Specialty Residency in Psychiatric Pharmacy
Parkland Health & Hospital System/Texas Tech Health Sciences Center
Program Director: Jennifer Nelson, Pharm.D., BCPP

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. This 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:**
- Med/Psych Clinic Clinic (10% time)
- HIV/Psych Clinic (alternate clinic)
- Female Pre/Post Partum Clinic (alternate clinic)

**Required Rotations:** (65% time)
- Acute Care
- Jail Health
- Neurology
- Special Populations (either Geriatrics or Juvenile Detention Center)

**Elective Rotations:** (~15% time)
- Geriatric Psychiatry
- Juvenile Detention Center
- Pain Clinic
- Substance Abuse
- Psych ER

**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.

College of Psychiatric and Neurologic Pharmacists Annual Meeting
Residents are encouraged to attend the annual meeting and present their research during the poster session. This meeting also provides interactive lectures for practice development and networking opportunities.

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 the women in the acute lockdown units, seeing over 200 patients a month. Dr. Nelson also precepts 4th year pharmacy students from multiple Pharmacy Schools in Texas and participates in activities with the pharmacy practice residents currently at Parkland Health & Hospital System.

**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, as well as completion of a PGY-1 residency.

**Residency Contact:**

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**Site Information:**

Parkland Health and Hospital System consist 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 eighteen bed acute care unit. The Dallas County Jail currently holds around 7,000 inmates and Parkland Hospital provides the healthcare services for these inmates. Of the top ten medications used by the 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.