

## In the Spotlight



**Name/Credentials:** Vivian M. Zhao, Pharm.D., BCNSP

**Title:** Clinical Pharmacist – Nutrition Support

**Organization:** Emory University Hospital

**Focus:** Nutrition and metabolic support of hospitalized and home patients

**Member Since:** 2003

### Biography

Vivian Zhao received her Doctor of Pharmacy degree from the Massachusetts College of Pharmacy in Boston in 2006. She completed both Pharmacy Practice and Nutrition Support specialty residencies at Emory University Hospital /Emory University School of Medicine in Atlanta, Georgia. She serves as an active member of the multidisciplinary nutrition and metabolic support service at Emory University Hospital. She is a board-certified clinical nutrition support pharmacist. She is an active member of several professional organizations, including the American Society of Health-System Pharmacists, the American Society of Parenteral and Enteral Nutrition, and the Georgia Society of Parenteral and Enteral Nutrition. She is actively involved in designing and performing clinical research and is a co-investigator on several clinical studies related to specialized nutrition support conducted at Emory. She has presented her work at national conferences and is actively working on publication of her research, including abstracts, reviewed papers, and book chapters.

### Current Pharmacy Practice/Role/Responsibilities

As a member of the nutrition and metabolic support service, Vivian is responsible for performing initial consultations and clinical follow-up monitoring and ordering parenteral and enteral nutrition formulations, and electrolyte, vitamin, and mineral supplementation for hospitalized and home patients. She is also responsible for providing education in methods of nutrition support to pharmacy students, PGY-1 and PGY-2 pharmacy residents, medical students, and gastrointestinal fellows, along with being an active practicing clinician.

### Current Projects/Research Interests

Vivian's research focuses including parenteral nutrition and pharmaconutrition therapy. She is a co-investigator on several ongoing projects including: (1) a randomized, double-blind, multi-center clinical trial comparing soybean oil-based vs. olive-oil based lipid emulsion in ICU patients receiving parenteral nutrition; (2) A pilot, double blind, randomized controlled study on the effects of

cysteine-supplemented parenteral nutrition on glutathione and cysteine redox status in critically ill patients with liver dysfunction; (3) A pilot, double blind, randomized control study on human biomarkers for assessing copper deficiency and repletion in bariatric surgery patients; (4) A retrospective study characterizing of copper deficiency in adults requiring specialized feeding; and (6) A retrospective study on post-hospital infections in patients requiring chronic home parenteral nutrition.

### **Advice**

Let's not forget where we came from and those who helped us along the way. Remember to translate our knowledge forward to the next generation of pharmacy professionals.

### **The Value of ASHP Membership**

Vivian became a member of ASHP as a 2<sup>nd</sup> year pharmacy student at the Massachusetts College of Pharmacy in Boston. She was one of the co-founders of the Student Society of Health-System Pharmacists. She has been a regular attendee at the Clinical Midyear Meetings and utilizes available resources at the meeting, such as Residency Showcase and Personnel Placement Center (PPS). She has been serving as the Nutrition Support Network facilitator since 2008. "My involvement in ASHP has greatly expanded from my early experiences with Residency Showcase and PPS. I enjoy attending the Midyear Clinical Meeting to serve as the facilitator of the nutrition support networking session, serve as an expert for the student career roundtable to share my clinical experience, and attend educational sessions. I believe the ASHP has opened up wonderful new opportunities for me to grow as a professional and a leader," said Vivian.

### **Contact Information**

For more information on Vivian M. Zhao, visit the [Clinical Specialists and Scientists' Online Directory](#).