

Message from the New Practitioners Forum Chair – September 2009



Michael DeCoske, Pharm.D., BCPS

“Every morning you are handed 24 golden hours. They are one of the few things in this world that you get free of charge. If you had all the money in the world, you couldn't buy an extra hour. What will you do with this priceless treasure? Remember, you must use it, as it is given only once. Once wasted you cannot get it back”. - Anon

Hello and welcome to another year with the ASHP New Practitioners Forum. My name is Michael DeCoske, and I will be the chair for the New Practitioners Forum this year. I, along with my four fellow executive committee members, will be working hard on your behalf during this year. In addition, our six advisory groups will be working to develop resources and initiatives that will hopefully be timely, easy to use, and assist you in achieving some professional satisfaction. We have a lot of fun, unique, and exciting things planned for the year, so stay tuned. Please send me an email at decoske@gmail.com if I can be of assistance in any way.

Are you excited for the 2009-2010 year? Do you have big professional goals? Will this be the year you take your practice, your leadership, or your clinical expertise to the next level?

Everyday we are faced with opportunities. Opportunities to take the “easy” road or to take the “high” road. Opportunities to settle or to excel. We are given a finite number of hours with which to make an impact. So, echoing the words above, what will we do with these “golden hours?” Let's capitalize on each opportunity and make 2009-10 our showcase year. The year we separate ourselves from the pack and challenge ourselves to flourish in ways we previously thought impossible.

I'd like to share just a few areas you might think about:

- Resolve to make a real, tangible difference in the life of a patient every day.
- Become an expert on a topic that has always frightened you or that you have never really liked.
- Be nice to the nurse, who wasn't very nice to you.
- Become active with the New Practitioners Forum and look for ways to get involved.
- Get engaged in a research project at your hospital. Projects are underway everywhere and few people are turned away when offering to assist.
- Develop and present a presentation to fellow pharmacists on an area of interest.
- Do something cutting-edge, that no one else has done before, and share your innovation on the ASHP Connect Discussion Board.
- Expand your network; make a pharmacy friend in every state.
- Get a mentor, be a mentor and benefit from this age old partnership that can be both invigorating and career changing. The ASHP Mentor Exchange has hundreds of people waiting, right now, to be your mentor or to be mentored by you.
- Be a leader even when it's easier to be a follower.
- Resolve to push yourself to levels you never thought you could achieve.

If you began working full-time immediately after pharmacy school, could now be the right time to consider a residency? It's a choice you will NOT regret. The doors of the pharmacy world will open beyond your wildest imagination. If a residency is not for you, don't be disheartened. What you bring to the table with your energy, education, and fresh ideas is very valuable. Talk with the residents at your hospital about what they do on a daily basis and then develop your own personal "residency" plan. Read the same journal articles, review the same patients, attend the same professional meetings, give CE presentations, and work on similar projects. You may not get an official residency certificate, but you will walk away with a unique knowledge and skill set that you can utilize in your quest to provide better care for patients and to expand your professional opportunities.

Finally, Norman Vincent Peale once said, "Believe you can, and you can. Belief is one of the most powerful of all problem solvers. When you believe that a

difficulty can be overcome, you are more than halfway to victory over it already.”
Whatever might be holding you back, don’t let that stop you from seizing the
opportunities before you. We believe in you!”

Got an idea that you think the New Practitioner Forum should work on? Please
email us at: <mailto:newpractitioners@ashp.org>