

APPE TRAILS

Official Newsletter for P3 and P4 Students at Manchester University College of Pharmacy, Natural and Health Sciences



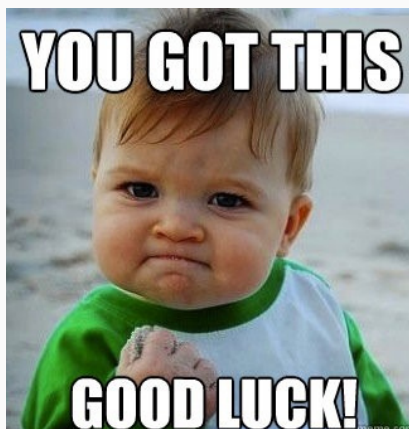
Documenting your APPE Year

BY DR. RYAN ADES

Congratulations, Class of 2023, you have made it through the didactic curriculum. All that is left is 1600 hours of advanced pharmacy practice experiences, and you will be full-fledged pharmacists ready to begin your careers. There is a rhythm to the progression through APPEs, and I encourage you to utilize the following as a guide to set reminders and establish that rhythm:

- Three weeks prior to every rotation: send an introductory email to your preceptor
- Two weeks prior to every rotation (or as otherwise instructed by the site): ensure that all of your site specific requirements have been completed. Fill out any forms with all of the information you are able to complete prior to requesting any signatures required from our office. Karen Failor will act as signatory of these forms. Once completed, mark your requirements complete in CORE ELMS.
- Wednesday of your 2nd week of every rotation: complete your Mid-Point Self-Evaluation
- Last week of every rotation: complete your Interprofessional Education Assessment Field Encounter
- Last day of every rotation: review your preceptor's final evaluation of your performance with your preceptor
- Last day of every rotation: complete your Evaluation of Site/Preceptor
- Last day of every rotation: complete your APPE Affidavit of Experience. Important Note: make sure to have your Indiana Intern License at the top of the form for every rotation, and include any other state license you may need for that rotation

The Office of Experiential Education is always available to help with any questions you may have. Please do not hesitate to reach out directly.



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Words of Encouragement

BY DR KIERSTAN HANSON

Congratulations P4 students on making it to your APPE year! You have likely realized that this is the year where all of your hard work pays off and you begin to refresh, build upon, and solidify the knowledge you have accrued through your 3 years of school. It can be an exciting time, but at times can feel a little overwhelming.

Most of you have encountered, or will soon encounter, the following experiences/thoughts:

- “I have no idea what the answer is. Perhaps I can fake syncope and collapse to distract my preceptor.”
- The twinge of annoyance when your rotation partner knows the answer that you didn’t.
- You review a topic and are ready to wow your preceptor with your knowledge. And then they ask you a question you did not investigate. Doh!
- “APPEs are soooooo much better than class!”
- “Welp, I wish I would have paid more attention to that in class.”
- “[Insert professor’s name here – probably Dr. Beckett] was right about this.”
- “I. Am. Going. To. Fail. The. NAPLEX.”
- “I AM A GENIUS! I nailed that answer!” [Insert happy dance]
- “No, seriously, I am going to fail the NAPLEX.”
- Remember, you have made it this far and you WILL make it through this year. It is absolutely normal to feel some self-doubt at this point in your rotations. Hang in there, you got this!

New Assistant Director for Experiential Education

BY THE OFFICE OF EXPERIENTIAL EDUCATION

Our office is excited to announce that we have filled the Assistant Director position in the Office of Experiential Education, which has been frozen since May of 2020. We are very excited to welcome Dr. Sara A. Thompson to our team. Sara began her professional career as a high school teacher before receiving her Doctor of Pharmacy degree from Belmont University College of Pharmacy in 2016. She completed a PGY-1 with the VA Caribbean Healthcare System in San Juan, Puerto Rico and then a PGY-2 with an emphasis in family medicine and academia at UTEP School of Pharmacy in El Paso, TX. She has a passion for Spanish fluency, underserved patient populations, oncology and providing students with every opportunity to succeed. Sara will begin her role on July 18th, 2022. Please join us in welcoming Sara to Manchester!



It's Quiz Time

NAPLEX Practice Questions

A 58-year-old male patient with heart failure and CAD was diagnosed with PAD after recent testing. Current medications: carvedilol 25 mg po bid, lisinopril 40 mg po daily, aspirin 81 mg po daily. The patient describes his lower extremity pain as cramping up and down the backs of his legs, worse during busy times working at the restaurant and resolving with rest.

Which of the following therapies would be the best treatment for his leg symptoms?

- A. Cilostazol 100mg po twice daily
- B. Structured walking exercise therapy
- C. Pentoxifylline 400mg po three times daily
- D. Clopidogrel 75mg po daily

Which adverse reaction(s) may be associated with vitamin K antagonist use?

- A. Melena
- B. Cardiac arrhythmias (QT prolongation)
- C. Excessive blood clotting
- D. Cyanosis
- E. Diaphoresis

FS is a 56-year-old man with diabetes mellitus and newly diagnosed hypertension. His mean blood pressure in clinic today after three proper measurements is 158/101 mm Hg. He is not currently on treatment.

Which of the following drug regimens would be the most appropriate to treat FS?

- A. Chlorthalidone
- B. Quinapril
- C. Benazepril + amlodipine
- D. Lisinopril + losartan
- E. Atenolol + HCTZ



Remember this?



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