

THE IPTEC TIMES

THE LATEST NEWS AND UPDATES FROM YOUR LIAISONS AND EXECUTIVE COMMITTEE



IPTeC participants at the 2023 IPTeC Conference in August

TEACHING AHEAD

As we near the end of the first semester, we hope that you have taken advantage of opportunities to develop your teaching skills. This fall semester you may have been challenged with designing lectures, facilitating groups, and writing your first exam questions. We encourage you to look to your teaching mentors and your IPTeC cohort for support! Safe travels to all who are traveling to ASHP Midyear!

IN THIS ISSUE:

Meet your Liaisons!

Calendars & Reminders

Perspectives

Featured Teacher

Win a Starbucks Gift Card?

MEET YOUR LIAISONS

Get to know your research and programming liaisons by checking out their bios below:

HOMETOWN: Orland Park, Illinois

PHARMACY SCHOOL: Butler University

RESIDENCY PROGRAM: Memorial Hospital of South Bend

CURRENT ROTATION: ICU

HOBBIES: I love spending time with my new puppy, Wally! When I'm not cuddling and playing with him, I enjoy trying new restaurants, catching up with friends, and crafting. After a stressful day, I look forward to getting cozy at home, eating some sweets, and binge watching TV shows.

Research Liaison, Claire Paciga



CLAIRE PACIGA

Programming Liaison, Kylie Kelley



KYLIE KELLEY

HOMETOWN: Jamestown, IN

PHARMACY SCHOOL: Butler University

RESIDENCY PROGRAM: Purdue Veterinary Hospital

CURRENT ROTATION: Equine and Farm Animal Internal Medicine

HOBBIES: My husband and I like to hiking, biking, and kayaking. We have recently started watching Little House on the Prairie. We also enjoying taking our three German Shepherds out for walks.



Purdue University PGY1 Pharmacy Residents at the August 2023 IPTEC Conference

TEACHING EXPERIENCE REQUIREMENTS

DIDACTIC - 2 HOURS

Lectures/presentations to health professionals and/or health professional students

EXPERIENTIAL - 6 HOURS

Facilitation of or assessment of learners, including precepting APPE/IPPE students

SMALL GROUP - 3 HOURS

Lab, recitation, and/or small-group teaching within a classroom setting with students

Check out the [IPTEC Website for Teaching Opportunities](#)

EVENTS

December 1, 2023

The Vaccine Equity Summit kicked off this month! This was a FREE opportunity to earn CE credit, network, and collaborate with other pharmacists. Click this [link](#) to learn more about the event.

JANUARY 15, 2024

Midpoint evaluations of IPTEC participants by their teaching mentors. Participants should share their teaching philosophy, past teaching experiences, feedback, reflections, and upcoming teaching with their mentor prior to the submission. The midpoint is a progress check to make sure you are on track to complete your teaching and the portfolio by May 15. [Evaluation link for Teaching Mentors to complete.](#)

PERSPECTIVES

We believe building perspective is important, so here are some voices and experiences we want to amplify this month. We encourage you to engage with one, if not all, of these options the next time you have some time to fill!



Pharmacist and student reviewing a medication

SOMETHING TO WATCH

[ASHP Value of Precepting Series - Learners as Pharmacy Extenders](#)

Watch this under four minute video by ASHP to hear how pharmacy students can benefit your practice site! This video highlights utilizing pharmacy students as a tool to provide top-notch patient care.



Fearless Presentations cover graphic

SOMETHING TO LISTEN TO

[How to Make Speeches More Interesting and Exciting](#)

This podcast focuses on the main thing you can do to enhance your next presentation. Take a listen to this quick podcast to hear a unique perspective about how enthusiasm and energy is perceived when giving a speech!



tl;dr graphic

SOMETHING TO READ

[What Kind of Preceptor are You?](#)

We aren't able to control every situation, but we are able to control our response. Read this article from TL;DR's Brandon Dyson who has some challenges for you as a preceptors to think about next time you precept a student.

FEATURED TEACHER

AISHWARYA VENKATACHALAM, PGY1 PHARMACY RESIDENT HEALTHLINC/PURDUE UNIVERSITY

When reflecting on our educational journey in pharmacy school and beyond, it's a common experience to identify teachers as significant mentors. The question naturally arises: why do teachers often assume this mentoring role? The answer lies in their genuine investment in our learning, their ability to celebrate our progress, and their role in equipping us with the necessary tools for success – qualities that continue to resonate when we find ourselves guiding others.

Featured Teacher, Aishwarya Venkatachalam

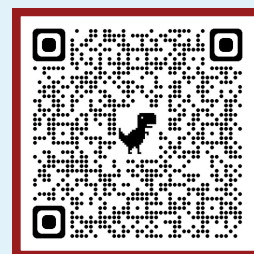


AISHWARYA VENKATACHALAM

For me, the joy derived from teaching and mentorship originates from the inherent focus on fostering growth and building meaningful connections. Take a moment to recall instances of professional or academic challenges. How did your instructor guide you through those experiences? Consider if that guidance enhanced your understanding, and if those memories resurface when dealing with related topics, such as a particular drug or its dosing.

This encapsulates the profound impact of an effective teacher and mentor – someone who not only facilitates your growth but equips you with the skills for future success. The lasting effect is an ongoing reflection on those specific experiences, influencing your approach to similar situations in subsequent encounters, as a teacher, mentor, and learner.

***Want to be an IPTeC
Featured Teacher?***



FEATURED TEACHER, CONTINUED

FEEDBACK & SELF-CARE

I once received invaluable advice emphasizing that the years spent in residency or fellowship represent a unique window of time characterized by a consistent influx of feedback, which tends to fade as you move forward in your career. Later on, feedback might be limited to occasional performance reviews or sporadic check-ins with your immediate supervisor. Rather than viewing the continuous loop of constructive criticism as a stepping stone, think of these learning experiences as carrying significant weight as you move into the next steps of your career. Embrace this mindset and extract those insights from your preceptors - it may be things you notice with students or residents you precept in the future! This proactive approach serves as a catalyst for improvement and refinement, and lays the groundwork for a future marked by continuous self-improvement.

Navigating through residency and fellowships packs in a lot of challenges and a wealth of learning experiences. In these initial months, I've gleaned a considerable amount of knowledge, and yet, **the most pivotal lesson has been the recognition of the importance of self-care.** Whether it's taking a walk around the hospital during lunch, drawing support from family, friends, and co-residents, or simply carving out some downtime each night, recognizing the importance of personal well-being in a year filled with responsibilities is crucial.

Aishwarya Venkatachalam teaching at Purdue University





Aishwarya Venkatachalam and friends at Purdue University Commencement Ceremony

FEATURED TEACHER, CONTINUED

I'll never forget what Dr. Chelsea Baker shared with me during my time at Purdue:

"You can't pour into someone else's cup if yours is empty."

This sentiment consistently reminds us to explore our personal growth amidst the many lessons gained from patient care. Recognizing that personal well-being is vital not only for our own health but also significantly impacts patient care highlights the importance of maintaining a balance in this demanding profession. Your patients need you healthy, too!

Want the chance to win Starbucks?

CHECK OUT THIS MONTH'S IPTEC ACTIVITY

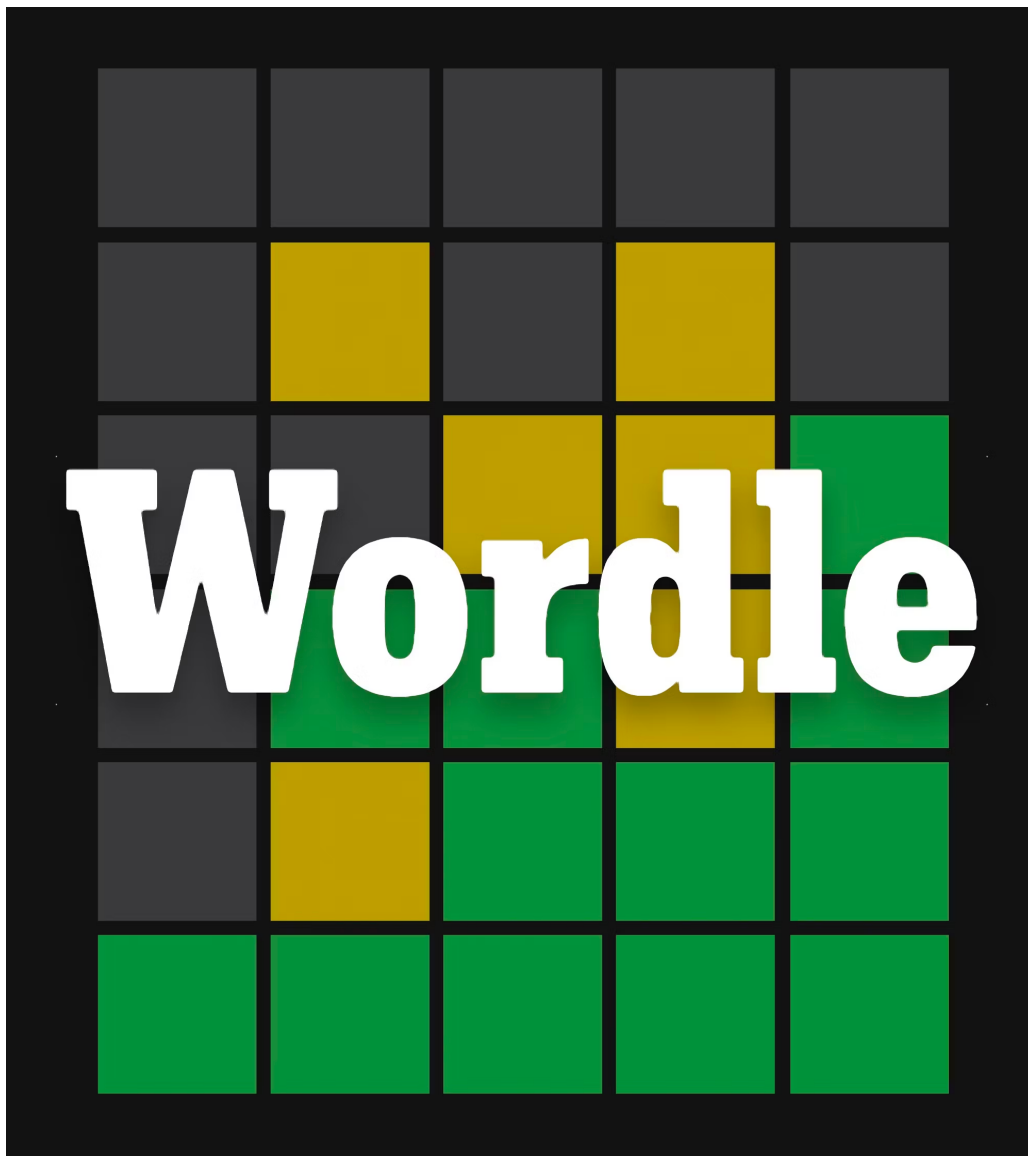
Directions:

Click this link: <https://mywordle.strivemath.com/?word=ywguz>

Once you guess the word correctly, send us a screenshot of your score for your chance to win a \$5 Starbucks gift card!



Hint: the word is pharmacy related



Email answers to your Technology Liaisons: Garrett (ggarver17@gmail.com) & Natalie (natalie.kinstler@gmail.com)