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Residency Newsletter



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Welcome!

The ASHP Leadership Development Advisory Group (LDAG) would like to help you stand out from the crowd, whether you wish to land the pharmacy residency of your dreams or you are not sure if a pharmacy residency is for you. The LDAG's residency work group will be creating a monthly newsletter to help student pharmacists learn how to make themselves stand out as a desirable candidate for a pharmacy residency. The LDAG serves to advise ASHP student members regarding the growth and development of future health-system pharmacy leaders to cultivate a culture based on the philosophy that leadership is a professional obligation. Pharmacists never stop learning and developing leadership skills, which is why it is important to start early on. No matter what career stage a pharmacist is at, lifelong learning and leadership development contribute to ongoing professional and personal growth. Thanks for reading and stay tuned for helpful insights into the pharmacy residency application process!

Important Upcoming Dates

March 6th: Residency rank list due March 20th: Phase I match results & Phase II opens April 5th: Phase II rank list due	April 12th: Phase II Match Results release April 13th: Scramble opens April 19th: Scramble offers are released May 12th: Deadline for program letters
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National Matching Service (NMS) Website and Submitting Rank List

The ASHP Residency Match program (RMP) uses the National Matching Service (NMS) to run PGY1 and PGY2 match process. Utilizing the NMS provides residency selections in favor of the students' match list and helps streamline the offer process. Only programs that are ASHP accredited or pursuing ASHP accreditation can participate in the Match. After completing your interviews, you will need to visit the [NMS website](#) and submit your program rank list, which we will go into detail soon. Before submitting your rank list, it is **IMPORTANT** to understand some of the legalities of participating in the ASHP Match process. As a student, your participation and selection for a position through the RMP are legally binding; so read the match rules closely. Failure to follow these rules could exclude you from future participation in ASHP's RMP. According to ASHP's RMP regulations, neither you or your participating program(s) will seek to find out each other's rank list. Now let's discuss some considerations you should make when creating your rank list; since you will be legally bound to the program you are matched with it is essential for you to take the time to think about what you truly want and need. Here are some considerations: Does the program meet your goals? Will the program provide ample opportunity for patient care, research, and teaching? What is the institution type? Does the program offer a PGY2

program? How you felt during/after the interview? What did you think about the preceptors? After evaluation of each program, it is okay if your priorities or top choice change throughout this process. This year's rank list due date is March 6th, 2018. You will need to use the login and password from PhORCAS. Once you have logged in, use the residency ID also found on PhORCAS to search for your programs. ASHP advises applicants to only rank the programs where you interviewed, as they will most likely not be ranking candidates they did not interview. Remember to go with your gut! Good Luck!

You Did It! You Matched!

Welcome to the beginning of your new journey! Now you must have an "in with the new" attitude. The following are just a few of the things you should do after finding out the exciting news:

- Successfully finish APPE rotations
- Send thank you emails to those who helped you through the process
- Discuss your plans and expectations with family
- Begin looking into living arrangements (current residents are a great resource)
- Update wardrobe as necessary
- Contact the residency program to address any current responsibilities

- Contact the state board of pharmacy of your residency program to make sure you complete the requirements for licensure
- CELEBRATE

Enjoy every second of the ending of the school phase of your pharmacy career. Refresh. Vacation. Self-evaluate and be ready to start residency with your best professional attitude. Congrats!

If at first you don't Match, what is next?

Not matching with a program is a major concern for many students going through the Match process. If you happen to be one of those students, it is important to know that there are strategies that you can take to "try again".

1. Prepare a game plan for Phase-II Match.
2. Participate in the Post Match Process (Scramble).
3. Remember to keep calm and stay focused.

Unmatched

Zachary Klick, an Internal Medicine-clinical pharmacy specialist at Novant Forsyth Medical Center, talks about his experience with not matching with a residency program and the steps he took to continue pursuing his goal of residency and looking to the future.

Not matching on Match Day was one of the most difficult experiences I have gone through. To compound the matter, I then interviewed for three positions through the Scramble and still ended up without a residency offer. So, there I was – about a month before graduating pharmacy school without a residency and without a job. Panic mode set in. I eventually ended up taking a community pharmacy position at a retail chain, but I did not secure it until the week of graduation. However, the desire to start and finish a residency persisted.

Before I moved forward with the residency application process, I had to do a critical self-evaluation. I asked myself many hard questions: Why did not I match? What could I have done better on my applications or interviews? Did I look at the right programs for me? In the end, I realized I was not as competitive as I thought I was. Maybe I did not apply to the best programs for an applicant like myself, maybe I did not have the best leadership activities and maybe I did not have the best reference writers. I made a plan, and I would work on addressing these weaknesses in my application.

I started the application process again in September – early in the residency cycle, but I wanted to make sure I had enough time to do everything right (and maybe better) compared to the year before. I reached out to preceptors and mentors and asked them to be letters of reference writers for me. I researched new and different programs than I had previously. I also had the advantage over many students who would be applying for residencies for the first time in the fall; I knew the process. I knew what to research, what to send in to PHORCAS and when to send it in. I was much more organized the second time.

At my community pharmacy, I took every opportunity to be involved in activities outside of a dispensing role. I took on extra flu shot clinics for people in the area and got involved in medication therapy management (MTM) for multiple pharmacies within the area. I added all these new activities to my application in order to improve my community service, leadership and clinical activities areas.

The second time around, I did not end up going to ASHP's Midyear Clinical Meeting. As a pharmacist, I did not have the time to go – especially if I wanted to take days off for interviews. I made sure to reach out to programs to introduce myself and ask very specific questions about the programs.

I ended up having more interviews than the previous year. During the interviews, I felt more prepared. I had new answers to the standard interview questions. I had something many other applicants did not – actual experience as a pharmacist, which I used to my advantage. I explained the dilemmas I experienced during my practice and the many other activities I was able to take part in. I talked about organizing my technicians when I was working and directing workflow. But most importantly, I spoke about my drive, dedication and persistence in pursuing a residency. I answered, at every interview, why I wanted to go back to start and finish a residency. I told the programs my goals and how I thought my year of experience would help make me a better resident.

A lot of who I am as a pharmacist today comes from my year working as a pharmacist before residency. I pride myself on keeping in mind transitions of care issues and cost of medications for patients when making recommendations. I did some research after I matched – I looked at the larger (and growing) number of students who apply for residencies and do not match; many who I believe are like myself and want to do residencies. Great students fall through the cracks for unknown reasons, but I did not think that meant I, or others, should give up. I showed myself that it is okay to not match to a pharmacy residency program as a student. It does not mean it is the end of your residency aspirations or the end of being able to do a residency. It is just may take a little longer to get there.

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Stay Tuned...More From ASHP Student Forum in Fall 2018

Missed our last issue? [Click Here](#) for the direct link.