Firelands Health PGY-1 Pharmacy Residency: Frequently Asked Questions

Q: How does your residency program support resident resilience and wellness?

The residency program at Firelands Regional Medical Center encourages resident wellbeing and resilience through several high-level and specific measures, some of which were recommendations taken from past residency classes. As with most residency programs, the residents are allotted a PTO bank that is immediately available for use, but our residents are strongly encouraged to use the entire balance of this PTO bank and are asked to report on the PTO balance prior to the monthly RAC meetings. This is done to ensure the residents are taking the necessary time away from residency to recharge and perform optimally. Residents are also given 1 day/month away from their daily rotation duties to work on longitudinal projects, rather than expecting all longitudinal work to occur after rotation duties are complete. Finally, the pharmacy department schedules department outings and meet-ups at least once every other month that the residents are encouraged to attend.

Q: What are the staffing expectations at Firelands Health?

Beginning on Labor Day weekend, the residents staff an “eleven days on three days off” cadence. On day five of this rotation, they will work their normally scheduled clinical rotation in addition to a Friday evening shift until 9 PM. They will then work Saturday and Sunday from 10 AM to 6:30 PM. Every alternating weekend, they are off for a 3-day weekend (Friday Saturday Sunday). In addition to this, the residents split coverage of 2 major holidays (Thanksgiving and Christmas day) and 2 minor holidays (New Year's Day and Memorial Day). There are no "on-call periods" at Firelands Health.

Q: What does research look like at Firelands Health?

Firelands Regional Medical Center health follows a traditional research model in which the resident completes the entirety of one research project (background literature, research protocol development, abstract submission, IRB submission, manuscript development, etc). Several research project topics and ideas are maintained by the program that aim to meet the needs of the department and the health system. While the research projects are usually assigned based on the resident’s interests, residents with a strong interest and foundation in research are also encouraged to share ideas of their own. A poster presentation is presented at ASHP Midyear while the final results are presented in a podium presentation at the Ohio Pharmacy Residency Conference. The residents are given the month of December to attend Midyear and to begin or continue work on the data collection for their project.

Q: What sorts of projects (research or otherwise) have the residents at Firelands Health contributed to in the past?

As an independent health system, the research and longitudinal projects our residents complete frequently impact regular practice within the health system. Examples of past projects and system impact include the following:

- An MUE of the use of inhaled medications leading to a proposal to make nebulized medications the formulary standard at Firelands Health
- Research on the optimal pharmacokinetic dosing of vancomycin leading to the development and maintenance of an in-house AUC-guided calculator
- Research on the value of medication reconciliation at the point of discharge leading to the creation of a new service line in transitions of care.

Q: Do the residents sit on any hospital committees?

Many of the projects the residents complete during the year will be presented at 1 of several different hospital committees. Drug class reviews and medication use evaluations will be presented at pharmacy and therapeutics. The residents are also expected to lead at least 1 medication continuous quality improvement meeting as part of their longitudinal abdomen rotation.

Q: What sort of facilities are available to the residents? Do they have their own office space? Their own laptops/computers?

The residents have a shared office space in the main inpatient pharmacy that has a door (not a cubicle). Each desk comes with its own storage, desktop computer, and assigned laptop.