

SANFORD PHARMACY RESIDENCY NEWSLETTER

2025-2026

Fargo, ND

vol. 29



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CURRENT PGY2 CRITICAL CARE RESIDENT

TRISTAN HOULE



- **Hometown:** Walcott, ND
- **Pharmacy School:** North Dakota State University
- **Hobbies:** Movies/TV shows, hiking, traveling
- **Career Plans Post-Residency:** Excited to be staying on as a critical care pharmacist at Sanford Health!
- **Quote of the Year:** "I'm not going to help you." -Jen Spadgenske to some poor employee accidentally calling the ICU trying to reach a Sanford clinic
- **Favorite Memory from Residency:** Beating the PGY1's at minigolf at MPRC!

RESEARCH

I evaluated risk factors associated with MRSA and *Pseudomonas aeruginosa* in patients hospitalized with community-acquired pneumonia (CAP) across the four major medical centers within the Sanford Health system. The project identified institution-specific prevalence data and several locally relevant risk factors associated with these organisms. These findings help support ongoing antimicrobial stewardship efforts at Sanford by promoting more targeted empiric antibiotic selection and reducing unnecessary broad-spectrum antimicrobial use.

MUE

I evaluated utilization trends of four-factor prothrombin complex concentrate (4F-PCC) in cardiac surgery patients. The project focused on identifying patterns of appropriate and potentially inappropriate use to better understand current prescribing practices within our institution. Findings from this evaluation will help guide future interdisciplinary discussions with cardiac surgery teams aimed at developing a more standardized approach for identifying patients most likely to benefit from 4F-PCC therapy

CURRENT PGY1 AMBULATORY CARE RESIDENT

KYLE BUTZKE



- **Hometown:** Salem, SD
- **Pharmacy School:** South Dakota State University (Go Jacks!)
- **Hobbies:** Hiking, Board Games, Video Games, Spending Time with Friends
- **Career Plans Post-Residency:** Staying on with Sanford as an Ambulatory Care Pharmacist
- **Quote of the Year:** "I haven't gone top speed in a while" - Tristan before running
- **Favorite Memory from Residency:** Riding the Big Apple Coaster at the New York-New York Hotel & Casino in Las Vegas during Midyear

RESEARCH

Evaluated current inpatient workflow for determining if newborns should receive nirsevimab while inpatient or as an outpatient to assess associated health system cost savings. Found the current workflow saved our system over \$140,000 in the 2024-2025 RSV season, and immunization rates were similar to county and state childhood immunization rates. Currently in the process of repeating data collection for the 2025-2026 RSV season to see if immunization rates are improved with changes to the inpatient workflow.

MUE

Assessed the utility of the Medication Adherence Scoring Tool in EPIC by evaluating fill histories of levothyroxine in patients with hypothyroidism managed by our primary care clinics. Found that up to 20% of patients who received a dose increase in response to an elevated TSH may have been inappropriate due to poor adherence and only 2% of patients had fill history not pulling into the tool, showing that it is both reliable and useful for aiding in clinical decision making.

CURRENT PGY1 PEDIATRICS RESIDENT

EVAN JOHNSON



- **Hometown:** International Falls, MN
- **Pharmacy School:** North Dakota State University
- **Hobbies:** Outdoor walks, watching sports and hanging out with friends!
- **Career Plans Post-Residency:** PGY-2 at Children's Hospital Colorado – Anschutz Campus
- **Quote of the Year:** "I think anyone who likes Peeps either has metabolic syndrome or diabetes" – Nicole Gietzen
- **Favorite Memory from Residency:** The resident Christmas party! It was such a fun night of wonderful food, friends, and games!

RESEARCH

My research project looked at the early use of methylprednisolone in pediatric ARDS. The goal was to see if administration within 72 hours of diagnosis lead to decreased duration of mechanical ventilation. The research itself was limited due to sample size and will not be suitable for publication. However, multi-center cooperation could definitely make such a project feasible.

MUE

I examined albumin use in our pediatric population and discovered the pediatric floor uses more albumin than all adult ICUs combined, Pediatric albumin use accounts for approximately 30% of all albumin administrations in the Fargo region. This equated to a total cost of \$300,000. Only 11% of the patients examined met a true evidence-based indication for use. Cutting out the remaining 89% of uses would have saved ~\$90,000.

CURRENT PGY1 RESIDENT

JUDE AGYEMAN



- **Hometown:** Kumasi, Ghana
- **Pharmacy School:** South College School of Pharmacy
- **Hobbies:** Podcasts, TV/movies, swimming, and traveling
- **Career Plans Post-Residency:** Staying on with Sanford as a clinical pharmacist
- **Quote of the Year:** "I don't always know the answer... but I do know where to find it after my second Celsius of the day." -Morgan Theis
- **Favorite Memory from Residency:** MPRC: learning, networking, and beating the boys at mini golf.

RESEARCH

I evaluated the impact of a pharmacist-led post-hematopoietic stem cell transplant (HSCT) vaccination program compared to standard care. The study found the pharmacist-led program significantly improved adherence to the recommended immunization schedule, with more on-time visits (mean 5.04 vs 3.14, $p=0.0001$) and fewer missed or incorrect vaccine doses (mean 0.96 vs 3.14, $p=0.0001$). Additionally, a higher proportion of patients in the pharmacist-led group completed the full vaccine series (95% vs 85%). These findings highlight the effectiveness of pharmacist involvement in improving vaccination adherence and reducing errors in this high-risk patient population.

MUE

My MUE assessed institutional romiplostim (Nplate) use over a 16-week treatment period, focusing on guideline adherence and effectiveness. We found 70% of cases did not adhere to the FDA-recommended titration protocol. These deviations were associated with suboptimal clinical outcomes, including failure to achieve target platelet levels, missed doses, and inadequate monitoring. Opportunities for improvement were identified, including implementation of enhanced clinical decision support tools, targeted provider education, and pharmacist-led stewardship initiatives to promote adherence to evidence-based dosing strategies and improve outcomes.

CURRENT PGY1 RESIDENT

MORGAN THEIS



- **Hometown:** Minot, ND
- **Pharmacy School:** North Dakota State University
- **Hobbies:** reading, volleyball, hiking
- **Career Plans Post-Residency:** Critical Care PGY2 in Phoenix, AZ
- **Quote of the Year:** "That's the best sandwich I've had since I was in a basement in Nebraska" -Haley Johnson
- **Favorite Memory from Residency:** Jude learning the chicken dance in Las Vegas

RESEARCH

I reviewed patients who received catheter-directed thrombolysis at Sanford Fargo for cerebral venous sinus thrombosis to determine their clinical outcomes. The primary objective of the study was change in NIH score from the time of catheter placement to discharge. Our study found 8 of the 9 patients had a positive clinical outcome.

MUE

I reviewed hypoglycemia events to determine if our general hospital protocol was followed. We found deviation from the protocol occurred in >60% of hypoglycemic events. Findings from this MUE will help guide future changes to the protocol to improve adherence and patient safety.

CURRENT PGY1 RESIDENT



INCOMING PGY2 ONCOLOGY RESIDENT

HALEY JOHNSON



- **Hometown:** Wheaton, MN
- **Pharmacy school:** North Dakota State University
- **Hobbies:** Watching documentaries, reading, playing golf, and spending time with family and friends.
- **Quote of the Year:** "It was great, you should try it!" – Jude talking about every rotation
- **Favorite Memory from Residency:** Spending time with my co-residents – no matter how stressful or busy things became, they always made this experience more enjoyable

RESEARCH

Evaluated the incidence of infection based on geographical distance from the cancer center in acute myeloid leukemia (AML) patients during the first 90 days after diagnosis. In my analysis, the incidence of infection was not different between patients living greater than 90 miles from the cancer center versus those living less than 90 miles from the cancer center in the first 90 days after diagnosis.

MUE

Evaluate inpatient use of infliximab and rituximab when ordered for non-oncology indications and evaluated compliance to current use criteria and biosimilar selection. Based on the results from the data and current literature review, it was determined that a few changes should be made to the current guidance document. These changes then were approved by the Pharmacy & Therapeutics Committee.

MARIGNELYS RODRIGUEZ

INCOMING TRADITIONAL PGY1 RESIDENT

- **Hometown:** Pinar del Río, Cuba
- **Pharmacy School Attended:** University of South Florida
- **Career Ambitions:** I hope to pursue a PGY2 in either ambulatory care or critical care, depending on where my experiences at Sanford guide me.
- **Hobbies:** I enjoy playing video games, exercising, baking (though I am still working on improving my skills), and journaling.
- **Fun Fact:** I am a competitive video game player, specifically in League of Legends.
- **What I Am Most Excited About During Residency at Sanford:** I am most excited about the opportunity to learn from a diverse group of pharmacists and grow through those experiences.



ELLE SCHERFENBERG

INCOMING TRADITIONAL PGY1 RESIDENT



- **Hometown:** Ada, Minnesota
- **Pharmacy school attended:** North Dakota State University
- **Career ambitions:** Working as a clinical pharmacist in either acute care, oncology, or cardiology
- **Hobbies:** Reading, playing volleyball, and staying active
- **A fun fact about yourself:** I actually cannot fully see out of my left eye - I have an optic nerve coloboma.
- **What are you most excited for in completing your residency at Sanford?** Sanford has a multitude of opportunities to explore different pharmacy practice opportunities. I'm also looking forward to working with the preceptors, everyone has been so welcoming and truly wants to help me learn and grow as a new pharmacist!

RYLIE JOHNSON

INCOMING TRADITIONAL PGY1 RESIDENT

- **Hometown:** Moorhead, MN
- **Pharmacy School:** North Dakota State University
- **Career Ambitions:** I'm currently undecided, but love acute care and critical care
- **Hobbies:** Reading, running, pickleball, finding good restaurants in Fargo
- **Fun Fact:** My absolute favorite coffee order is an iced brown sugar shaken espresso
- **What are you most excited for in completing your residency at Sanford?:** I am excited to serve the people in my community, gain confidence and grow my clinical knowledge, spend time with my co-residents, and spend another year at Sanford!



TAMIKA SILVA

INCOMING TRADITIONAL PGY1 RESIDENT



- **Hometown:** Jamestown, ND
- **Pharmacy School:** North Dakota State University
- **Career ambitions:** I am pursuing a career as a clinical pharmacist while continuing to explore the areas of pharmacy that inspire me most. I am passionate about clinical problem-solving, patient-care, and the leadership and process-improvement work
- **Hobbies:** Reading, cooking, playing piano and guitar. I also enjoy exploring interests in business and entrepreneurship.
- **Fun Fact:** I spent many years dancing and had the opportunity to perform at the Rose Bowl and learn from dancers featured on So You Think You Can Dance
- **What are you most excited for in completing your residency at Sanford?:** I am most excited to learn from Sanford's pharmacists and interdisciplinary teams while experiencing different areas of practice and continuing to discover the areas of pharmacy that challenge and inspire me most

MADISON WUTZKE

INCOMING PEDIATRIC PGY1 RESIDENT

- **Hometown:** Bismarck, ND
- **Pharmacy School:** North Dakota State University
- **Career Ambitions:** Become board certified, work in pediatric critical care, and become a preceptor for future students and residents
- **Hobbies:** reading novels, watching football, hunting, playing pickleball, baking
- **Fun Fact:** I received a minor in Spanish
- **What are you most excited for in completing your residency at Sanford?:** I am super excited to learn from experienced pharmacists who are passionate about the same things I am.



ALYSSA HODGES

INCOMING AMBULATORY CARE PGY1 RESIDENT



- **Hometown:** Breckenridge, MN
- **Pharmacy school attended:** NDSU
- **Career ambitions:** My career ambitions are to be an impactful clinical pharmacist who advocates for both patients and the profession of pharmacy in the clinic setting, legislature, and classroom.
- **Hobbies:** I enjoy spending quality time with my daughter, traveling, filming weddings, exploring new hobbies, and cheering on my favorite sports teams.
- **A fun fact about yourself:** I earned my Master of Public Health prior to my PharmD and was appointed to the NDSU Public Health Advisory Board in 2025.
- **What are you most excited for in completing your residency at Sanford?** I am most excited to gain new mentors, deepen my pharmacy knowledge, continue learning, and officially begin my practice within the profession!

KAMERON FRANCIS

INCOMING CRITICAL CARE PGY2 RESIDENT

- **Hometown:** Darien, Georgia
- **Pharmacy School Attended:** South University School of Pharmacy
- **Career Ambitions:** Become a BCCCP with an active role in the multidisciplinary care of critically ill patients, while precepting student pharmacists and having an active role in pharmacy organizations
- **Hobbies:** cooking, crafting (making wreaths and DIY projects), shopping, spending time with my dog Sophie and family
- **Fun Fact:** I went to Halloween horror nights for my 16th birthday and got so scared I passed and they had to carry me out and use smelling salts to wake me up.
- **What are you most excited for in completing your residency at Sanford?:** I am excited to learn more about the role of a critical care pharmacist and seeing the different specialized ICUs



RESIDENCY GRADUATION DINNER



PRECEPTOR OF THE YEAR

Sam Markle



IMPACT ON THIS YEAR'S RESIDENTS:

This year's residents were incredibly fortunate to learn from a preceptor whose dedication to teaching extended far beyond the expectations of the role. Throughout the year, they consistently adapted their teaching approach to meet each resident's individual goals, strengths, and learning styles. Their impact was evident across numerous resident projects and learning experiences including journal club, grand rounds presentations, and research. Their influence will continue to be reflected in the confidence, skills, and professional growth of the residents they helped shape.

THE “MOOD STABILIZER”

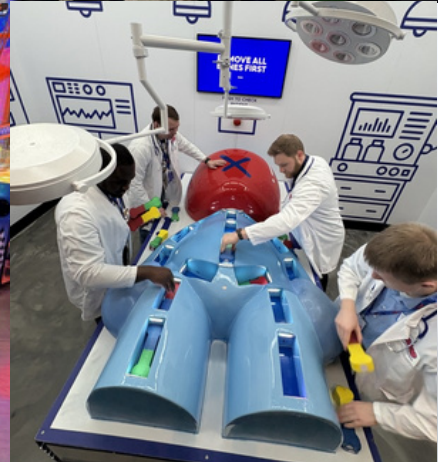
Shelby Buller



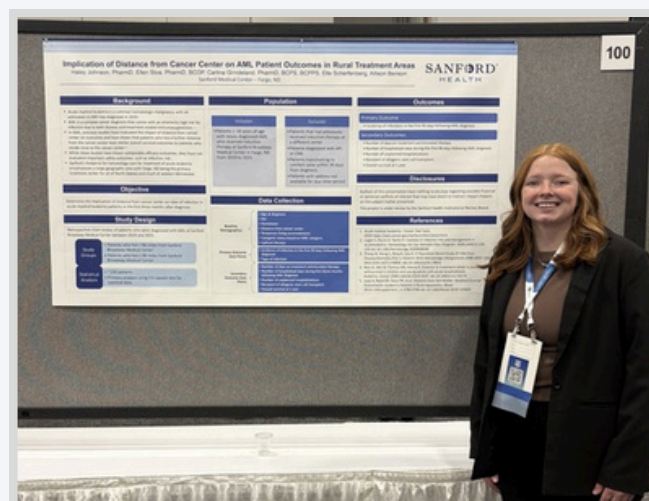
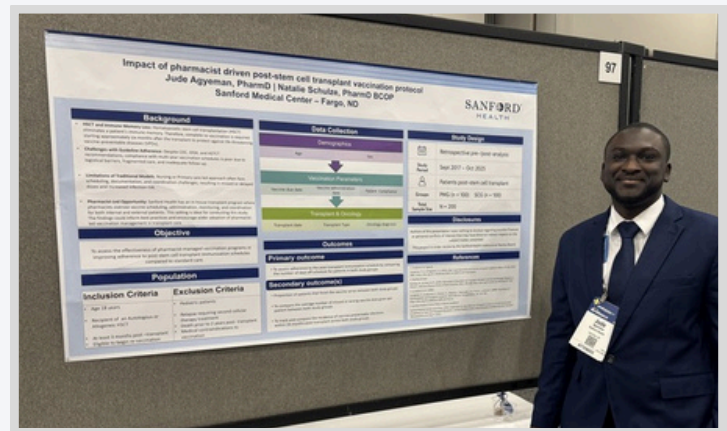
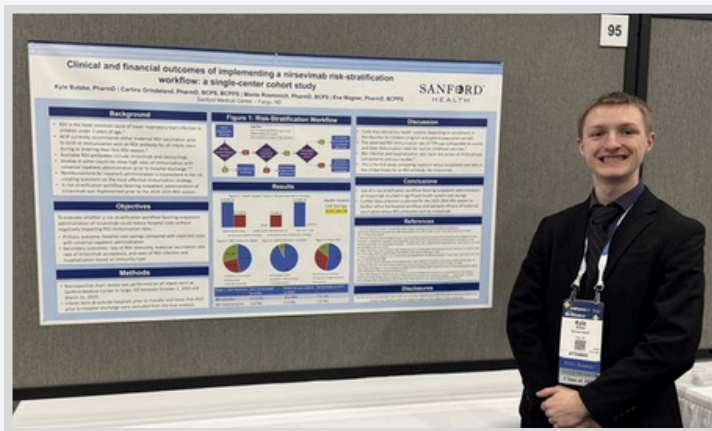
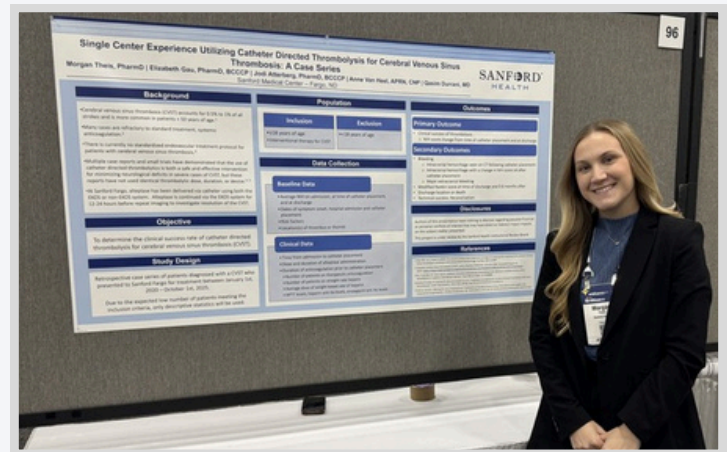
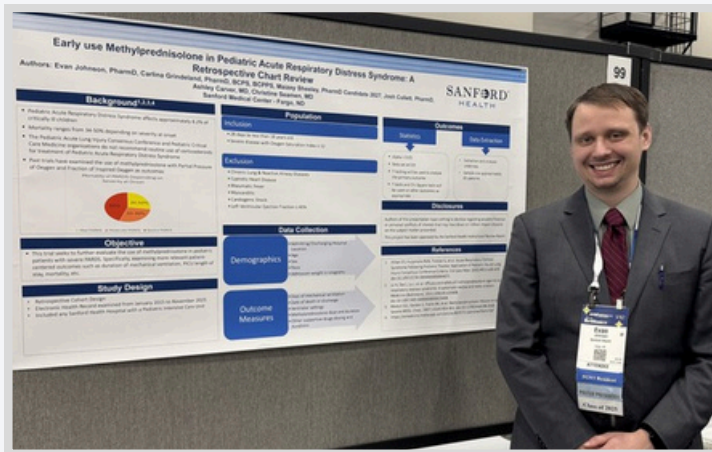
IMPACT ON THIS YEAR'S RESIDENTS:

This year's residents selected this preceptor as the recipient of the “mood stabilizer” award in recognition of the steady support, encouragement, and positivity they brought to the residency program. No matter the challenge, residents knew they could rely on this preceptor for thoughtful guidance, a listening ear, and reassuring perspective. Their ability to provide encouragement during difficult moments helped residents navigate the demands of residency with greater confidence and resilience.

MIDYEAR



MIDYEAR POSTER PRESENTATIONS



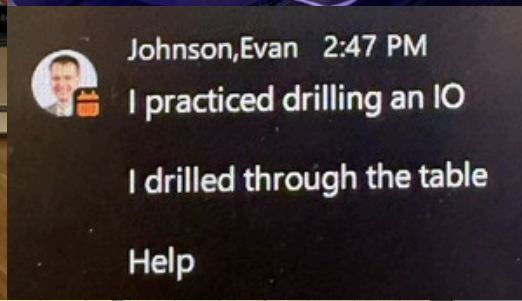
MPRC



MPRC PRESENTATIONS



RANDOM MOMENTS FROM THE YEAR



WHO DID IT BETTER?



Morgan & Haley

OR



Josh & Brady



IF YOU KNOW,
YOU KNOW...



**Thank you to everyone
who made this
year great!**

**- The 2025-2026
Resident Class**