



# PHARM CIRCLE

*Connecting stories from Memorial's PharmD for Working Professionals Program*

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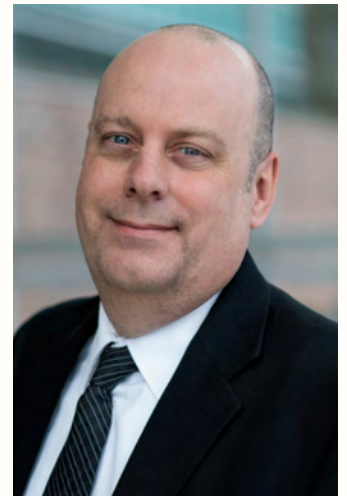
**Advance your practice,  
Lead your profession**

*Doctor of Pharmacy (PharmD)  
for Working Professionals*

## From the Dean's Desk Dr. Shawn Bugden

This is our fourth issue of the Pharm Circle; and, incredibly, the third issue published while working within a pandemic. While some faculty and staff continue working from home or teaching remotely and/or online, it is still business as (un)usual.

With 2020 behind us, and looking with hope to (late) 2021, the world continues to turn. It has been a busy and proud time for the program. In May, despite the pandemic, the School of Pharmacy proudly celebrated the graduation of 10 students who completed their program and received their PharmD degrees. There are now 11 PharmD alumni and we couldn't be happier for these students as they continue to advance their practice and lead our profession.



So like the previous newsletter issues, we continue to feature our working professional pharmily. This time we introduce Travis Warner, a key member of PHAR 5901 since the course started in 2018. His teaching focuses on cardiovascular pharmacy. We highlight a creative student change management project that even caught the attention of several large national media outlets and is helping Nova Scotia solve a public health issue. And in our student spotlight section, we introduce three students who are at different stages in the program but are well on their way to achieving their PharmD degrees. While they are committed to the pharmacy profession and to the program, they are finding ways to balance work and studies while staying active and enjoying life. And, of course, our happy happenings section continues to celebrate our pharmily accomplishments.

We hope you enjoy reading this issue. Hang in there, keep up the good fight, and we will see you again (post-pandemic ???) in our December issue.

*We have a diverse group of faculty, external content authors, and instructional designers who work together to make this program a success. We share their profiles in every issue. Keep an eye out to learn more about our growing pharmily!*

# Instructor Spotlight

Mr. Travis Warner



Ever since graduating high school, Travis knew he wanted to be a pharmacist and took a straight path to get there. He enrolled in the University of Saskatchewan's College of Pharmacy and Nutrition as soon as they would take him and graduated with his bachelor of science in Pharmacy in 2006. He then moved to Winnipeg to complete a hospital pharmacy residency with the Winnipeg Regional Health Authority, with an intent to establish a hospital-based clinical practice. Without losing momentum, he started work in a community hospital setting in Winnipeg before moving on to a series of other hospitals in quick succession. Within a couple of years, he had practiced in nearly half a dozen different hospital specialties and had gotten pretty good at pretending to be confident in unfamiliar surroundings.

To assuage his restless spirit, he later took a job at a teaching hospital doing clinical pharmacist work in medical-surgical intensive care, cardiac surgery intensive care, acute coronary care, and inpatient cardiology, as well as taking on a boatload of committee and project work. While he still wanted more education, his job was extremely busy and he enjoyed it very much. So he didn't want to give it up for further training. Instead, he decided to scrounge some more letters by becoming a board-certified pharmacotherapy specialist in 2011, and then a prescribing ("extended practice") pharmacist in 2014. He eventually ended up working on educational materials for the Canadian Heart and Stroke Foundation, joining the Canadian Cardiovascular Pharmacists Network, taking a side gig with the Pharmacy Examining Board of Canada, and dipping his toe in the waters of academia with some formal teaching work related to cardiology. Over the years, he's mentored dozens of students on clinical rotations and is currently conducting the necessary arcane rituals to launch a substantial research project in patients with acute coronary syndrome.

He joined the Memorial University team in 2018 to assist in the development of PHAR 5901 (Pharmaceutical Care I) for the PharmD for Working Professionals program. Always willing to codify and perpetuate his biases, he took the opportunity to build a thorough module on electrophysiology for post-graduate pharmacists, including an introductory review sub-module to help ease students back into a tricky subject the memory of which they've likely repressed. Leveraging years of experience creating orders and designing care maps, he also designed a novel group project for the course related to the development of a therapeutic algorithm and order set. Spring 2021 marks his third year teaching in this course.

In his spare time, Travis likes thinking about watching movies, then watching YouTube videos about watching movies to get the gist of the experience with a lesser time commitment. He also likes to think about playing the guitar and learning Spanish. Back in the before-times he used to take trips to the Rocky Mountains to go hiking and camping. And in the winter season, he would occasionally attempt, awkwardly, to snowboard. From time to time he goes rock climbing and endeavours, with variable success, to not hurt himself. He has a house within walking distance to work that has a fire pit in the back and a refrigerator with unlimited ice.

With Travis' extensive cardiology knowledge and his commitment to the pharmacy profession, the program is fortunate to having him as part of the teaching team. He brings dry humor to his teaching, making it a more fun and engaging learning experience for students. The School is thankful for his commitment to the PharmD for working professionals program.

# Change Management Project

## Leads to Valued Mobile Service

When Michael Hatt was asked to develop a clinical service plan in one course and implement it in another, he wanted to find a plan that would benefit rural Nova Scotia. He first contemplated increasing point-of-care (POC) testing in-store. But when he discovered a 'for sale' advertisement while browsing online ads, it changed his life and earned him a grade of 'A' in the process.

It started in the fall semester of 2020 when he was required to develop a clinical service delivery plan in his pharmacy management and leadership course. As luck would have it on that faithful day of browsing online ads, Michael found an old, decommissioned ambulance for sale. This sparked the idea of creating a mobile vaccine clinic for his course project instead. So he bought the ambulance. And – with the help of a good mechanic and navigating some vehicle registration roadblocks – he had it on the road within three weeks.

His first road trip was in October 2020 when he ventured around Cape Breton offering mobile vaccination services to patients in rural communities. The very first mobile clinic was in the village of Louisdale. It wasn't his first in that community as he typically held yearly clinics at the senior's community center. When he heard the center was considering cancelling the clinic due to COVID-19 restrictions, he spoke to the organizers and said he could still conduct the clinic if he could use the parking lot. They were thrilled and even helped Michael schedule the clinic. In previous years, he vaccinated about 80 to 100 people and was able to accommodate the same numbers with his new mobile clinic.

Michael says, "I believe the participants were thrilled with the mobile clinic concept because it meant they did not have to find a way of getting vaccinated outside of their community."

Back in the online classroom, Michael continued implementing his project in the applied learning course during the winter 2021 term. This required the development and implementation of a project evaluation plan to assess the project's outcomes. His instructor, Dr. Stephen Coombs, was very impressed with Michael's project, given the potential for significant impact on the health of the residents of Nova Scotia, as well as on population health in general. Although his project extended beyond the confines of this course, Dr. Coombs was happy that Michael was able to engage in course activities to demonstrate leadership and plan for and perform evaluation processes.

His project-turned-service is very well received mainly because it is successful in providing easier access to

pharmacist-provided vaccination services in rural communities. He is able to reach isolated areas, making immunization more accessible to the elderly and those with mobility issues or transportation barriers. The project even caught the attention of several large media outlets, including [CBC](#), the Pharmacy Practice magazine, and the [Globe and Mail](#).

Though his project is complete and he has finished both courses, his work on the road is far from over. Along with his trusty mobile clinic, he continues to travel around rural Nova Scotia administering vaccination shots to individuals and businesses. While he is not yet able to administer the COVID-19 vaccine, he hopes to go mobile once the province announces new guidelines for travel. He also plans to look at potential POC testing services (one of his original project ideas that he now hopes to incorporate into the mobile clinic) and examine pharmacist prescribing services via home visits.

While it was not necessarily part of the plan, Michael's ingenious idea is helping to solve a public health issue by effectively increasing vaccination rates for influenza. His change management project took on a life of its own and ended up having a fairly significant impact in the real-world.

He says, "The project itself has brought far more attention to our profession and our services than I could have ever imagined. I hope to use this project and the attention it received as a stepping stone to bring more recognition to the pharmacy profession and expand our role within the health care system."



# Students in the Spotlight

*We like to celebrate our students and let our readers know a little more about the people in our neighbourhood. We share student profiles in every issue.*

2018 Cohort

*Kaitlin Mitchelmore*



Katie (which she is more commonly known as) was born and raised on the Great Northern Peninsula of Newfoundland in the small community of Green Island Cove. When she was a young girl, she wanted to pursue a career in the medical field. In her final year of high school, she decided she would become a pharmacist.

Katie often jokes there were more people in her first university class than in her hometown! So it was an intimidating first year of studies. But when she received her offer of admission to the School of Pharmacy in June 2012 she knew she was about to embark on a rewarding career.

Katie obtained her bachelor of science in Pharmacy from Memorial in 2016 and began her career as a hospital pharmacist at Charles S. Curtis Memorial Hospital in St. Anthony, NL. She worked there for 4 ½ years until she was offered the opportunity to co-own and become pharmacist-in-charge at Consumers PharmaChoice in Flower's Cove, NL. This community pharmacy provides services to the area where she grew up and where she spent many summers working as a pharmacy student. Although she loved her hospital position (and was a little terrified by the huge change), she knew she would regret not taking advantage of this once-in-a-lifetime opportunity.

When Katie was completing her pharmacy degree, plans were underway to develop an Entry-to-Practice PharmD program. The School was also considering developing a part-time PharmD program for practicing pharmacists. This immediately sparked her interest. Given the positive experience that Memorial offered during her bachelor's degree and the amazing professors involved in this program, she knew the PharmD for Working Professionals program would be an excellent learning experience with outstanding guidance and support.

So in 2018, just two years after she received her first pharmacy degree, she returned to Memorial's School of

Pharmacy to complete her PharmD. She is currently enrolled in her final course and plans to complete her degree in October 2021.

Of her time in the program, she says, "The past 2.5 years have flown by! Being only weeks away from completion is certainly bittersweet. I never doubted that I would learn a great deal from my instructors and preceptors, but I was astonished as to how much I would learn from my fellow classmates. This program is filled with so many experienced pharmacists and they all bring a wealth of knowledge and unique perspectives to the virtual classroom." Katie believes this combination adds more depth and value to the program. She feels a great sense of gratitude to everyone who helped advance her practice and hopes she was able to offer a similar learning experience to her classmates.

After graduation, Katie plans to continually improve and grow her career as a community pharmacist. But this may not be her final time in the classroom. She hopes to complete a few business-related courses to help her learn more about the business aspect of pharmacy.

When not working or studying, Katie likes to bake, enjoys the outdoors (on either a snowmobile or an ATV), and spends time with her fiancé, friends, and family.

Just as Katie feels a little bittersweet about completing the program, the School of Pharmacy feels proud as it recognizes the very first graduates to receive a PharmD. But there is still a little bit of nostalgia in saying farewell to a fine group of student pharmacists who will undoubtedly use their newly-acquired skills to advance their pharmacy practice.



Born in St. John's, NL, Mikaela Whalen grew up in the neighbouring city of Mount Pearl.

## 2019 Cohort

*Mikaela Whalen*

She began her journey with the pharmacy profession just six years ago, after being accepted into Memorial's bachelor of science in Pharmacy program in 2015. After graduation in spring 2019, she began working in community pharmacy.

Mikaela only had four months away from academia, when she returned to Memorial in September 2019 to begin the PharmD for Working Professional program.

She says, "I wanted to continue my studies with the school to gain a deeper understanding of pharmacology and patient care."

While completing her PharmD is allowing her to better manage her patient's medical conditions, it is also providing her with advanced knowledge of therapeutics, clinical skills, and assessment. And she is able to transfer this advanced knowledge to the entry-to-practice pharmacy students in her other role as pharmacy skills laboratory instructor — a role she started in winter 2021. Throughout the winter term, she helped Dr. Terri Genge with the Pharmacy Skills 3251 course and gained a new passion for teaching. This experience with the students added to her growing excitement for academics and learning. It also provided an opportunity for her to advance her skills as a mentor as she navigated through her own course work.

On top of working with Memorial as a laboratory instructor, Mikaela is also in her second year as a preceptor for students in the entry-to-practice PharmD

program. She believes providing students with guidance and opportunities to use the skills they've studied is an important part of learning and growth on their journey to becoming a pharmacist. She says, "seeing students gain confidence throughout their placements is one of the things that makes being a preceptor so fulfilling."

Gaining preceptor and teaching experience is also inspiring Mikaela in her role as a PharmD student too. The working professional program has made all of the above possible. Mikaela believes this part-time program is a great option for pharmacists who want to advance their knowledge without having to sacrifice other important aspects of their career to pursue PharmD studies on a full-time basis. Although online learning can be challenging at times, she says "being able to reach out to such great course instructors and program coordinators makes it all that much easier."

Mikaela is excited to complete the program in 2022. She hopes to use the knowledge she has gained during her studies to continue to advocate for and advance the profession of pharmacy.

Until then, she continues to wear many hats in her roles as pharmacist, student, preceptor, and instructor. And while she enjoys each and every hat, one of her favorites is that of dog mom to Zeke (pictured here on her graduation day in 2019) and Mesa. They are great companions and always manage to bring a smile to her face, even on some of the toughest days. She appreciates their helping paws too — whether it be reminding her to take a break from studying or intently listening to her prepare for a course presentation.

## 2020 Cohort Jonathan Stevens

Born and raised in Riverview, New Brunswick, Jon Stevens made the move to St. John's in September 2009 when he began his post-secondary studies at Memorial University. He considers this one of the best decisions of his life and is proud to be considered an honorary Newfoundlander, having been "screeched in" more than once. Prior to the pandemic, he liked to visit "The Rock" annually to catch up with friends, enjoy a few pints, and hike the East Coast Trail.

Jon is a proud graduate from Memorial's School of Pharmacy (Class of 2014). He still keeps in touch with the majority of his classmates, including his roommates Joe Otto and Mike Bernard who all forged a lifelong friendship during their time in the halls of the School of Pharmacy.

Following graduation in 2014, he returned to his roots in New Brunswick and went on to completed a hospital pharmacy residency at the Saint John Regional Hospital. He has worked at the Saint John Regional Hospital since then, covering all areas of oncology pharmacy practice including inpatient and outpatient care. His ongoing interest is in oncology pharmacy practice-based research, including the development of virtual patient education resources for oncology patients and advancing the oncology pharmacy practice model.

Looking to advance his practice and skills, Jon knew that a PharmD was an important step in the progression of his career. Memorial's PharmD for Working



Professionals was the only program he had even considered applying to. Jon's undergraduate experience and the excellent faculty and strong clinical program in the School of Pharmacy combined to create the ideal learning environment he sought at this stage in his career.

Jon is in the third semester of the program and hopes to complete his PharmD in 2023. After graduation, he plans to continue advancing his oncology pharmacy practice. The ever-evolving nature of oncology care renders this practice area ideal for constant learning, specialization, and advancement of pharmacy practice to better meet the needs of an expanding patient population.

In the meantime, Jon and his girlfriend Taylor enjoy the company of their cat, Ginger, and brand new golden retriever puppy, Jax. They also enjoy all kinds of outdoor activities together. Year around, they can be found on one of many trails, either skiing and snowshoeing in the winter or hiking and biking in the summer. They also like to recharge at the cottage with family and friends when time allows.

### Important Dates

#### For future applicants

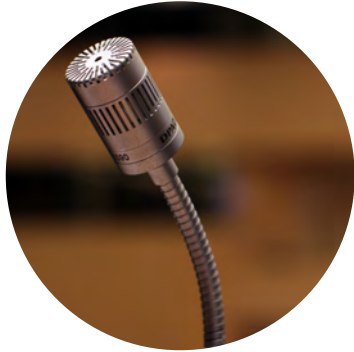
Next application  
deadline date  
**February 1, 2022**

#### For current students

PHAR 4900 Clinical Skills I  
Offered remotely between: **September 17 -  
October 1, 2021**

PHAR 6900 Clinical Skills II  
Anticipated onsite: **May 2022**

# Happy Happenings



## GREAT JOB!

Jeremy MacDonald, a second year student and a pharmacist at the MTS clinic, recently presented on Vaccines 101 to Memorial University alumni. His presentation focused on COVID-19 vaccines, explaining how they work and the importance of getting the shot. The MTS Clinic will administer COVID-19 vaccines in Phase III of the vaccine roll out.



## CONGRATULATIONS!

Dr. Tiffany Lee, who was previously the developmental lead for the PharmD for Working Professionals program, has been appointed to program director.



## WELL DONE!

Christa McGrath, program coordinator, completed the Professional Editing Standards Certificate from Queen's University.



## HATS OFF!

The School of Pharmacy celebrates the 10 newest graduates from the PharmD for Working Professionals program. These students completed their program requirements during the Winter 2021 term and received their degrees in May 2021.

### Congratulations to:

- |                   |               |
|-------------------|---------------|
| Maggie Cole       | Kara O'Keefe  |
| Stephanie Delaney | Vanessa Power |
| Joshua Lane       | Tara Ventnor  |
| David Lee         | Garrett Wells |
| Jasmine Mccue     | Laura White   |

## STUDENT REPRESENTATION ON SCHOOL OF PHARMACY COMMITTEES (2020-2022)

Academic Council  
**Jonathan Stevens**

Professional Suitability  
**Jeremy MacDonald**

Recruitment  
**Vanessa Bennett**

Undergraduate Student Admissions  
**Bradley Adams**

Undergraduate Studies  
**Mikaela Whalen**