing a PGY-2 in infectious diseases at Froedtert & the Medical College of Wisconsin in Milwaukee, WI. In his free time, Maxx likes to spend time with family and friends, staying active, watching football, reading Stephen King novels, and going to the lake.

**Mike Erickson (PGY1)**

Mike is from Langford, SD and attended South Dakota State University in Brookings, South Dakota. For his residency research project, he concluded that switching between originator infliximab and infliximab-dyyb may maintain efficacy without an increase in adverse effects. His MUE examined appropriate use of IV methadone in surgery. Mike is excited to be staying on at Sanford in an OR pharmacist role. In his free time, Mike enjoys watching sports, being outside, and spending time with friends and family.

Anna Fox (Hutto) (PGY1 Ambulatory Care)

Anna is from Winchester, Virginia and attended Virginia Tech in Blacksburg, Virginia for her undergraduate degree in nutrition and exercise science. She went on to pharmacy school at Virginia Commonwealth University in Richmond, Virginia. For her medication use evaluation project, she examined the rates of osteoporosis and c. difficile infections in patients on long-term proton-pump inhibitor therapy.

Following the completion of her PGY-1 year, Anna will be moving to Mission, South Dakota for a job with the Indian Health Service working in ambulatory care on the Rosebud Sioux reservation. Outside of pharmacy, Anna is an artist, she also loves to travel, hang out with her dog Daisy, and try new restaurants.

**Sammie Nguyen (PGY1 Non-Traditional)**

Sammie's research project looked at the impact of implementing Multi-Step Order Transmittal (MSOT) pharmacy support on physicians' burden for re-prescribing at ambulatory specialty clinics such as dermatology and rheumatology. Her MUE is analyzing and putting together required URAC data measures for Fargo Sanford Specialty Pharmacy in preparation for URAC re-accreditation in 2021. Sammie is amazed that a year has already gone by but is excited to finish out her non-traditional residency in the second year with new co-residents! In her free time, she likes to hang out with family and [learn to] make some yummy Vietnamese dishes, which could be a hit or miss. She is hopeful for many things this coming year and less social-distancing is definitely toward the top!

**Nicole Stenzel (PGY2 Critical Care)**

Nicole's research project was looking at vasopressin use in patients with a non-native kidney and the need for renal replacement therapy and rate of kidney failure. Her MUE was looking at 4-factor prothrombin complex concentrate at the Fargo institution from August 2018 to August 2019 and the appropriateness of use. Nicole completed EMR build for the acute management of malignant hyperthermia as well as her work related to overrides for her medication safety project. During her PGY2 year, Nicole enjoyed making memories with friends and family. She is excited for her first seven days off after residency, and is happy to be staying on staff as an evening ICU pharmacist.

Meet the Incoming Residents

Nick Meyer (PGY1 Ambulatory Care)

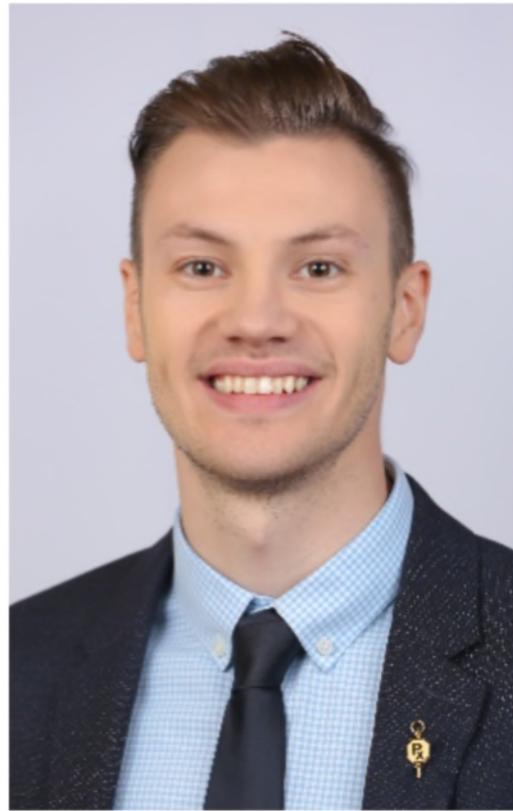
Nick is originally from Melrose, MN, but has lived mostly in the Fargo/Moorhead area for the last 18 years. He earned his PharmD from North Dakota State University. Nick worked as an intern in the inpatient pharmacy at Sanford throughout pharmacy school and is excited to continue his career at Sanford as an ambulatory care pharmacy resident. His clinical interests include diabetes management, anticoagulation, and infectious disease.

Outside of pharmacy, Nick enjoys spending time with his wife Anne and their two kids (Vivian – 3, James – 1). In the summer he enjoys golfing and spending time at the lake with the family. Prior to pursuing a career in pharmacy, Nick was a musician and still enjoys singing and playing guitar from time to time.



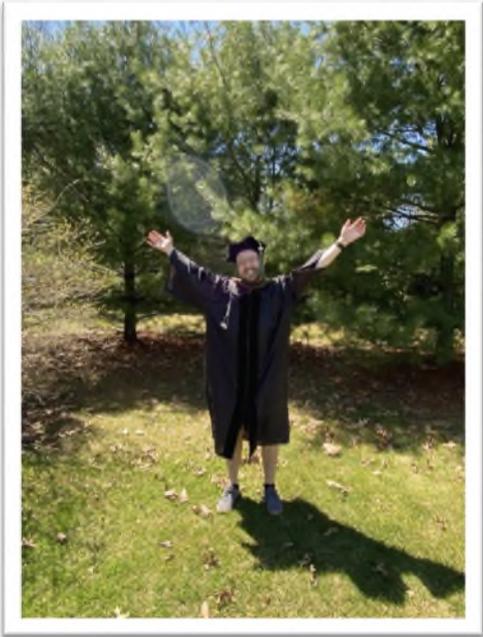
Kirby Knutson (PGY1)

Kirby Knutson graduated from North Dakota State University here in Fargo. Prior to attending NDSU, He was at Kent State University in Kent, OH for two years as an undergraduate. He grew up in the small town of Watkins, MN and also completed a year of high school in Hubbard, OH (close to Youngstown). During pharmacy school he worked as an intern at CVS Pharmacy in Moorhead and Sanford South University. He enjoys the subjects of infectious disease, cardiology, surgery, and neuro/psychology. In his free time, he plays a lot of volleyball and ultimate frisbee. He spends his summer weekends driving down to the tiny house his family built on the Ottertail River near Fergus Falls and enjoying time outdoors there. He is looking forward to an exciting year of learning and starting his career as a pharmacist!

**Molly McCord (PGY1)**

Molly's hometown is Mount Summit, Indiana which has a population of 336 people according to Google. She received her PharmD degree from Purdue University in West Lafayette, Indiana (Boiler Up!). In the future, she plans to become a clinical pharmacist or pursue a PGY2 residency in some area of interest in acute care. In her free time, she enjoys anything true crime-related, she is a dedicated plant mom, and she likes to hike, cook, and bake. While in Fargo, she plans to find cool places to eat, check out some local breweries, find a good coffee shop, and do some fun outdoorsy things.

Fun Facts: She has a twin brother who graduated from her rival college. She has held a 5-foot-long python. She loves to go thrift-shopping.



Cody Wise (PGY1)

Cody is from Niles, Michigan and completed both undergraduate studies and pharmacy school at Ferris State University in Big Rapids, Michigan. With a background mainly in community pharmacy, he is very excited to begin his long career in clinical pharmacy practice with special interests in emergency medicine and critical care. Given these interests, Cody is happy to be entering residency at a hospital with a level 1 trauma center. Outside of pharmacy, Cody enjoys skateboarding, snowboarding, and going on nature walks with a good podcast. He is excited to explore Fargo and find the best places to skate and walk.

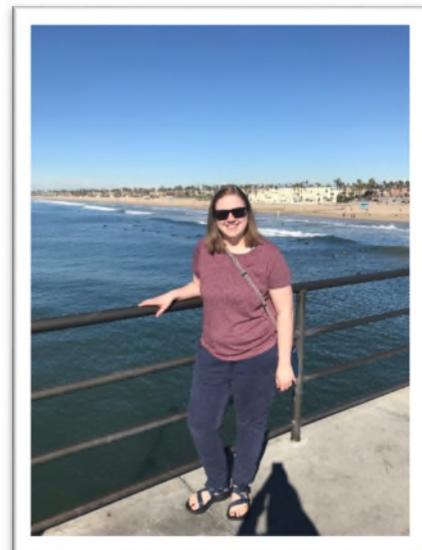
Gianna Vitale (PGY2 Critical Care)

Gianna grew up in Schenectady, NY and completed her PharmD at Albany College of Pharmacy in NY. During her PGY-1 at Maine Medical Center in Portland, Maine, she found her love for critical care and she is so excited to be joining everyone in Fargo for her PGY-2! She loves to hike, take pictures, and spend time with her friends.



Megan Czmowski (PGY2 Oncology)

Megan is from Rapid City, SD. She completed her undergraduate degree in Chemistry at Northern State University in Aberdeen, SD. She earned her PharmD from South Dakota State University. She completed her PGY1 residency at the VA Black Hills Health Care System in Fort Meade, SD. During her PGY2, Megan is hoping to gain the skills and knowledge required to be an oncology pharmacist while continuing to improve her clinical skills gained during her PGY1 residency. In her free time, Megan enjoys spending time with friends, traveling, watching hockey, hiking, and reading.



Preceptor of the Year

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.

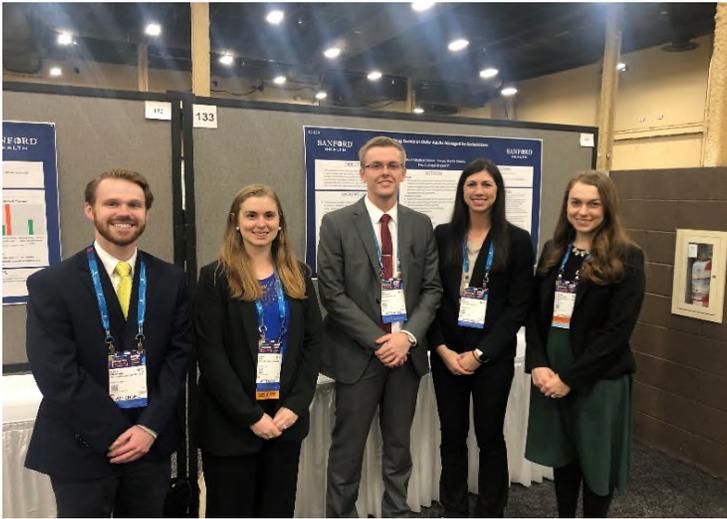
We would like to thank all of our preceptors for their dedication, advice, and hard work!

We would also like to acknowledge the 2018-2019 recipient of Preceptor of the Year:

Codi Yokom, Pharm.D.



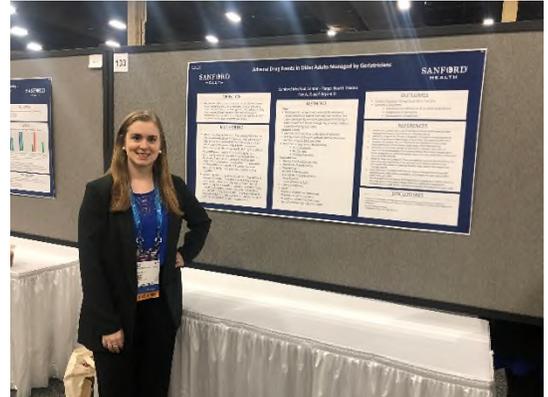
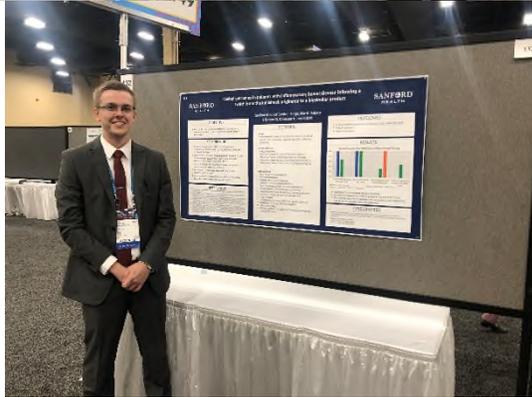
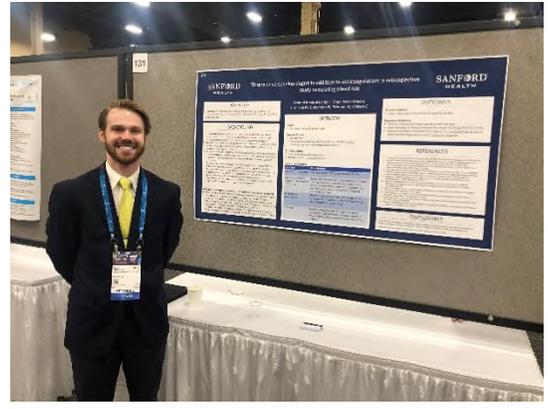
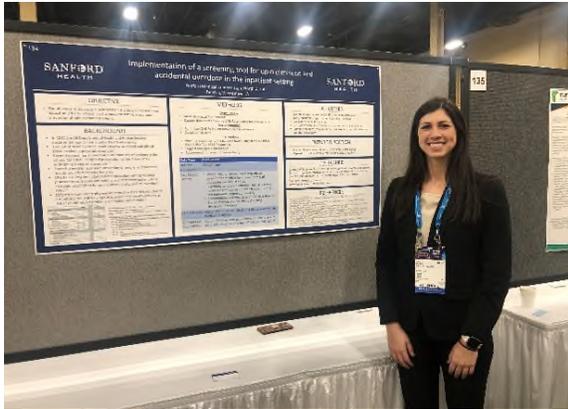
Residency Highlights



- ❖ Poster presentations of residents' research projects were presented at the **2019 ASHP Midyear Conference** in Las Vegas, Nevada and PowerPoint presentations at Sanford. Midwest Pharmacy Resident Conference in Omaha, Nebraska was cancelled due to COVID.
- ❖ Residents graded **Midas** safety events throughout the course of the year



- ❖ The residents had a **Christmas Dinner Party** and a White Elephant gift exchange that was hosted at the RPD's house
- ❖ **Enterprise formulary requests** were prepared by residents and presented to the whole enterprise for approval or rejection.
- ❖ **MUE:**
 - Electrolyte maintenance & allergy challenge panel
 - IV methadone use in surgery
 - 340B purchasing optimization
 - Rates of osteoporosis and CDI in patients on long-term PPI therapy
 - Use of 4-factor prothrombin complex concentrate



Maxx's Weekly Meal Schedule

Monday: Pasta
 Tuesday: Frozen TV dinner
 Wednesday: Tilapia and rice
 Thursday: Frozen pizza
 Friday: treat yo self (usually a burger from a local restaurant)
 Saturday: Chicken, rice, and veggies
 Sunday: Shrimp and rice
 Yes, he really ate this same regimen every week...

Guess the Resident Answers:

1. Maxx
2. Sammie
3. Siri
4. Mike
5. Anna
6. Nicole

❖ **Pharmacy Grand Rounds** provided the residents an opportunity to research areas of interest and present to pharmacists and students. Each resident also completed an additional presentation to a non-pharmacist audience; these audiences included medical residents, nurses, and students at NDSU's pharmacy school.

❖ Siri, Maxx, Mike, Anna, Nicole, Sammie, and Carlina participated in an **Escape Room!**

More Fun Facts:

- Siri:** Took 4 semesters of sign language in undergrad and continues to take classes and practice
- Maxx:** Favorite music genre is screamo
- Mike:** Was on one of the construction crews that helped build SDSU's football stadium
- Anna:** First job was at Chick-fil-a
- Nicole:** Is amazing at hammerschlagen
- Sammie:** Learned French for 4 years in high school and doesn't remember much except the teacher was cute

Medication Safety Projects

Siri Burck

- Audited the trough, MRI/PCA, and MG BPAs for efficacy. The outcome of this audit resulted in an addendum to two of the BPAs, that will help guide providers to appropriately order pain meds for patients on a PCA receiving an MRI, as well as for providers to safely order medications for MG patients.
- Worked on a 2020-2021 ISMP New Best Practice to limit the variety of medications that can be removed from an automated dispensing cabinet using the override function. She has removed 19 medications thus far with an additional 43 pending approval. Siri completed audits on the current use of override medications, as well as updated the current policy list and made changes to the override availability in the automated dispensing cabinets.
- Is working to change the process of Falls Huddles to clearly define the pharmacists' role and to utilize pharmacy effectively in the process of preventing falls

Maxx Enzmann

- Implemented safeguards on NICU fluid order sets to decrease ordering of hypotonic NICU fluids
- Updated order instructions and eRx names to further limit inappropriate indications for antibiotics.
- Added pertinent lab values and order instructions to pharmacy on verification screens for chemotherapy medications that require dose adjustments for renal and hepatic impairment.

Mike Erickson

- Implemented an AirMed administration cross-check process instituted Enterprise-wide and created a pediatric dosing calculator for the flight crews.
- Worked on potential fixes for different types of erroneous charting. Currently working on implementing all MAR discontinuation reasons to cancel past MAR due times and silent BPA that will fire when medications are charted as "refused" or "not indicated".
- Implemented an open discrepancy Email that will notify all unit managers/directors and CCLs about unresolved discrepancies.

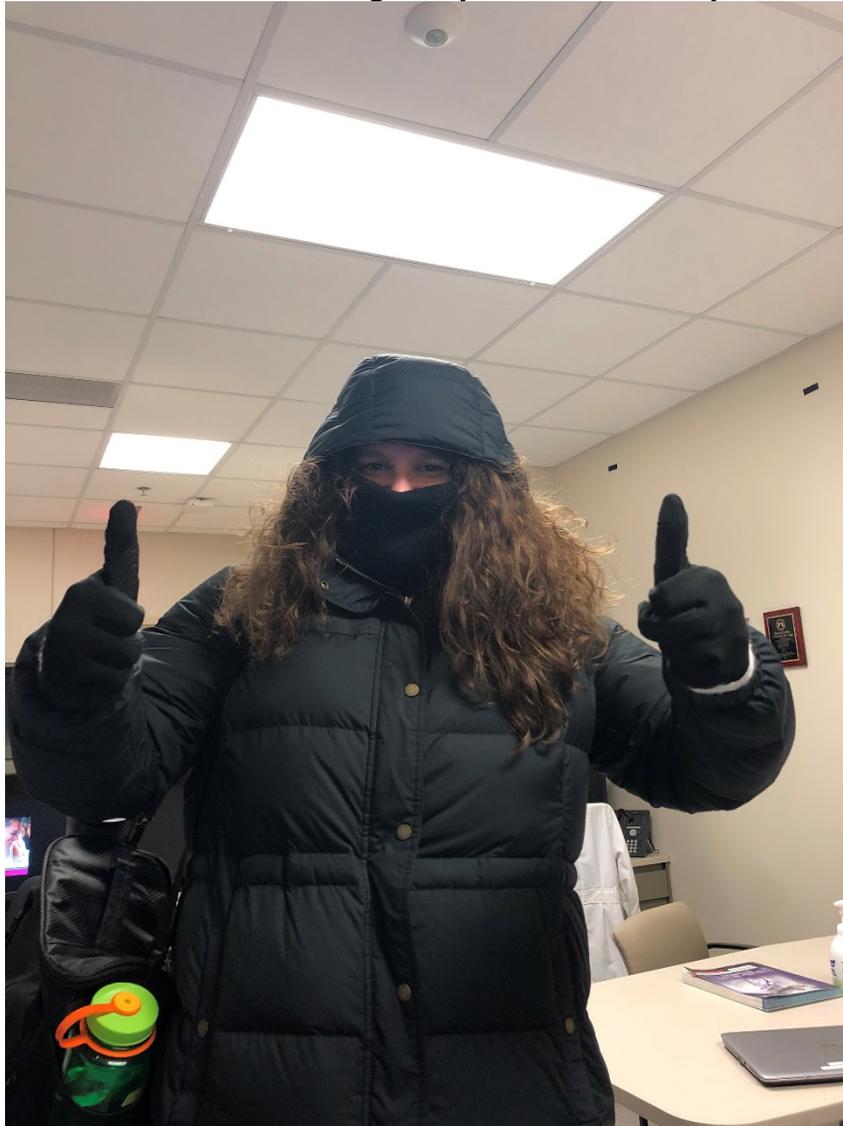
Anna Fox

- Implemented safeguards to ensure anticoagulation pharmacists were aware of any medications started in their patients that had a high potential for interaction
- Created a process to ensure that pediatric patients were having their medication lists reviewed and updated when stimulants were changed by providers
- Ensured that nursing workflow was being correctly implemented for vaccination scanning at regional clinics

Nicole Stenzel

- Her MUE was looking at 4-factor prothrombin complex concentrate at the Fargo institution from August 2018 to August 2019 and the appropriateness of use.
- Examined medications on the "override" list for appropriateness.

Here's to another great year of residency!!!!



Pictured: Nicole Stenzel, PharmD, BCPS