

Specialty Residency in Psychiatric Pharmacy
Program Co-director: Jennifer Nelson, Pharm.D., BCPP
Program Co-director: Monica Mathys, Pharm.D., BCPP, CGP

Philosophy:

The psychiatric specialty residency supported by Parkland Health and Hospital System and Texas Tech University Health Sciences Center School of Pharmacy is designed to produce clinical pharmacists who are competent to practice in a wide variety of psychiatric practice settings. A psychiatric pharmacist should possess a mastery of clinical skills needed to optimize the pharmacologic therapy needed to treat patients with psychiatric and neuropsychiatric disorders in various mental health settings. The residency provides the environment necessary to achieve the knowledge and skills needed to care for patients with a wide range of disorders. The program will foster the development of an independent, versatile practitioner. The program is also designed to produce well rounded, independent professionals through experiences in teaching, research, and professional activities.

General Description:

The 12-month program is designed to lead the resident through a variety of monthly and longitudinal practice experiences. By the end of the program, the resident should feel competent practicing in inpatient and outpatient settings involving psychiatric pharmacotherapy. The residency includes core rotations that are chosen to establish a strong base in psychiatric and neuropsychiatric disorders. Core disorders within this residency include depression, bipolar disorder, schizophrenia, anxiety disorders, attention deficit hyperactivity disorder, personality disorders, and substance abuse. The resident may choose electives based on his/her career goals. Although the residency is designed around core and elective monthly or longitudinal rotations, the focus of the training will be to master each of the disease states established within the ASHP Practice Standards for a Specialized Residency in Psychiatry.

Program Goals:

- **Practice Excellence**
 - Develop a mastery of knowledge base in psychiatric pharmacotherapy
 - Develop solid patient care skills in both acute and chronic care settings
 - Develop a sound understanding of pharmacy practice management
 - Establish oneself as an integral member of a health care team
- **Scholastic Excellence**
 - Demonstrate proficiency in teaching in both didactic and small group learning environments
 - Develop effective precepting skills
 - Generate new knowledge in psychiatric pharmacotherapy
 - Interpret and disseminate knowledge in psychiatric pharmacotherapy
- **Individual Excellence**
 - Develop a system of self assessment and development
 - Demonstrate exemplary verbal and written communication skills
 - Utilize a system for balancing multiple work-related and personal responsibilities
 - Understand the importance of professionalism through participation in pharmacy

For additional information, please refer to the *ASHP Educational Goals and Learning Objectives for PGY2 Psychiatric Pharmacy Residencies*.

Program Activities:

Residency Rotations

Longitudinal Required Rotations:

VA Mental Health Clinic (10% time)

VA Clozapine Clinic (5% time)

Parkland Psychiatric ER (5% time)

Required Rotations: (65% time)

Acute Care

Jail Health

Neurology

Special Populations

Elective Rotations: (~15% time)

Geriatric Psychiatry

Pediatric Psychiatry

Home Base Psychiatric Care

Pain Clinic

Texas State Hospital

HIV Clinic

Substance Abuse

Teaching Activities:

Residents are appointed as Assistant Instructors with Texas Tech UHSC School of Pharmacy. Teaching activities for residents are designed to complement practice activities while allowing the resident to experience a variety of teaching methods.

Clinician-Educator Training Program

Structured throughout the residency, this program provides training for residents who are interested in developing their academic skills. The major goal of the training program is to supplement a strong clinical background with the skills needed to become a successful educator. The program includes didactic and web-based teaching models, mentored facilitator training for small-group problem-based learning, and precepting of third and fourth-year Doctor of Pharmacy students. Residents also receive instruction in grant writing, statistics, and clinical trial design; submit a project proposal to the institutional review board; and collect, interpret, and publish their results. Additional activities to enhance discovery, integration, and writing skills are described. The program also includes innovative discussion topics based upon needs previously identified by new faculty members. Examples include handling difficult students, writing test questions, developing consistent evaluation methods and balancing life outside of career.

Didactic Teaching

One to two hours of formal didactic lecturing within the school of pharmacy programs is required of the PGY2 resident. The courses that are to be taught will be based on availability and resident interest.

Problem-Based Learning

One semester as a group facilitator in case studies (P3 class). The case studies course is a student-directed exercise which focuses on pharmaceutical care for an individual patient. It is designed to be a problem based learning experience in which students see an initial patient presentation. They then spend the next 3 to 4 sessions developing a patient care plan and addressing self-identified learning issues. Both pathophysiology and therapeutic knowledge are incorporated. The facilitator's role is not to teach the students, but rather to facilitate their discussion. During the semester, this course meets twice a week for two hours.

Experiential Teaching

Clerkship teaching (involving both P3 and P4 students) is integrated into the resident practice model. Early in the program, the resident will observe faculty clerkship preceptors and become integrated into various aspects of clerkship teaching. At the end of the residency program, residents have the opportunity to independently precept clerkship students

Residency Project:

Residency Project: Residents will complete one project per year. Residents may choose any type of research project or quality improvement program, provided that the project:

- 1) includes generation of original data;
- 2) is suitable for publication or presentation at a national pharmacy meeting;
- 3) can reasonably be completed within the residency year.

Additional Activities:

Manuscript Preparation

Residents are required to submit one manuscript per year for publication in a refereed journal.

Southwestern Leadership Conference (ALCALDE)

Residents participate in this regional residents meeting, also known as ALCALDE, in the Spring. Residents have the opportunity to present their project results for evaluation. It is also a great opportunity to interact with residents from other programs throughout the region.

Program Leadership:

Jennifer L. Nelson, Pharm.D., BCPP

Clinical Pharmacy Specialist – Psychiatry
Jail Health, Parkland Health and Hospital System

Dr. Jennifer Nelson obtained her Doctor of Pharmacy degree from Texas Tech University Health Sciences Center School of Pharmacy. After graduation, she completed a Psychiatric Pharmacy Specialty Residency with Western Missouri Mental Health Center in Kansas City, Missouri. Since completing her residency, Dr. Nelson has worked in academia at the Saint Louis College of Pharmacy in St. Louis, Missouri, and currently works at Parkland Health & Hospital System – Jail Health in Dallas, Texas.

Dr. Nelson serves as a Clinical Pharmacy Specialist in the area of Psychiatry for Parkland Health & Hospital System – Jail Health. Working as a provider at the jail, she provides clinical services to both the women and men acute lockdown units, seeing over 200 patients a month. Dr. Nelson also precepts 4th year pharmacy students from the University of Texas, Austin, School of Pharmacy and participates in activities with the pharmacy practice residents currently at Parkland Health & Hospital System.

Monica Mathys, Pharm.D., BCPP, CGP

Assistant Professor of Pharmacy Practice
Texas Tech University Health Sciences Center

Dr. Monica Mathys obtained her Doctor of Pharmacy degree from the University of Arkansas for Medical Sciences. After graduation, she completed a Geriatric Pharmacy Specialty Residency with the Central Arkansas Veterans Healthcare System. Since completing her residency, Dr. Mathys has continued to work in academia and has held faculty positions at Southwestern Oklahoma State University, Midwestern University – Glendale, and currently with Texas Tech University Health Sciences Center.

In addition to her teaching responsibilities with TTUHSC, Dr. Mathys serves as an Advanced Practice Pharmacist in Mental Health at the Dallas VA Medical Center. She provides clinical services to both the Geriatric and General Psychiatric inpatient teams and is a provider within the Geriatric Mental Health Outpatient Clinic. Throughout the year, Dr. Mathys precepts 3rd and 4th year pharmacy students, PGY1 pharmacy practice residents, and provides psychiatric pharmacotherapy lectures to PGY1 and PGY2 medical residents.

Information for Applicants:

Qualifications: Residency applicants must have a Pharm.D. degree, be eligible for licensure in Texas, and be eligible for enrollment in Texas Tech University HSC School of Pharmacy. A PGY-1 residency or equivalent experience is necessary.

Residency Contacts:

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Site Information:

Parkland Health and Hospital System consists of Parkland Memorial Hospital and nine other health care centers throughout the Dallas metropolitan area. Parkland Memorial Hospital is located in downtown Dallas and is a 968-bed facility consisting of a level 1 trauma center. Psychiatric services provided by Parkland include psychiatric emergency care and an 18 bed acute care unit. The Dallas County Jail currently holds over 7,000 prisoners and Parkland Health provides the healthcare services for these inmates. Of the top ten medications used by the prison inmates, five of these are psychiatric medications. The most common psychiatric diagnoses among the inmates include bipolar disorder, schizophrenia, depression, post traumatic stress disorder, attention deficit and hyperactivity disorder, personality disorder, and obsessive compulsive disorder.

The Veterans Affairs North Texas Health Care System (VANTHSC) consists of three campuses including the Dallas VA Medical Center, Sam Rayburn Memorial Hospital in Bonham, and the Fort Worth Outpatient Clinic. The Dallas VA Medical Center, located 10 miles south of downtown Dallas, is a 571-bed inpatient facility with a new outpatient facility that opened in 1999. The Dallas VAMC Mental Health department involves four interdisciplinary teams that provide inpatient and outpatient care for their patients. The inpatient mental health unit contains 35 patient beds in addition to 20 patient beds in the substance abuse rehabilitation program. The Dallas VAMC Mental Health Division also provides home base psychiatric care, a clozapine clinic, adult day care, individual and group psychotherapy, and specialized programs for Iraqi war veterans.

Both Parkland Health Systems and the Dallas VAMC are major training sites for multiple health care professionals and the two primary teaching hospitals for medical residents and fellows from the University of Texas Southwestern (UTSW) Medical Center of Dallas.