



UNIVERSITY POINT OF CONTACT NEWSLETTER

**A publication of the U. S. Public Health Service (USPHS)
Commissioned Corps Pharmacists Professional Advisory
Committee (PharmPAC) University Point of Contact (UPOC)**

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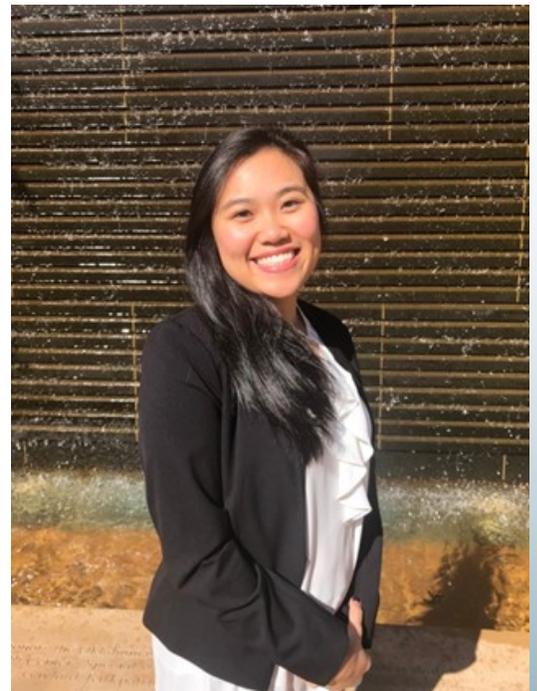
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Federal Transfer Center Better than “OK”

*Submitted by Chelsea Ton, 2022 PharmD Candidate
The University of Oklahoma Health Science Center
Preceptors: CDR Brady Fath, LCDR Brian Hamburger, and LCDR Brett Whitehead*

Prison seems like a daunting word that insinuates confinement. However, I found it to be a place of opportunities that I never thought possible. I am a fourth-year PharmD candidate at the University of Oklahoma Health Science Center (OU HSC) in Oklahoma City, Oklahoma. During my final year of pharmacy school, I had the privilege of experiencing a rotation unlike any other at the Bureau of Prisons (BOP) – Federal Transfer Center in Oklahoma City (FTC OKL). I had no idea what to expect. I had a previous rotation at an Indian Health Service (IHS) in Tahlequah, Oklahoma where there were some US Public Health Service (PHS) Commissioned Corps officers. It was incredible to see another area of service for USPHS. At the end of the rotation, my admiration for the values and mission that USPHS stands for grew.

I was their first pharmacy student since the COVID-19 pandemic. Although things may have been returning back to normal, it was still a tumultuous time. I learned that there are many inmates that come in and out at a transfer center. Constant changes were occurring and I loved how I was able to apply my adaptability skills. Every day was something new. Every day I was able to learn and participate. One of my favorite experiences while at FTC was being integrated with the other health professionals. I assisted alongside the physicians, nurses, and correctional officers while they performed COVID rapid or PCR testing. I felt very welcomed at the facility and by the end of the month, I was sad to leave. My preceptors were caring, insightful,



APPE pharmacy student Chelsea Ton
Oklahoma City, OK

Federal Transfer Center ... continued from [page 1](#)

and integral in my education there. At the end of the rotation, I had a better idea of the population I was serving. It was humbling and amazing to be a part of all the hard work everyone did to improve health outcomes for the inmate patients.

I would recommend this rotation to any student who wants to explore pharmacy with an unconventional population at FTC OKL. It was one of the most memorable and rewarding rotations I've experienced. Thank you to everyone that contributed to my growth as a future pharmacist!

"Opinions expressed in this article are those of the author and do not necessarily represent the opinions of the Federal Bureau of Prisons or the Department of Justice."



The UNIVERSITY of OKLAHOMA *College of Pharmacy*

Editor's Note:

The UPOC newsletter team is pleased to announce the Spring 2022 issue. Our goal is to provide the highest quality and most relevant USPHS information applicable to student interests.

As Editor-In-Chief, I continue to look forward to welcoming new ideas, showcasing informative articles relevant to your interests and to providing a well-rounded insight on what it's like to be a PHS pharmacy officer.

We thank those students and pharmacists who submitted articles and willingly shared their experiences about their rotation/or pharmacy practice site, unique service or residency experience. Your reflections and stories give our readers a glimpse of the diverse opportunities the PHS offers.

We hope you find this edition enlightening and informative. This issue features a collection of pharmacy student experiences and officers in action from various duty stations. Students, we wish you the best of luck in school and your career endeavors!

Best wishes on your success,

LCDR Brett Whitehead, PharmD, BCPS, CDCES



Spring 2022

Alaska Native Medical Center Oncology Rotation

Submitted by Sharay Young, Pharm.D. Candidate 2022, Idaho State University – University of Alaska Anchorage Campus

Preceptor: CAPT Anne Marie Bott, Pharm.D., BCPS, BCOP

Before I started pharmacy school, I worked as a Pharmacy Technician for 25 years, with experience in both outpatient clinics and hospital pharmacies. I first came to Alaska from California in 1998. I lived in Anchorage for five years, then moved back to California. In 2017, I returned to Alaska and was surprised to learn about the PharmD program at University of Alaska in Anchorage. Needless to say I applied, started classes in the fall of 2018, and the rest is history! The APPE oncology rotation at Alaska Native Medical Center (ANMC) piqued my interest, because I wanted an opportunity to learn in a unique pharmacy environment that could enrich and broaden my pharmacy experience. Admittedly, I was nervous and anxious the first two weeks and questioned whether I'd bit off more than I could chew.

My rotation experience consisted of various duties and activities. Each day I conducted chair-side patient counseling with take home medications, where I discussed side effects, special instructions, and potential drug interactions. I presented several topic discussions including breast, colorectal and lung cancers, leukemia, tumor lysis syndrome, febrile neutropenia, extravasation, and nausea/vomiting. With the help from my preceptor, CAPT Anne Marie Bott, I constructed two drug monographs for submission to the P&T committee. I attended ANMC tumor board meetings weekly. A tumor board is a group of healthcare providers who meet to discuss treatment options for individual cancer patients. Typically, those who attend the meeting come from different backgrounds, specialties, and expertise, and may include surgeons, radiation oncologists, pathologists, and physicians. It was my first time seeing live images of cancer tumors. I reviewed patient orders on most days. Patient order reviews encouraged me to pay closer attention to detail. To review a patient order, I verified that the chemotherapy regimen, dose, frequency, and supportive medication were appropriate according to National Comprehensive Cancer Network (NCCN) Guidelines. Patient reviews afforded me an opportunity to practice calculating AUC dose, CrCl, BSA, IBW, etc. When I reviewed patient orders, I always quizzed myself on normal lab values, vitals, and the “chemo man” because NAPLEX is just around the corner!

The ANMC infusion pharmacy provides chemotherapy treatments to Alaska Native and American Indian people that live in Alaska. During my rotation, I gained an enormous amount of respect for the entire oncology team. Oncology pharmacists play a critical



Sharay Young
PharmD Candidate 2022
Idaho State University – University of Alaska
Anchorage Campus

Spring 2022

Adventures in Ambulatory Care: Indian Health Service

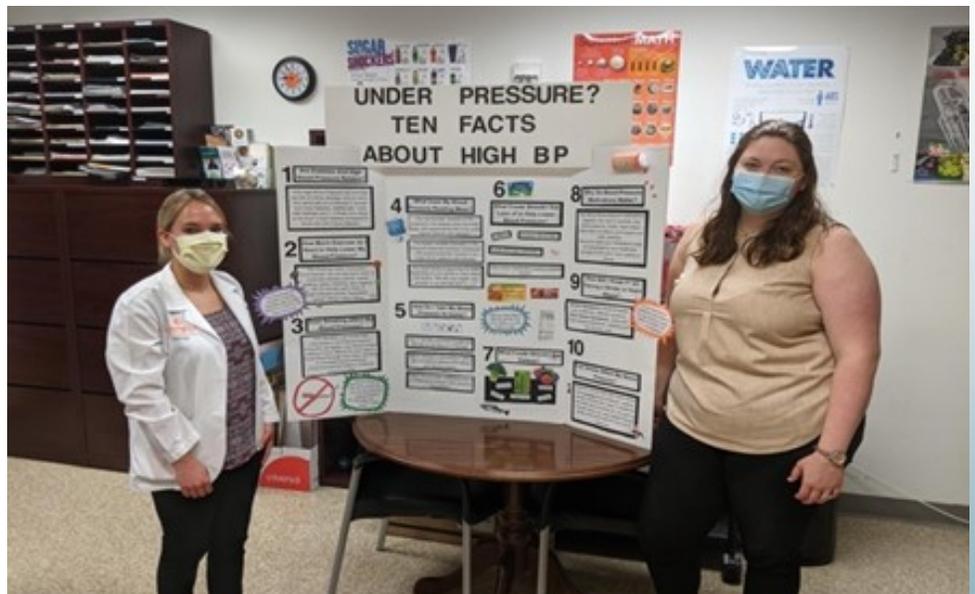
Submitted by Ms. Sarah McGrath, PharmD Candidate 2022

When selecting the elective rotations for my P4 year, I knew I wanted to further pursue my interests in ambulatory care, continue to cultivate my aspiration to serve the underserved, and step beyond my comfort zone. My professional and personal goals for an elective rotation were met with the unique opportunity to complete an advanced ambulatory care rotation at the Indian Health Service (IHS) Catawba Service Unit in Rock Hill, SC.

On the first day of the rotation, my preceptor, CDR Misti Houck, took it upon herself to ensure that I understood the patient population I would be serving. Native Americans have such a distinctive culture and history, which shape their views on healthcare, and the true heart of medicine seeks to meet patients where they are. I was grateful for this learning opportunity, as our discussion paved the way that I approached patient care throughout the month, and I was more able to adapt and have a greater impact on patients. Despite COVID-19 ramifications, I had ample opportunity for patient interactions through curb side medication counseling, educating patients on their probiotic use, and medication therapy management sessions. Additionally, my time at Catawba Service Unit refined my interprofessionalism, specifically as I lead an immunization in-service to the nursing staff.

The rotation itself was distinctively comprehensive with not only time spent in the pharmacy and providing patient counseling opportunities, but also allowed me to step beyond the walls of the pharmacy. Through teaming up with the public health nutritionist, my time at Catawba Service Unit was also spent reaching the public on various nutrition and health topics. These ranged from creating an interactive poster on blood pressure management, educating seniors on the importance of staying hydrated, assisting a health fair aimed for teenagers, and creating nutrition lessons for children. This opportunity provided a great avenue to customize my public speaking skills to a distinctive targeted audience, while enriching my experience within the reservation.

In conclusion, my time at IHS was truly indispensable. This experience provided me with the competency and skills that I have been able to utilize in all of my succeeding clinical rotations. Furthermore, I was able to step out of my comfort zone and have the greatest honor of serving such a unique patient population. IHS was my first stepping stone into the world of ambulatory care, and I can't wait to see where the adventure continues.



Sarah McGrath, PharmD candidate (left) & Katie Schwaller, PharmD candidate (right) showcasing their interactive poster on blood pressure management

Inpatient Experience at Alaska Native Medical Center

Submitted by Morgan Luttschwager Rose, PharmD Candidate 2022, MBA St. Louis College of Pharmacy at UHSP
Preceptors: LT David Moore, PharmD, BCPS, LT Matthew Deraedt, PharmD, BCPS, Elizabeth Saltz, PharmD, BCPS

Upon selecting my pharmacy rotations, the Alaska Native Medical Center (ANMC) caught my eye. Although, I am from a medium-sized town in Missouri, I have had some exposure to Indian Reservations in North Dakota where my mom and dad grew up. I have always wanted to experience being part of the Indian Health Service team and knew that this was a great opportunity to serve their community. Intrigued to learn more about the culture and people, I applied and was luckily accepted to an inpatient rotation at ANMC. The vast array of disease states, unique culture, and incredible pharmacists have made my experience unforgettable.



Caption: Morgan in Seward at Kenai Fjords.

Currently in Missouri, I work at a retail community pharmacy with a population that is predominantly Caucasian. At ANMC, I was able to learn and experience diverse attributes from a unique ethnic and cultural group of patients and providers. During my time, I was able to participate in a cultural orientation to gain a better understanding of the people of Alaska. During the session, I was able to learn about Athabaskan, Inupiaq, Tlingit, Haida, Tsimshian, Eyak Yup'ik, and Cup'ik cultural groups. I learned about the hierarchy of power, typical clothing, and foods. All this information is imperative to understanding and providing care for these people. For example, in some tribes, people only eat two large meals per day, and do not follow the traditional American schedule of breakfast, lunch, dinner. Therefore, medications

that are taken with food should be described in such a way that is conducive to their mealtimes and habits.

Outside of the hospital, I have had the pleasure of enjoying beautiful Alaska. I was able to attend this rotation with another student from my school, and we took advantage of each weekend. On my first day in Alaska, we hiked Kincaid Park where I spotted multiple moose! The first weekend, we drove to Seward to take a boat ride in the Kenai Fjords and hiked the Exit Glacier. The second weekend, we went to Matanuska glacier where we walked on the glacier! We also hiked the Flattop Mountain trail, Barbara Falls, and Eagle River nature trails. The third weekend, we explored Anchorage's museums.

On this rotation, I was able to work with different pharmacists and departments every week. Most of the pharmacists were part of the Public Health Service (PHS). I have observed the value that PHS officers bring to healthcare including selflessness and patient centered care. During my rotation, I had experiences rotated in pediatrics, critical care unit, internal medicine, pain management, infectious diseases, emergency medicine, central pharmacy, and pharmacy leadership. For different topic discussions, I researched background information, management details, and case integration. I was able to learn about unique disease states including Kawasaki and Immune thrombocytopenic purpura. Throughout this rotation, I improved my communication and integrative learning skills. I am thankful for this experience and plan to use what I have learned to grow into a great pharmacist! I would highly recommend this rotation to any student.



ST. LOUIS COLLEGE
of PHARMACY

EST. 1864

Lemons to Lemonade: Getting the most out of a Rotation

Submitted by Adam Thai, Pharm.D. Candidate 2022

Preceptors: LCDR Tramara Dam, Pharm.D., RPh, GWCPM and Tri Le, Pharm.D.

To many students, a rotation at the FDA is a dream come true. The ability to work alongside the amazing people responsible for safeguarding public health at the federal level is truly such a unique and rewarding experience. Unfortunately, with the advent of the COVID-19 pandemic, the ability to network face to face has turned to scheduled Zoom meetings. However, students need not despair! In my experience, I found the switch to virtual meetings allowed me to schedule even more one on ones and to walk away with a more rewarding experience than I would have had otherwise. Along with one on ones being virtual, student lectures have also gone online. The switch to virtual lectures and meetings has allowed students the unique opportunity to network and learn in the most efficient manner possible. What I initially saw as a curse ended up becoming a blessing.

In my first week at rotation under my preceptors LCDR Tramara Dam and Dr. Tri Le in the CDER Office of Compliance and Office Management, I was given a student guide. The student guide contained invaluable information, such as a list of FDA employees available to meet one on one with students, along with their roles in the Agency. Over my six weeks on rotation, I met and shadowed with over 20 staff in various offices ranging from the Office of Prescription Drug Promotion to the Office of Unapproved Drugs and Labeling Compliance. Traditionally, one would have to meet in person and run from office to office to network and build connections. However, in this new virtual world, scheduling meetings through Outlook is so fast and efficient that students can have back-to-back meetings with people in various offices without ever feeling rushed. Additionally, in a virtual environment it is much less awkward to take notes during meetings, which is something I highly recommend students do. Since the switch I have also heard from previous students that staff are much more flexible and available to meet with students. By going through the guide, students can target their meetings to staff with the expertise to expand their knowledge in their specific area of interest, and later leverage these connections and knowledge for future career development. It has also become easier to gain new points of contact, instead of writing contact information down on a piece of paper and trying to find their email later, students are likely to receive their email cc'd into an email with the original staff member they spoke to. Paradoxically, although students are doing this rotation virtually, it has never been easier for them to be connected. Students should make sure to add lectures of interest into their Outlook calendar, to ensure seamless scheduling and proper attendance of lectures and meetings. While it is sad that this experience cannot be in person, one should not think that it will take away from the overall experience. It has never been this easy to build meaningful connections here at the Agency.

Overall, students will learn to love their time here at the FDA. From learning about the Agency through lectures, speaking with professionals and even directly working on projects, students will find that this is one of the best rotations regarding their personal and professional development. If students make sure to take plenty of notes, and schedule meetings as early as possible, one will find that there is much value in this rotation. A rotation here will help prepare students for future career opportunities, as they will have the unique opportunity to speak with individuals involved in all facets of the pharmaceutical world. This rota-



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Spring 2022

Going Virtual In CMS NY Regional Office

Submitted by Krystal Segarra, PharmD Candidate 2022

St. John's University – College of Pharmacy and Health Sciences

Preceptor: CDR Jerry Zee, PharmD MPH CPH, CMS OPOLE ACO Coordinator

I recently had the honor of stepping into the world of the Centers for Medicare & Medicaid Services (CMS) for four weeks. This Advanced Pharmacy Practice Experience (APPE) Rotation (10/18/21 – 11/12/21) allowed me to learn from Commander Jerry Zee, the Regional Pharmacist for CMS Region II. CMS is the nation's largest payer of healthcare-related services, providing coverage to over 100 million people in Medicare, Medicaid, the Children's Health Insurance Program, and the Affordable Care Act. Having only experienced pharmacy in both the hospital and community setting, this CMS rotation allowed me to see a pharmacist's role in a new setting.

On my first day, I recalled telling Commander Zee that I chose this rotation because I wanted to learn what opportunities pharmacists have working in a federal organization. My goal for this rotation was to obtain knowledge, experiences, and resources that I could use to help the patients in my community further, no matter what facet of pharmacy I focus in. I had hoped to gain insight on the responsibilities of a pharmacist within CMS, gain a clearer understanding of the Medicare program, and learn how pharmacists can make an impact as public health professionals in their communities.

During the rotation, I gained knowledge through various opportunities presented to me in the form of training sessions, regional pharmacist meetings, educational program sessions, and webinars. Commander Zee made sure I could attend all the meetings that were available during my rotation, even if it meant double booking my schedule. This allowed me to choose the areas that sparked my interest more. In addition to all the meetings and educational programs from CMS, I was also able to attend webinars through outside programs that pertained to my overall interests. Some of these included residency, pediatrics, and women's health.

I personally enjoyed the CMS Pharmacy Education Program presentations presented by my fellow student interns in the different regions. I was able to educate myself on topics I would not normally research and learn about new upcoming medications. Each student did a wonderful job presenting and answering questions. These learning opportunities helped me understand the daily roles and responsibilities of pharmacists in CMS. They also showed me other potential opportunities that pharmacists can contribute to in the federal government while expanding my overall knowledge of Medicare.

Overall, during my rotation at CMS, I was able to grow professionally while also gaining new knowledge that I can use in my personal life. I improved my time management skills as I had to map out my day, setting aside time between meetings to study Medicare parts. I was able to learn from many superb pharmacists during my time and learned information that I will use to help my patients in the future. I wanted to thank CMS and Commander Jerry Zee for providing me with endless opportunities, experiences, information, and support.



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Spring 2022

Following Passions and Freezing Eyelashes

Submitted by: Ashley Van Camp, Pharm.D. Candidate at West Virginia University

Preceptor: LCDR Michelle Locke, PharmD, BCACP

I am from the St. Louis area and have lived my whole life in the Midwest. I love to travel, so getting the chance to see the beautiful state of Alaska and experience different cultures was very appealing to me when applying for rotations. I am also very passionate about working with under-served populations. This was another reason I was very interested in the rotation at the Alaska Native Medical Center and why I am also doing several rotations at the St. Louis VA health system.



Posing with a Harbor Seal at The Alaska Zoo, Anchorage, AK

After graduation, I am considering a residency and specializing in ambulatory care. I really enjoy working with patients to improve and manage their disease states in the clinic setting. However, I am looking forward to the rest of my rotations over this next year to help determine the career in pharmacy that will work best for me.

Throughout my time at ANMC, I got the chance to learn more in depth about the oncology field and chemotherapy in clinical practice. Oncology is such an interesting specialty and one that is constantly changing and developing new medications. My favorite part of the rotation was getting the chance to counsel patients on their home medications and hopefully make them more comfortable while undergoing treatment. I also enjoyed the opportunity to work on many different projects such as a drug information paper, drug monograph for formulary addition, drug utilization evaluation, journal club presentation and articles for the Alaska Pharmacist Association. These projects, some of which I had not completed prior to this rotation, helped expand my knowledge and will help better prepare me for my future rotations and residency, if I take that path. I also prepared and led topic discussions with pharmacists in the

infusion center, which aided in my better understanding of topics which included chemotherapy related diseases, breast cancer, leukemia, colorectal cancer and lung cancer.

When not at rotation, I spent my free time exploring Alaska as much as possible over these five weeks. In the Midwest, the scenery is not nearly as beautiful as Alaska, so I was in awe of the huge mountains, crystal clear blue waterways and all the wild life. Luckily for me, I got the chance to go on this adventure with several other STLCOP students, including my husband. We have been to Denali National Park and had perfect weather to see the mountain and even had a bear right next to our tour bus. We went to Seward and took a boat cruise to see glaciers and hiked the Harding Icefield Trail. We ate and shopped along the Spit in Homer. Also, I loved getting the chance to try new local foods. So far, I have tried reindeer, yak, spruce tips and a lot of fresh Alaskan seafood.



Post-Dog Sledding at Alaskan Husky Adventures, Willow, AK

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February & March in Alaska: Breathtakingly Beautiful

Submitted by: Elizabeth N. Francis, Pharm.D. Candidate 2022 at Virginia Commonwealth University School of Pharmacy
Preceptor: LCDR Michelle Locke, PharmD, BCACP

When I began pharmacy school in the Fall of 2014, I learned about rotation opportunities available during my P4 year that were outside of Virginia, a state where I have lived the entirety of my 25 years. As someone who was unable to study abroad during my undergraduate training, I knew this was my chance to travel to a new destination and immerse myself in a once in a lifetime learning experience. Of the destinations presented to students, I became intrigued to learn more about the rotation opportunities available in Alaska through the United States Public Health Service (USPHS).

“Alaska!?” was the initial response I received from friends and family almost every time I brought up applying to complete an Advanced Pharmacy Practice Experience rotation in Anchorage at the Alaska Native Medical Center (ANMC). Many of them were unaware of the abundance of activities, sights, and unique Alaska Native population living in the state nicknamed *The Last Frontier*. I remember opening the email congratulating me on being accepted and immediately noticed that my assigned rotation was scheduled from the middle of February to the middle of March! My mind immediately jumped to the assumption, I would be chilled to the bone and see little to no sunlight for five whole weeks. Thankfully, I was mistaken.

After stepping off the plane, I was greeted by the crisp air and heavy snowflakes of a late winter storm. Instead of sub-zero temperatures, the climate ranged from teens to upper thirties with ten or more hours of daylight! The mountains surrounding the city were beautifully coated in snow with intermittent flurries making an appearance throughout my stay. I was lucky enough to be able to travel with five of my classmates and became closer to them throughout our different rotations and weekend adventures.

I rotated through the Transitions of Care service in the Outpatient Pharmacy, where I was responsible for delivering medications to patients before discharge and educating them on any changes made to their home medication regimen during their inpatient stay. Prior to this rotation, I had not counseled many patients and often found myself lacking the confidence to communicate effectively with patients. Throughout my time at ANMC, I strengthened my communication skills and became comfortable when asked questions which required me to practice my clinical judgement. I am grateful to have had the opportunity to meet numerous members of the Alaska Native community and share the knowledge I acquired throughout pharmacy school with them. It was rewarding to help them better understand and manage their medications.

While working alongside the pharmacists in the Outpatient Pharmacy, I learned firsthand what it is like to be a pharmacist in the USPHS. From chart reviews to filling prescriptions to counseling patients on their medications, USPHS pharmacists have the opportunity to do it all. They work intensely with underserved, vulnerable patient populations to assure they acquire the highest quality healthcare possible. I learned how USPHS Officers are deployed to assist with natural disaster relief, providing medication expertise to the healthcare team car-



VCU School of Pharmacy students hiking near Eagle River, AK

Spring 2022

Love at “Frost” Sight: Exploring the USPHS in Alaska

Submitted by Joel Wagner, PharmD Candidate 2022, Virginia Commonwealth University
Preceptor: CAPT Anne Marie Bott, PharmD, BCPS, BCOP

My physical preparations for my journey to Alaska started the week I was selected for a rotation as a P4 pharmacy student in October 2020, but I have dreamed of going to Alaska since I was young. It has lived up to everything I had imagined and this experience has given me the opportunity for both professional and self-growth in so many different ways. As a Virginian who has never been west of Texas, my time in Alaska at the end of the winter season was a huge adjustment and change of scenery. Every day was filled with unique moments to soak in, like eating lunch in the view of the Chugach Mountains or counseling a native Yu'piq speaker on medications. I believe that practicing pharmacy here with the United States Public Health Service (USPHS) and serving the Alaska Native people has allowed me to listen and learn from a unique patient population and as an aspiring oncology pharmacist, this opportunity has prepared me professionally for residency in the upcoming year.

Starting my rotation at the Alaska Native Medical Center (ANMC) in Anchorage during my second-to-last block as a P4 student was an incredible opportunity; being able to hit the ground running as a pharmacy student in the infusion center allowed me to make the most of my experience. I felt like I was immediately able to start working with the pharmacists in the infusion pharmacy and to counsel oncology patients on their home medication administration and side effects. On a daily basis, I was able to learn from the oncology pharmacy staff on how to practice completing and verifying chemotherapy orders for the adult oncology service. Being able to work under the supervision of caring and dedicated pharmacists made me feel like everyone was excited about my journey and worked with me to complete my rotation goal of practicing independently and verifying orders to prepare for residency. In addition to my day-to-day tasks, I was also offered many unique experiences such as shadowing an oncologist, completing a drug monograph for presentation to the P&T committee, and writing continuing education articles for publication in the Alaska Pharmacists Association Newsletter.

Outside of the infusion center I managed to fill my time with hiking, sightseeing, and participating in the world's largest winter festival, the Fur Rendezvous. My classmates and I hiked the Albert Loop Trail in Eagle River and went snow tubing at Artic Valley while we explored the mountains north of Anchorage. The most unique experience during my time in Alaska was the Fur Rendezvous, or “Fur Rondy.” It is a two-week long festival celebrating the end of winter in Anchorage and the start of the world-famous Iditarod Dogsled Race. During the Fur Rondy I was able to watch the world championship dogsled races right from the ANMC infusion center, run with the reindeer through the streets downtown, and walk in the Fur Rondy Parade with the Palliative Care Alaska Network. Near the end of our trip, my classmates and I were able to take a trip south to Seward and go on one of the first whale watching trips of the year. We saw otters, sea lions, and seals among the aqua blue waters and glaciers of Kenai Fjords and Resurrection Bay, which was a truly remarkable experience. Outside of the large trips and events during my rotation at ANMC I had time to enjoy the little moments, like walking around the University Lake trails in



Joel Wagner on the Turnagain Arm, south of Anchorage.

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Breaking Boundaries: My Experience at the Albuquerque Indian Health Center

Submitted by Anyssa Padilla, PharmD. Candidate 2022, The University of Texas at Austin College of Pharmacy
Preceptor: LT. Cathy Young, PharmD., NCPS, BCPS

One quote I live by is, “*I will go anywhere, as long as it be forward*”. Ultimately, this motivated me to push past the boundaries of my comfort zone and to seek an out-of-state experiential opportunity within the Indian Health Service (IHS). I was first exposed to the role of pharmacists within IHS as a PI when I attended a guest speaker event. I was without a doubt, captivated, by the integration of public health service and the role pharmacists can have as health care providers in an ambulatory care setting. That moment is when I made it a goal to have this experience which would allow me to move *forward* in my professional growth.

What has always driven my passion for pharmacy is the ability to serve people, and to act as a conduit for medication needs. Growing up on a border town in deep South Texas, I understood what it meant to be a part of an underserved community. I witnessed firsthand, the needs of adequate primary care and saw the opportunity for pharmacists to play a role. During my P3 year I had the pleasure of reconnecting with a University of Texas College of Pharmacy Alumna, Lieutenant Alyeshka Jusino-Acosta PharmD. Under her guidance and mentorship, my dream of having an experiential rotation within IHS became a reality.

During the P4 year I packed my boots and my bags and set out to the Land of Enchantment. I had the pleasure of spending six weeks at the Albuquerque Indian Health Center (AIHC) where I was immersed into the world of ambulatory care management. I aided in coordinating COVID immunization clinics, including the pediatric vaccine rollout, by administering and counseling on over 100 vaccines. I also assisted in the pharmacist-run clinical visits which revolved around chronic disease state medication management with anticoagulation, Hepatitis C (HepC), opioid dependence, Pre-Exposure Prophylaxis (PrEP), and smoking cessation. My preceptors were extremely supportive in assisting with the development of my clinical skills within these disease states, and I now feel confident in my ability to assess and manage the medications needed for desired outcomes. It also does not hurt to mention that I had the honor of learning from my preceptor and the anticoagulation queen herself, Lieutenant Cathy Young, PharmD. NCPS, BCPS. I had the opportunity to work on different projects such as institutional protocol updates, perioperative anticoagulation management plans, and a HepC medication overview of the AIHC formulary.

These experiences helped grow my clinical knowledge and better prepared me for future rotations.

My favorite part of this experience was sitting down with patients to actively listen and address any questions about treatment. It is important to mention the additional care that goes into working with the Native American patient population. We're taught the importance of cultural competency, yet having the opportunity to develop cultural empathy is something that can only be gained beyond the four walls of a lecture hall. One particular interaction that remains with me is when a patient expressed wanting to visit a healer in their tribe to optimize anticoagulation treatment. This was important to know as warfarin has many interactions, and it is critical to keep INR in range. It was also important that this patient felt comfortable in sharing this information to best optimize care by combining Western medicine and cultural practices. This experience



Anyssa Padilla, 2022 Doctorate of Pharmacy Candidate

Spring 2022

AMCP Student Recruitment Presentation at Ole Miss

Submitted by LCDR Kali Autrey, LT Adena Yau, and LT Jannet Peroti

On March 3rd, 2022, three officers from Crownpoint Service Unit (CPSU) were invited to speak at a virtual presentation to students at an Academy of Managed Care Pharmacy Student Chapter meeting at the University of Mississippi (Ole Miss). LCDR Kali Autrey, LT Adena Yau, and LT Jannet Peroti spoke about their personal career progression, commissioning into USPHS, and current roles, representing a diverse group of female leaders within the USPHS as well as Indian Health Service (IHS).

LT Yau is originally from Queens, New York and went to St. John's University for pharmacy school. After graduation she pursued a PGY-1 residency at CPSU and was commissioned into USPHS in the same year. Since then, she has remained at CPSU and taken on additional roles such as Adjunct Faculty at Rutgers University, residency and student preceptor, and Antimicrobial Stewardship Program Pharmacy Lead. During the event, LT Yau discussed the JRCOSTEP and SRCOSTEP programs, including the application process, duration, expectations, and benefits. She described her experience with completing a JRCOSTEP at the IHS Crow Agency in Montana. LT Yau also spoke about the experiential programs offered to students by various agencies (e.g., IHS, BOP, FDA) and the robust student program at her service unit. Lastly, she provided an overview of the PGY-1 and PGY-2 programs offered at IHS sites nationwide.

LT Peroti relocated to NM from Stone Mountain, GA and attended pharmacy school at South University in Savannah, Georgia. She initially came to CPSU as a civilian pharmacist in 2019 and commissioned into USPHS in 2021. Her current roles include pharmacy lead in charge of ensuring completion of unit inspections, residency and student coordinator, USP preceptor, Pharmacy P&T representative, and pharmacy Point of Sale (POS) lead. During the presentation she discussed the IHS mission and goals, local IHS operations, and the progressive nature of clinical pharmacy practice within IHS. She also elaborated on the requirements and process behind obtaining a New Mexico Pharmacist Clinician (PhC) license, including the disease states most commonly managed by Pharmacist Clinicians at CPSU. PhCs in New Mexico have the option of completing additional requirements to obtain a DEA license for prescribing of controlled substances.

LCDR Autrey is from Kimball, Nebraska and graduated from the University of Wyoming School of Pharmacy. She began her federal and Indian Health Service career as a civilian pharmacist before commissioning in 2017. At her local duty site, her current roles include Pharmacist Clinician, residency and student preceptor, and Pharmacy and Therapeutics Committee Secretary. She presented on USPHS history, roles of pharmacists within various agencies, and emergency response deployments, including her own personal experience deploying for COVID-19.

Students asked questions regarding opportunities to participate at various agencies as a student, JR/SRCOSTEP, resident, or newly graduated pharmacist. They also inquired about the extent to which we could practice independently at our site and within the state, and about other agencies or sites that have a similar level of advanced practice opportunities. The virtual event was a success and pharmacy students from Ole Miss left with a better understanding of the opportunities within USPHS and IHS.



Spring 2022

Experiences Last a Lifetime

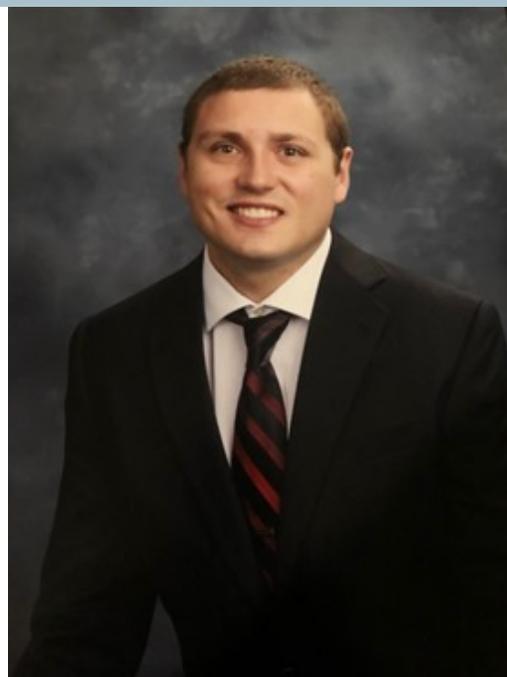
Submitted by Mr. David Ohlin, PharmD Candidate 2022, University of Findlay College of Pharmacy
Preceptor: Marilee Chapman, PharmD

As I approach the final month of my pharmacy school career, I appreciate the time I have to reflect on all of my experiences throughout my APPE year. Experiences truly do last a lifetime. In June of 2021, myself and a good friend and classmate had the opportunity to travel across the country to Whiteriver Arizona for an amazing four-week experience. Looking back, six years ago to when I first began pharmacy school, I never would have thought I would have the opportunity to learn and care for the White Mountain Apache Tribe. It was breathtaking to realize that I can make a difference in the lives of other cultures and ethnicities. As this was my first trip out to the west coast, I can attest that it was a memorable one.

Throughout this experience, I was able to manage tribal members' outpatient medications in an ambulatory care centered clinic. Some of the major disease states that my preceptor and I managed included but were not limited to hypertension, diabetes, and heart failure. Additionally, throughout this experience I was able to help combat the COVID-19 pandemic through administration of COVID-19 vaccinations across the tribal land at various vaccination clinics. The tribal members were grateful for my service and for keeping them protected.

Most importantly throughout this month-long adventure, I was able to travel to various travel destinations including Flagstaff, The Grand Canyon, Mount Baldy, as well as the beautiful scenery within the White Mountain Apache tribal land. Throughout these travel experiences, I was able to learn and understand the culture of the Native Americans that I was serving. As I began to become friends with some of the tribal members, I got the chance to go watch a tribal basketball game with my classmate and my other three housemates that were living in the same house. Two of my housemates were dietician students from Northern Arizona University and the other housemate was a CO-OP from the University of Charleston School of pharmacy. Throughout this month, lifelong friendships were made.

I would highly recommend this rotation to any pharmacy students who are seeking an experience with public health service. Throughout this experience, I learned to not limit myself because experiences do last a lifetime.



David Ohlin, PharmD Candidate; University of Findlay College of Pharmacy, Findlay, OH



David Ohlin, PharmD Candidate, Grand Canyon National Park

Spring 2022

2022 USPHS Excellence in Public Health Pharmacy Award

Submitted by CDR Trang Tran, CDR Sadhna Khatri, and LCDR Daniil Marchuk

The prestigious USPHS Excellence in Public Health Pharmacy Award was established by the Pharmacist Professional Advisory Committee (PharmPAC) Student Awards Program to encourage student pharmacists to become active in public health. Over the years, this award program has significantly grown in its capacity, outreach, and recognition of pharmacy students across the entire Nation.

This unparalleled award recognizes outstanding pharmacy students who have made significant contributions to public health by promoting and advancing wellness and healthy communities. Students are evaluated on their contributions toward voluntary health-related services, emerging public health issues, or contributions that advance the goals of Healthy People 2030 or the National Prevention Strategy.

Despite unprecedented challenges with the COVID-19 pandemic, the team has been tirelessly at work behind the scenes supporting and promoting the public health accomplishments of exceptional pharmacy students. This team consists of 8 members who have made this year's program a remarkable success: CDR Sadhna Khatri, CDR Trang Tran, CDR Chaltu Wakijra, LCDR Daniil Marchuk, LCDR Sally Doan, LCDR Marcia Fields, LT Colleen Kim, and LT Sylvia Park.

In 2022, this Program recognized 90 pharmacy students from across the country as the recipients of this distinguished award. Of those, the program selected the top ten award recipients for their public health achievements that positively impacted their local communities and beyond. These top ten award recipients were recognized by RADM Ty Bingham at the APhA Annual Meeting on March 18, 2022. In addition, these recipients are currently featured on the [PharmPAC Student Awards Website](#).

Congratulations to all 2022 USPHS Excellence in Public Health Pharmacy Award recipients. Special thanks to all members of the PharmPAC Student Awards Program for their leadership, hard work, dedication, and flexibility during this challenging time.



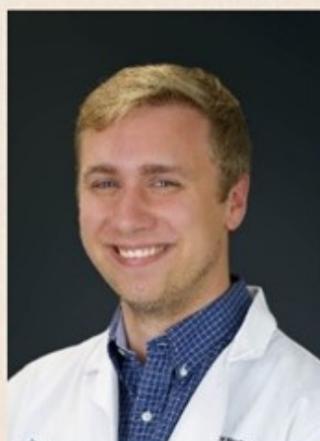
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2022 USPHS Excellence in Public Health Pharmacy Award... from Page 14



USPHS Excellence in Public Health Pharmacy Award

2022 Top Recipients



Caption: (Left to Right, Top to Bottom)

Osama ElSherbini (University of Connecticut School of Pharmacy), Kobi Griffith (University of Pittsburgh School of Pharmacy), Ashley Lam (University of Charleston School of Pharmacy), Carissa Leung (University of the Pacific-Thomas J. Long School of Pharmacy), Julia Nahle (University of Michigan College of Pharmacy), Jacob Noble (University of Minnesota College of Pharmacy), Reilly T. Oki (California Northstate University College of Pharmacy), Joseph Sidoti (Raabe College of Pharmacy, Ohio Northern University), Monica Sliwa (Skaggs School of Pharmacy, University of California - San Diego), and May Thandar (University at Buffalo School of Pharmacy & Pharmaceutical Sciences)

Spring 2022

Ensign by Accident

Submitted by ENS Tammie Tran, PharmD Candidate 2023

My entire journey began when I was looking for an opportunity to serve Native Americans. From a Native American studies course I took with Dr. Robert Perez, a Lipan Apache, at the University of California, Riverside, I learned that Native Americans were underserved and had some of the worst health outcomes of all minority groups.

Native Americans have a turbulent history of mistreatment that continues to impact tribes to this day. While I cannot undo centuries of injustice, the Public Health Service (PHS) today empowers me to serve these communities. This is meaningful to me personally. Even though I come from a disadvantaged background, I am still lucky to have privileges, and I want to give back to those less fortunate.

Now as a pharmacy student, I am gaining the skills to help. While searching for student opportunities, I came upon the Junior Commissioned Officer Student Training and Extern Program (JRCOSTEP) and spiraled into the world of PHS. I had never heard of the Public Health Service before and had no idea what I was getting myself into. All I wanted to do was spend the summer working with Native Americans, yet somehow I was being interviewed by high-ranking PHS officers and was told that President Biden was going to sign a document with my name on it to approve my officer appointment.

I was assigned to the Indian Health Service (IHS) at the Whiteriver Service Unit (WRSU) in Whiteriver, Arizona in the summer of 2021. This was an experience that will stay with me forever. I believe that the WRSU operates at the highest level of pharmacy practice in this nation. Pharmacists take care of patients with in-depth patient counseling in private rooms without constantly being on hold with insurance companies. There are transportation services to and from the hospital. I also had an exciting chance to speak on a radio show about diabetes distress with live translations into Apache. I met officers on temporary assignment from the FDA and learned about emergency management and how device instructions are created. I was able to attend the IHS residency research project conference, which was another important moment for me in deciding to pursue a residency. That opportunity allowed me to see the culmination of PGY1 training. Along with my JRCOSTEP partner, ENS Darius Berry, I was able to travel down to Phoenix Indian Medical Center (PIMC), learn about their hospital, and meet two more JRCOSTEPs, ENS Madeline Gemoules and ENS Han Le. As a student, I was able to make very meaningful contributions. I performed a vancomycin medication use evaluation and recommended the new 2-sample dosing. Currently, the hospital is in the process of implementing my recommendation. I did not expect to be able to make such a consequential impact during my short time as a JRCOSTEP.

The hospital administrators are incredibly supportive of pharmacists who creatively pursue projects for the advancement of health outcomes. I was able to do home visits administering childhood vaccines with LCDR Kristen Parker. I was not in Whiteriver long enough to become a part of the community, but with the home visits, I was able to take a closer look at how people live on the reservation. I saw at least a dozen different ways where my skills and experience could improve the health of the Apache people. There are so many opportunities for pharmacists to create programs improve the health and well-being of the Apache people by integrating health, food, economics, medications, and education. Healthcare providers in a hospital setting can only do so much, but with the population living in such close proximity on the reservation, pharmacists can create public health programs that would otherwise not be feasible.



Caption: Tammie Tran

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Alaskan Native Medical Center... continue from [page 3](#)

role in the overall medical treatment of oncology patients. Chemotherapy regimens are toxic to cancer cells but also highly toxic to the patients, and pose a potential risk to nurses and pharmacy staff, which demand careful attention and management. Among many responsibilities, oncology pharmacists must ensure that chemotherapy orders are accurate and comply with NCCN guidelines. The pharmacy team works to ensure that compounding and dispensing of chemotherapy is accurate, safe, and dispensed in a timely manner. Pharmacists, along with pharmacy technicians, are charged with the responsibility of keeping adequate supply of medications, minimizing errors, drug waste, and unnecessary exposure to hazardous drugs. The ANMC oncology infusion pharmacy provides quality pharmacy services. The entire oncology pharmacy team works tirelessly to provide chemotherapy and supportive medications to oncology patients. I applaud the teamwork between the pharmacy team, nurses, physicians, and other campus pharmacies.

My experience at ANMC was challenging but rewarding. I developed a profound level of empathy for oncology patients, their loved ones, and for health care workers who provide care. I am grateful to CAPT Anne Marie Bott and the entire staff at ANMC oncology pharmacy for their patience with me as I navigated through an extraordinary pharmacy setting. I am better for it.



Love at “Frost” Sight ... continue from [Page 10](#)

search of moose; I found many!

My rotation experience and time in Alaska was a once in a lifetime, formative experience that has allowed me to experience new cultures and practice sites as a pharmacy student. Regardless of where I go in the world of pharmacy, I am proud to have been connected to and trained by ANMC. Being able to experience this rotation has been one of the best experiences of my life, and I hope that the pharmacy students that come after me will be able to enjoy it just as much as I have!



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February & March in Alaska ... continue from [Page 9](#)

ing for those impacted by earthquakes, tsunamis, and wildfires. They are stationed throughout the country and serve in a variety of pharmacist roles.

I believe February and March are two of the most exciting months to visit Anchorage, Alaska because of Fur Rendezvous, also known as Furondy or "Rhondy" for short. This is a two week long festival where people travel from around the world to experience Alaskan traditions such as sled dog races, snow sculpture carving, running of the reindeer, and much more! My classmates and I were lucky enough to have the opportunity to walk in the opening parade with the Palliative Care Alaska Network, supporting an important pharmacy-driven organization. We even cheered on the Iditarod sled dog teams during the opening ceremony before they began their journey to Nome.

This experience as a whole has been incredibly rewarding and full of once in a lifetime moments. I highly encourage student pharmacists like myself who are able to escape to the forty ninth state and further their education at ANMC with the USPHS to do so!



Following Passions ... continue from [page 8](#)



Throughout this rotation I learned so much and got to grow my skills via projects and patient counseling. I am so glad I applied and received this rotation and got this experience. My advice for anyone with an upcoming rotation at ANMC is to work hard, learn more about local cultures and be adventurous.

Mountain Snowmobile Tour with Glacier
City Tours
Girdwood, AK

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Breaking Boundaries ... continue from [page 11](#)

served as reinforcement for how critical the values of medication literacy, patient-provider communication, and coordination of care are for optimal health outcomes.

In my free time, I was able to enjoy the state of New Mexico as well. I took my first tram ride to the top of the Sandia Mountains in Albuquerque, explored the museum wonder that is Meow Wolf and admired the talents of Georgia O'Keefe in Santa Fe, brushed up on my UFO history in Roswell, and ate various foods covered in hatch green chili sauce. Overall, I genuinely enjoyed my time in New Mexico and will continue to carry these experiences with me. I am so grateful for the opportunity to have had this rotation, and for my mentors and preceptors who helped make this experience possible. I highly encourage future students to break their boundaries and expand their knowledge within the USPHS.



Lemons to Lemonade ... continue from [page 6](#)

tion can be a true resume builder. Learning how to make the best out of one's time at the Agency will help with almost any future career opportunity. Beyond how this may benefit students professionally, students will benefit personally by being immersed in the reality of the pharmaceutical world and corporate culture in a way that is simply not possible at any other rotation. By using the virtual experience to one's advantage, a student will be able to meet more people, attend more lectures, and leave with a greater depth of understanding of how this industry functions both on a corporate and governmental level.



Spring 2022



Who we are

The Commissioned Corps of the U.S. Public Health Service, or USPHS Commissioned Corps, works on the front lines of public health. Our medical, health and engineering professionals fight disease, conduct research, and care for patients in underserved communities across the nation and throughout the world.

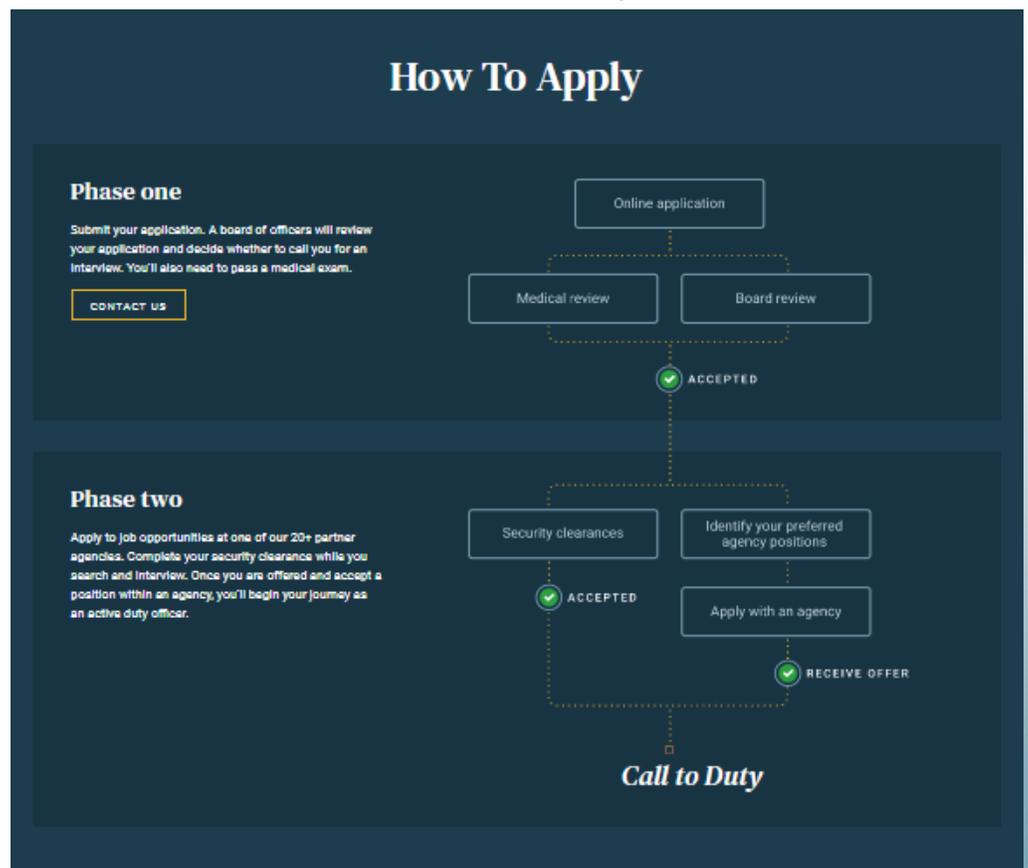
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The Ready Reserve Corps is a part of an elite group of Commissioned Corps' "America's Health Responders" who promote, protect and advance the health and safety of the Nation.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act, signed into law on March 27, 2020 provides both the authority and funding for the establishment of the Ready Reserve Corps. The USPHS Commissioned Corps began accepting Ready Reserve Corps applications online beginning in Fall 2020, and began commissioning its first officers in Spring 2021.

The USPHS Commissioned Corps is looking for service-driven individuals who desire to work in public health programs and clinical settings. The USPHS Commissioned Corps is an all-officer uniformed service of public health professionals from various public health and medical disciplines. The USPHS Commissioned Corps is comprised of officers from 11 distinct professional categories: Dietitian, Health Service Officer, Environmental Health Officer, Pharmacist, Scientist, Engineer, Therapist, Veterinarian, Physician, Dentist, and Nurse.

[Download the Ready Reserve Corps FAQs](#)

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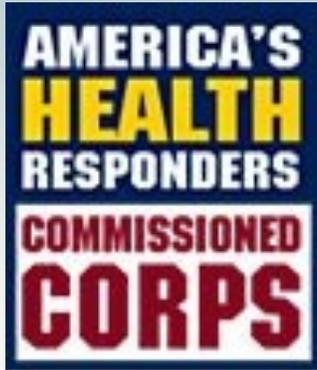
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Useful Info and Resource Links

Agency	Contact	Telephone	Website	Email
Federal Bureau of Prisons (BOP)	CDR Daniel True	304-379-5187	https://www.bop.gov/jobs/positions/index.jsp?p=Pharmacist	dtrue@bop.gov
Centers for Disease Control (CDC) and Prevention	CDR Jennifer N. Lind	404-498-4339	www.cdc.gov	vox2@cdc.gov
Food and Drug Administration (FDA)	CAPT Beth Fritsch	301-796-8451	www.fda.gov	beth.fritsch@fda.hhs.gov
Health Resources & Svcs Adm. (HRSA)	LCDR Jane McLaughlin	301- 443-1603	www.hrsa.gov	JMLaughlin@HRSA.gov
Indian Health Service (IHS)	CDR Jessica Anderson	218-983-4300	www.ihs.gov/pharmacy	Jessica.Anderson@ihs.gov
ICE Health Services Corps (IHSC)	CAPT Jeff Haug	202-494-8081	https://www.ice.gov/detain/ice-health-service-corps	jeff.e.haug@ice.dhs.gov
National Institutes of Health (NIH)	CDR Fortin Georges	301-496-9358	www.nih.gov	georgesf@cc.nih.gov
U.S. Coast Guard	CAPT Paul T. Michaud	202-475-5171	www.uscg.mil/	Paul.T.Michaud@uscg.mil
Centers for Medicare & Medicaid Services (CMS)	CAPT Christopher Dunbar	410-786-6621		ccinquiries@cms.hhs.gov

Website	Web Address
Instagram/Twitter	#usphspharmacy
Facebook Page	www.facebook.com/USPHSPharmacists
IHS Residency Information	http://www.ihs.gov/medicalprograms/pharmacy/resident/
Uniform Information	https://dcp.psc.gov/OSG/hso/sub-readiness-uniforms.aspx
USPHS Commissioned Corps	https://www.usphs.gov/
USPHS Commissioned Corps PharmPAC Website	https://dcp.psc.gov/osg/pharmacy/
USPHS Commissioned Corps Pharmacist Listservs	https://dcp.psc.gov/OSG/pharmacy/listserv.aspx
USPHS Commissioned Corps Student Opportunities	https://www.usphs.gov/student/





CORE VALUES

Leadership

Provides vision and purpose in public health through inspiration, dedication, and loyalty

Service

Demonstrates a commitment to public health through compassionate actions and stewardship of time, resources, and talents

Integrity

Exemplifies uncompromising ethical conduct and maintains the highest standards of responsibility and accountability

Excellence

Exhibits superior performance and continues improvement in knowledge and expertise

Did you know?

The UPOC Newsletter is potentially read by the 1,276 subscribers to the PHS-pharmacists listserv and over 767 subscribers on the pharmacy student listserv. In total, there are over 2,000 readers of the UPOC newsletter. BUT... it's up to you to distribute. Please take the time to distribute the UPOC Newsletter to your Universities or take a colored copy for your Career Fair Recruitment table.

Thank you from the UPOC Newsletter Workgroup!

Editor-in-chief & UPOC Newsletter Workgroup Lead
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PharmPAC UPOC Newsletter Lead
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