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Calendar of Events

2020-2021 UNTHSC Upcoming Holidays & Important Dates

31
May, 2021 Memorial Day*

6
Sep. 2021 Labor Day*

*=APPE students are granted 8 hours leave from rotation for holiday

Preceptor Newsletter



Message from the Experiential Team

Hello, and welcome to the second edition of our HSC College of Pharmacy Experiential Newsletter! The 2020-2021 academic year has moved quickly and we are excited to embark upon our next set of IPPEs and APPEs year this May.

The Class of 2021 celebrated an awards ceremony and then commencement at Dickies Arena in Fort Worth on May 14th and we are so proud to see the pharmacists they have become. Looking forward, the Class of 2022 participated in APPE Bootcamp to prepare for their upcoming rotations.

Finally, we have a wealth of CE offerings to roll out for our preceptors. The first is our annual CE event (info below). Additionally, page 3 of this newsletter contains our first mini preceptor CE in print, focused on incorporating student wellness into rotations. We hope that these serve as helpful professional development for you. We wish you a happy summer season!

Preceptor CE Event- Save the Date

June 11th and June 18th – 12pm to 2:15pm – live virtual via Zoom

- 4 hours CE: Texas Law, preceptor, pain management, prescribing and monitoring of controlled substance
- **FREE** for UNTHSC College of Pharmacy preceptors with code
- Registration link: <https://incedo.rievent.com/a/HEZQDE>

Congratulations to the Class of 2021!



Preceptors of the Year 2020-2021

Kristina Veloz, PharmD, Tom Thumb Pharmacy – APPE Preceptor of the Year



Emanuel George, PharmD, UNTHSC College of Pharmacy– APPE Faculty Preceptor of the Year



John Kanell, PharmD, BCPS, Medical City Denton – IPPE Hospital Preceptor of the Year



Charles Haynes, RPh, Tom Thumb Pharmacy – IPPE Community Preceptor of the Year



Joe Tritthardt, PharmD, Albertson's Savon – IPPE Patient Care Process Preceptor of the Year



Marian Gaviola, PharmD, BCCCP, UNTHSC College of Pharmacy – IPPE Faculty Preceptor of the Year



Class of 2024 Service Learning Event

Lauren Cagle, PharmD Candidate Class of 2024

The UNTHSC pharmacy class of 2024 hosted a virtual walkathon supporting The Cancer Support Community of Fort Worth in the Fall of 2020. Over 40 students participated, logging 325 service-learning hours and raising over \$1,300 for the organization. Last year brought unique challenges and opportunities for service learning. With COVID-19 regulations restricting access and our cohort settled into remote locations, we knew preserving the ability to serve together would be difficult. In a year when everything went virtual, we rose to the challenge. The Cancer Support Community was chosen by our class. We went to work fundraising and walking for the cause. As the 14-day event came to a close, the response from our class was overwhelming. As a cohort that is largely isolated, taking some time each day to exercise had a profound impact on many students' mental health and outlook. One member of the class, Heemin Oh, wrote, "I was little overwhelmed by all of the school workload and taking care of my 1-year-old son, but from this event, my son and I bonded a lot by walking together. I was so glad to be part of this amazing event." Another student, Reem Siddig, wrote, "My dad is a cancer survivor!! I truly walked my heart out for this". The event was hosted on social media, which allowed for encouragement and accountability. It brought students from diverse backgrounds together. The virtual walkathon gave our class an opportunity to learn about Fort Worth and encouraged us on our path to become community advocates. As future pharmacists, we commit to finding innovative and effective ways to strengthen one another. This might have been challenging year, but The Class of 2024 is strong, united and honored to serve our community.

Enduring Online Continuing Education (CE) Programs

We are excited to share the following online CE programs, free for our preceptors

- UNTHSC Pharmacy Preceptor Orientation** (0.5 credit hour, TX Preceptor, Expires 5/20/2024) <https://incedo.rievent.com/a/RMAORO>
- Naloxone and The Opioid Epidemic: Pharmacy's Impact preceptor conclave recording** (1.0 credit hour, TX Pain Management, Expires 10/26/2022) https://incedo.rievent.com/a/CKXDFC?utm_source=ce&utm_medium=catalog
- Expanding Care and Improving Efficiency with Layered Learning: IPPEs, APPEs, and Beyond** (1.5 credit hour, TX Preceptor, Expires 11/1/2021) https://incedo.rievent.com/a/LKEUBO?utm_source=ce&utm_medium=catalog

Precepting Pearls CE: Incorporating Wellness into APPE Rotations

Brittany Palasik, PharmD, BCPS;
Assistant Professor, HSC College of Pharmacy

Now more than ever, we as preceptors have realized that it is essential to check in with our learners to see how they are doing. Incorporating wellness strategies into a rotation may be customized to your precepting style and your students. Strategies span various areas from identifying and addressing rotation stress to incorporating wellness strategies into your daily or weekly activities. This may be as simple as taking time each day or once a week to do a wellbeing check-in, even if brief. Building upon check-ins, preceptors may consider infusing small snippets of wellbeing such as a lunchtime walk, ending each week with a gratitude reflection, or reflecting on things that make you happy in the morning before completing patient care activities. We are excited to present this article focused on various wellness strategies within experiential rotations as our first continuing education “Preceptor Pearls” article. After completion, you as a preceptor should be able to identify common stressors, specifically pertaining to rotations, and apply various strategies to incorporate student wellness activities that will also hopefully have a positive impact on your own wellness.

Preventing student stress on APPE rotations

- Pre-APPE Questionnaire: To gauge student preferences prior to the rotation, many preceptors send a questionnaire. Items to consider including would be post-graduate plans, goals for the rotation, and preferred communication methods.
- Orientation: Setting clear expectations, including a “minimum” necessary to pass the rotation can help students to understand their rotation requirements. Ambiguity often leads to increased stress.
- Syllabus: Outlining boundaries on a syllabus can help to protect students, sometimes even from themselves. Boundaries to consider adding to a syllabus include a required “leaving time” for the rotation, a statement requiring lunch breaks, and expectations for outside work.
- Student Calendar: Creating a specific student calendar on the first day of rotation gives structure to the rotation. Avoiding assignment due dates on Monday encourages students to enjoy weekend time off...

This article is accredited for 0.25 hours of preceptor continuing education-
Continue reading and to claim CE credit here:
<https://incedo.rivent.com/a/TWTHJZ>

2021-2022 Rotation Block Dates

24 May, 2021	02 Jul, 2021	Block 1
05 Jul, 2021	13 Aug, 2021	Block 2
16 Aug, 2021	24 Sep, 2021	Block 3
27 Sep, 2021	05 Nov, 2021	Block 4
08 Nov, 2021	17 Dec, 2021	Block 5
03 Jan, 2022	11 Feb, 2022	Block 6
14 Feb, 2022	25 Mar, 2022	Block 7
28 Mar, 2022	06 May, 2022	Block 8



Student Perspective: Incorporating Wellness into APPE Rotations

Sydney Petersen, PharmD Candidate Class of 2021

Pharmacy school and APPE rotations are stressful in themselves, mix those in with a global pandemic and anxiety is abundant. While these can be quite stressful times, with the help of the right techniques from the right preceptor at the right time, some of these stressors may be diminished. I found many of the suggestions made in the article above, “Precepting Pearls: Incorporating Wellness into APPE Rotations,” during my Internal Medicine rotation with Dr. Palasik to be things that kept me focused and composed during my rotation.

Structure for daily activities and a rotation calendar for reference of tasks throughout the rotation provided comfort and ease of mind. These components took away the worry of what each day would bring and negated any uncertainty coming into this new, unknown rotation. Being able to count on the constant day-to-day outline was reassuring even with the responsibilities varying greatly among weeks. While this element kept me on task and poised, the portion that had the greatest impact were the wellness topics. Day-by-day, this was the time I most looked forward to and cherished. I was able to learn how to reflect on my happiness, accomplish my goals, and manage my anxieties. Not only did this time grant me these experiences, but most importantly it showed me I was not alone. Hearing my preceptor discuss her experience with overcoming these issues and the open discussions with my fellow APPE students led to a sense of community for us all.

Further, this component not only helped me, but gave me the tools to continue helping myself and pass these tools onto others. These pearls have also shaped how I aim to focus as a future preceptor. Providing students with the ability to handle all of the stress of APPE rotations not only prepares them to do well in this realm, but further enables them to succeed as pharmacists.