

UCDH Pharmacy Resident Panel

Start Time: 6:10pm

End Time: 7:00pm

Kees (Case) Vanderyk - PGY1 Acute Care Resident

Griselda - PGY1 Acute Care Resident

Olaiya Aina - PGY1 Ambulatory Care/HIV Resident

Why did you decide to residency after pharmacy school?

Kees: Reality is that it is a very competitive atmosphere. If you want a "cool" job, you need something to gain experience. Residency is one of them. Depending on the program, they can tailor your experience of what you want and allow you to be able to pursue a more fruitful career. More of an expectation to get residency if decided to pursue career in a hospital.

Griselda: Wanted to do more clinical work and get all the training to advocate for patients. Wanted to specialize for Emergency Medicine. Very competitive work. And many other reasons.

Olaiya: Goal of superclinical pharmacist. wanted to grow in this area so ultimately residency was the path. Residency is like three years of learning packed into one.

What made you choose your specialty? Aside from pursuing residency, did you have any considerations such as a fellowship after pharmacy school?

Kees: Committed with infectious disease. Always believed residency would be part of the path. Residency increases the chance of getting in to places but not necessarily needed. If you read academic journals and find a subject compelling, it is encouraged to go towards that direction. For Kees, very interested in bacteria. Love to work in antibiotics

Griselda: Reason why she went into EM. Pharmacy have a lot of relations in EM. Responsible for getting to medicine and dosing and handing over to the medicine. Really love the collaboration. Doctors always asking pharmacists for advice for the best medication.

Olaiya: Picked up interest of ambulatory care before pharmacy. Went to shadow. Have relationships with patients and help them and see end results. Lots of power to make impact to patient's lives. HIV aspect: huge area in pharmacy, wanted to get into it. Had plan B and C in mind, had offer from CVS as well but ultimately went into residency.

What is the process to applying to residency? Examples of making your application stand out.

Griselda: Residency is very competitive. Did work for one year and then applied to pharmacy. First time application was not accepted. Process: forecast - responsible for uploading LOC, letter of intent, work, extracurricular activities; rotations - meet different pharmacists and network with them to gain LOC from these pharmacists, 10 week per rotation; apply to specific program and match with program

To make app stand out, want to see well-rounded students, do extracurricular activities (be very involved in 2)

Olaiya: Helpful during pharmacy school, clubs and preparation organizations, getting the resources to prepare App process, don't want to do too much in, research what programs you're interested in

Kees: put everything into a big website and see the programs that are shown. research which program suits you the best. algorithm will place you to the place that matches with you the most. thus, you rank the programs and the programs also rank you.

two things that make your cv shine, relationships and experiences

- need to have experiences that are non-pharmacy
- e.g. life experience

- look at what you've done and go do something
- relationships are going to get you the job, ultimately how you hear about things

How do you personally feel the field of pharmacy is changing? What do you think about the oversaturation in pharmacy?

Olaiya: Depends on which aspect you're seeing from. Oversaturation affected job quality and job satisfaction because many are competing into retail. Pharmacy is being more driven into residencies. More roads being carved. Pharmacy will grow towards many specialty and prescribe medications.

Kees: Pharmacy job market pretty saturated at the moment. It's difficult. World of pharmacy is changing in that pharmacist is gaining more responsibility. Role of pharmacist is changing. More clinical work. In one light, it's great because there is more autonomy and responsibility than before. In order to get a position, there is not always a guarantee but you can still get the experience. It's just a matter of finding that opportunity.

Griselda: Finding job has to do with networking and relationships. Had 3 pharmacy jobs during that one year. Got the jobs during pharmacy school when networking.

Olaiya: Reduction in enrollment into pharmacy school.

Describe a typical day in your life.

Kees: Had not had a typical day. Depends on the rotation you are on and also your own situation. Residency usually require a little more time. UC Davis is generous in giving time. For ICU, wakes up early (4:35am) and commute for 1 hour. Did rounds at 6:30am for 1-2 hours. Looking in depth on patients which takes up majority of time. End early (3:30pm). With residency, also triage all other projects. Required to do research at UC Davis.

Non-ICU - get in at 8am and leave at 4pm.

Typical day is heavily dependent on the rotation.

Olaiya: Day to day vary during rotations. Go into clinic and have a schedule of patients that needs to be visited. Make recommendations and plans for patients. Research projects.

Griselda: In cardiothoracic ICU. Wake up at 5am and get to hospital at 6am. Go over every medication of patients before going to rounds. Make sure everything is appropriate. Give recommendations to the team on dosage or stopping medications. Also verifying orders for patients. Meet up with preceptor to discuss about details with patients.

What is one piece of advice you have for pre-pharmacy students?

Kees: If you pursue pharmacy, then you should network. It is a lot about who you know. Find something that can help you destress.

Griselda: Network as much as you can. Enjoy your life. Pharmacy is a lot of work.

Olaiya: Live your life. YOLO.

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