

mia lim

- pgy1 acute care (inpatient)
- ucla -> ucsf
- residency to develop leadership, time management, research, presentation skills
- unique opportunity to be both a learner and preceptor
- supportive environment

dwayne walker

- pgy1 acute care
- from virginia
- virginia commonwealth university
- did residency bc wanted to work at a hospital, patient care

albert yang

- pgy1 acute care
- ucb -> ucsf
- wanted to grow clinical problem solving skills
- ucdmc supportive environment but challenging
- liked emergency medicine

tricia nguyen

- pgy1 acute care
- ucd -> wsu
- wanted more training in general
- interest in acute care

mursal habibzadah

- pgy1 amb care
- ucd
- worked at cvs before residency

cynthia li

- pgy1 amb care
- found out about ucdmc thru ashp residency showcase conference
- ucdmc very supportive

dakota hiner

- pgy1 amb care
- ucdmc amb care expanding rapidly
- supports pharmacists w "collaborative practice agreements" -- for certain disease states, pharmacists allowed to manage that patient independently. gives pharmacists autonomy; unique in amcare

jasmeet singh

- pgy1 acute care
- ucsb -> touro
- 3Ps = people place program
- amazing preceptors

## Q&A

typical day as a resident?

- depends on rotation
- rotations cycle every 4 weeks
- residency busier than student life
- after busy rotation, you have things to do outside like presentations/topic discussion preparations
- lots of longitudinal things to do
- struggle in balancing full day of residency + additional residency things to work on + staying on top of longitudinal projects
- 'rounds' - going to bedside with healthcare team

time in front of computer?

- for amcare, most of experience in front of patient but a lot of time still at computer to document/detail notes
- every hospital different
- acute 40-50% time bedside; rest is presentations, computer, discussion
- lot of time spent w interprofessionals: doctors, nursing, therapists
- covid affected experience; limited amt of ppl who can do bedside

pharmacy saturation/paying loans

- market is bad :[ especially in community setting; hospital a little better; depends on specialization
- dwayne ~220k loans
- personal decision on how u want to pay off loans; 10 vs 20 yr
- lots of smaller hospitals that need pharmacists still but ppl dont want to live there
- lots of turnover in retail
- lots of specialty clinics opening; more positions opening for pharmacists but also more pharmacy students getting admitted
- lot of places now requiring pgy2, incl ambcare
- many paths: community, industry(fellowship), hospital (residency)
- pgy1 general residency
- pgy2 specialization
- how you market yourself is important -- leadership, community service, learn as much as you can, find your passion
- albert: not many ppl had trouble w job search (ucsf)

gap year?

- albert: took a gap year; was unsure about pharmacy but ultimately found it most fulfilling

- mia: gap year to spend time w family, travel, take a break but also doing research, teaching etc
- use opportunity to check CV is competitive

tips for incoming pharmacy students

- find inpatient job if u wanna go into inpatient
- leadership
- volunteer experience
- pharmacy work experience
- choose competitive and harder rotations so you can learn more
- get as involved as you can
- important to know why you want to pursue pharmacy
- there are many different fields of pharmacy -- good to know what you wanna do in advance

things you dislike about pharmacy/residency?

- how pharmacists are undervalued
- residency is hard and unsustainable long-term; stretches you out thin BUT you learn so much in a short amount of time and it pays off long-term

what made you stand out when applying?

- tricia: knew she wanted to do critical care so pursued any experience/opportunities available
- know where u want to be and do research in that area
- marketability
- real world experience important -- be proactive in finding a job
- not about the position you had but the impact you made with your position
- be well rounded
- be able to speak about just 1 project ur rly passionate about