



Sentara Norfolk General Hospital

PGY1 Pharmacy Residency

Norfolk, Virginia



Amanda Ingemi, PharmD, MPH, BCIDP, BCTXP

Residency Program Director



Position:

Clinical Pharmacy Specialist - Transplant
Pharmacy Clinical Coordinator

Pharmacy School:

University of Rhode Island, Kingston, RI

Residency Training:

PGY1 – Henry Ford Hospital, Detroit, MI
PGY2 Solid Organ Transplant – University of Pittsburgh
Medical Center, Pittsburgh, PA

Rotations Offered:

Transplant; Nephrology; Ambulatory Care (Transplant)

Favorite part of precepting:

The residents! I love watching them learn. It gets me excited! Oh, and research! I love research!

Favorite activity outside of pharmacy:

Hockey (used to be ice, now I play street hockey)

Other things for candidates to know:

This is a strong residency in comparison to others. From here, we have had residents go on to do various hospital-based PGY2s and you would be an excellent candidate for any hospital job across the country.

Marcus Kaplan, PharmD, BCPS, BCEMP

Residency Program Coordinator



Position:

Clinical Pharmacy Specialist – Emergency Medicine

Pharmacy School:

University of North Carolina, Chapel Hill, NC

Residency Training:

PGY1 – Duke University Hospital, Durham, NC
PGY2 Emergency Medicine – Duke University Hospital, Durham, NC

Rotations Offered:

Emergency Medicine

Favorite part of working at SNGH:

I love the diversity of patient care specialties we have at SNGH. Especially since I work in the ED, I get to see all the patients that come to our hospital. So that means in the same day I could participate in the care of trauma, stroke, transplant, oncology, LVAD, pulmonary hypertension, and any other kind of critical patients.

Favorite activity outside of pharmacy:

I LOVE college basketball (go Duke!) and watch as many games as I can all season long. I will talk college basketball with anyone who cares (and maybe those who don't...).

Laura Hodge, PharmD, BCIDP



Position:

Clinical Pharmacy Specialist – Critical Care (Burn/Trauma)

Pharmacy School:

Virginia Commonwealth University, Richmond, VA

Residency Training:

PGY1 – Sentara Norfolk General Hospital, Norfolk, VA

PGY2 Critical Care – Sentara Norfolk General Hospital, Norfolk, VA

Rotations Offered:

Critical Care – Burn/Trauma

Favorite part of precepting:

That look on my students or residents face when they really "get" something and the confidence afterwards.

Favorite part of working at SNGH:

The autonomy pharmacists have to be able to practice at the top of their license as well as the level of respect pharmacy has in the hospital.

Favorite activity outside of pharmacy:

Happy hour 😊

Racquel Rivera-Hill, PharmD, BCPS



Position:

Clinical Pharmacy Specialist – Critical Care, Pulmonary Hypertension

Pharmacy School:

Virginia Commonwealth University, Richmond, VA

Residency Training:

PGY1 – Sentara Norfolk General Hospital, Norfolk, VA
PGY2 Pulmonary/Critical Care – UNC Hospitals, Chapel Hill, NC

Rotations Offered:

Critical Care – General ICU; Pulmonary Hypertension

Favorite part of precepting:

The A-ha moments (when everything clicks for the resident while learning a topic).

Favorite thing about Sentara:

The people and unique patient populations.

Favorite activity outside of pharmacy:

Streaming movies and shows, playing with my kid, travelling, beer tasting.

Fun fact:

I am very particular about my writing tools, so I always have a really nice gel pen.

Lisa Walker, PharmD, BCPS



Position:

Clinical Pharmacy Specialist – Internal Medicine
Site Coordinator – Teaching and Learning
Certificate Program

Pharmacy School:

Medical University of South Carolina,
Charleston, SC

Rotations Offered:

Internal Medicine/Patient Care Transitions
(IMPACT)

Favorite part of precepting:

Being able to see the resident realize how much of an **impact** they can have on their patient's care.

Favorite part of working at SNGH:

We never have to have much of an excuse to have a celebration!

Favorite activity outside of pharmacy:

Photographing unique elements of my home city

Favorite part of the Norfolk/Hampton Roads area:

This area offers so many restaurants, concert venues, shops, museums, beaches, places to hike, and sporting events to go to, and Norfolk is in the center of it all!

Alex Peterson-Weber, PharmD



Position:

Clinical Pharmacy Specialist – Infectious Diseases

Pharmacy School:

University of Wisconsin, Madison, WI

Residency Training:

PGY1 – Beth Israel Deaconess Medical Center, Boston, MA

PGY2 Infectious Diseases – Beth Israel Deaconess Medical Center, Boston, MA

Rotations Offered:

Infectious Diseases; Antimicrobial Stewardship

Favorite part of precepting:

Having an impact on the career paths and motivations of future pharmacy clinicians and leaders!

Favorite activity outside of pharmacy:

Swimming, trying out new meal prep recipes, coffee, and reading

Julie Mandel, PharmD, BCPS, BCTXP



Position:

Clinical Pharmacist

Pharmacy School:

University of Pittsburgh, Pittsburgh, PA

Residency Training:

PGY1 – North Shore University Hospital, Manhasset, NY
PGY2 Solid Organ Transplant – Ochsner Medical Center,
New Orleans, LA

Rotations Offered:

Transplant

Favorite thing about Sentara:

The awesome team of pharmacists, all with diverse backgrounds and experiences, which makes us a well-rounded team!

Favorite activities outside of pharmacy:

Crafting, hiking, and reading.

Favorite thing about Norfolk/Hampton Roads:

Living so close to the beach! Especially in the summer months, I am able to take walks after work and watch the sunset.

Cynthia Hankins, PharmD, BCPS, BCPPS



Position:

Clinical Pharmacist

Pharmacy School:

Oregon State University/Oregon Health and Science University, Portland, OR

Residency Training:

PGY1 – Providence Health and Services, Portland, OR

Rotations Offered:

Oncology

Favorite thing about precepting:

I enjoy teaching and watching learners grow. I also appreciate the opportunity to learn from students and residents and the enthusiasm they bring to the experience.

Favorite thing about Sentara:

Our team is very cohesive and collaborative. There is always someone willing and available to help when presented with a challenge. There is also a very diverse patient population providing new opportunities to learn every day.

Favorite thing about Norfolk/Hampton Roads:

There are so many options for both indoor and outdoor activities, including festivals and events offered by a multitude of venues throughout the year.

Favorite activities outside of pharmacy:

Hiking, spending time on the water, traveling to new places, and being with family.

Annie Bui, PharmD, BCPS



Position:

Clinical Pharmacist

Pharmacy School:

University of California San Diego, San Diego, CA

Residency Training:

PGY1 – Stanford Health Care, Palo Alto, CA

Rotations Offered:

Cardiac ICU

Favorite thing about precepting:

Lightbulb moments when learners are able to grasp difficult concepts and apply textbook lessons to real-life patients

Favorite thing about Sentara:

Opportunities for pharmacists to practice in a wide breadth of specialties, complex patient populations that keep me on my toes, and most of all – the people!

Favorite activities outside of pharmacy:

Travel, Pilates, trying new local restaurants

Kristen Lindauer, PharmD, BCPS, AAHIVP



Position:

Clinical Pharmacy Specialist – Ambulatory, Infectious Diseases/HIV

Pharmacy School:

Southern Illinois University Edwardsville,
Edwardsville, IL

Residency Training:

PGY1 – Sentara Norfolk General Hospital,
Norfolk, VA

Rotations Offered:

Ambulatory Care (HIV); Antimicrobial Stewardship

Advice to residents:

Seize every opportunity you can, but learn when to say no. Kind of a catch-22. If you are not truly passionate about an opportunity (or have too much on your plate), talk it out with your preceptor to create a realistic timeline or pass up the opportunity all together (if it is not a required activity, of course).

Favorite thing about Sentara:

The friendly faces and welcoming community!

Favorite activities:

Running, baking, triathlon, reading

Megan Anderson, PharmD, BCPS



Position:

Clinical Pharmacist

Pharmacy School:

University of New Mexico, Albuquerque, NM

Residency Training:

PGY1 – Northern Light Eastern Maine Medical Center, Bangor, ME

Rotations Offered:

Staffing

Favorite part of precepting:

Helping new practitioners gain confidence with being a full-fledged pharmacist. My goal is for people to feel like they can handle anything that comes their way, and to feel like they have the tools to succeed.

Favorite part of working at SNGH:

The variety and complexity of patients, you never know what disease state you are going to see and you really get exposed to a some of everything.

Favorite activity outside of pharmacy:

Time with my family, baking, and spending time outdoors

Katherine Collins (KC), PharmD, MSIA, BCPS



Position:

Clinical Pharmacy Specialist – Drug Information

Pharmacy School:

Purdue University, West Lafayette, IN

Residency Training:

PGY1 - Sentara Norfolk General Hospital, Norfolk, VA

Rotations Offered:

Drug Information; Administration/Management

Favorite part of precepting:

Having the opportunity to develop future pharmacy leaders.

Favorite part of the Norfolk/Hampton Roads area:

Hampton Roads is a large area, but it has a small-town vibe. There are so many different areas, each with a unique atmosphere. The weather is mild and the beach is close.

Favorite part of working at SNGH:

The people! SNGH has a great team of pharmacists who are always willing to help and support each other.

Favorite activity outside of pharmacy:

I love spending time outside with my family--hiking, running, and relaxing at the beach.

Ashlee Hamel, PharmD, MHA, BCPS



Position:

System Manager – 340B Programs

Pharmacy School:

University of Pittsburgh, Pittsburgh, PA

Residency Training:

PGY1 – Sentara Norfolk General Hospital, Norfolk, VA

Rotations Offered:

Administration/Management; Pharmacy Business;
Clinical Informatics

Favorite part of precepting:

I personally didn't know much about pharmacy leadership until after I completed my residency, so I love being able to show the residents career paths beyond what is typically experienced during pharmacy APPE rotations to broaden their horizons (for now or in the future!). It's amazing to watch residents really develop over the course of a year and see their confidence shine!

Favorite part of the Norfolk/Hampton Roads area:

There is always tons to do – great restaurants, beaches (Chicks, Sandbridge, OBX, VA Beach), tons of breweries, and always an event going on – concerts, comedy shows, Broadway shows, festivals, outdoor activities, food trucks, or farmer's markets.

Favorite activity outside of pharmacy:

Trying new foods & cocktails and exploring new coffee shops. I've been trying to read more, love to do puzzles and binge-watch some good shows! I like to try and find fun ways to stay active as well – walking trails or new fitness classes.

Catherine Floroff, PharmD, BCPS



Position:

Manager, Inpatient Pharmacy

Pharmacy School:

Virginia Commonwealth University, Richmond, VA

Residency Training:

PGY1 – Medical University of South Carolina, Charleston, SC

PGY2 Critical Care – Medical University of South Carolina, Charleston, SC

Rotations Offered:

Administration/Management

Favorite part of precepting:

I light up when learners teach me new things!!! It shows how much the profession is advancing and how we are helping new practitioners practice at the top of their license to help our patients!

Favorite activity outside of pharmacy:

CrossFit

Other things for candidates to know:

I swear I think I matched for my PGY1 year at MUSC because I said I love to play kickball when asked what I do for fun during my interview; just so happened that the two preceptors interviewing me said they had openings and asked when I could join! But I say that because I want candidates to know that we want to hear your story, be yourself during interviews... we were all in your place at one time!

Hazel Paras, PharmD



Position:

Team Coordinator, Inpatient Pharmacy

Pharmacy School:

Thomas Jefferson University, Philadelphia, PA

Residency Training:

PGY1 – Sentara Norfolk General Hospital, Norfolk, VA

Rotations Offered:

Administration/Management; Sterile Compounding

Favorite thing about Sentara:

My favorite thing about Sentara is the amazing team I get to work with on a daily basis at SNGH as well as the valuable resources we have throughout our system. There is always someone out there who is willing to offer guidance/share their experiences or just bounce ideas off of.

Favorite activity outside of pharmacy:

Reading, running, snowboarding, traveling, and taking photos

Favorite thing about Norfolk/Hampton Roads:

What I love about the Hampton Roads area is that there is always something to do. From a simple day at the beach, to a Wine Festival at Norfolk, to a glass blowing class at the Chrysler Museum-- there is something for everyone!

Jeff Hadden, PharmD



Position:

Team Coordinator, Inpatient Pharmacy

Pharmacy School:

University of Florida, Gainesville, FL

Rotations offered:

Administration/Management

Favorite thing about precepting:

Teaching and mentoring new pharmacists the nuances of pharmacy operations and process improvements.

Favorite piece of advice for residents:

Repetition and asking questions.

Favorite thing about Sentara:

Company that truly cares about its employees.

Favorite thing about Norfolk/Hampton Roads:

Great area to raise a family, relatively mild climate.

Megan Hoesly, PharmD, BCPS



Position:

System Team Coordinator, Clinical Pharmacy Programs

Pharmacy School:

University of North Carolina, Chapel Hill, NC

Residency Training:

PGY1 – Duke University Hospital, Durham, NC
PGY2 Critical Care – Duke University Hospital, Durham, NC

Rotations Offered:

Administration/Management

Favorite thing about precepting:

Playing “The Final Countdown” by Europe for the residents during the last half of the residency

😊 It is a great song! I really enjoy helping residents take what they learn from books/literature and apply it to real-life practice.

Favorite piece of advice for residents:

Think beyond the guidelines and learn all the steps from the idea of a treatment to how it gets administered to the patient.

Favorite activities outside of pharmacy:

Being outdoors: traveling, hiking, relaxing on the beach, skiing.

Chris Tagliente, PharmD, BCPS



Position:

System Director of Clinical & Financial Pharmacy Programs

Pharmacy School:

Virginia Commonwealth University, Richmond, VA

Residency Training:

PGY1 – Virginia Commonwealth University, Richmond, VA

Rotations Offered:

Administration/Management

Favorite part of precepting:

Being able to shape and grow young pharmacists into future leaders within the organization.

Favorite part of the Norfolk/Hampton Roads area:

Exploring new restaurants & breweries in the area.

Fun facts:

Loyal fan to the NY Yankees and Giants!