



## Richard D. Caldwell

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### *Venture Out of Your Comfort Zone*

Fun and adventuresome are two words that will come to mind when you meet Richard. As you will read, he enjoys new opportunities and is often in search of new knowledge and experiences to satisfy his sense of adventure. International travel is one source of adventure for Richard. In his current role, he travels the globe experiencing and learning new cultures, has first-hand observations of health care and pharmacy practice in foreign lands, shares his pharmacy knowledge and experience, and, of course, enjoys the international food.

Richard is now Senior Manager for International Markets for Omnicell directing global marketing efforts and providing consultations. He specializes in patient safety, workflow optimization, and pharmacy and nurse efficiency associated with medication automation. Prior to joining Omnicell, he was Associate Director and subsequent Director of Pharmacy Services at Stanford Hospital & Clinics in Palo Alto, California, and has held leadership and clinical positions in community and university hospitals. He also holds faculty appointments at several Colleges of Pharmacy, including University of California at San Francisco, University of Pacific, Albany College of Pharmacy, and Touro University.

Richard's education and training journey began in his home state of North Carolina with a bachelor of science degree from the University of North Carolina at Chapel Hill; residency at Lutheran General Hospital in Park Ridge, Illinois; and a master of science degree and residency at the University of Kansas. Richard tells us, *don't be afraid to venture out of your comfort zone.*



Dear Young Pharmacist,

**Y**our goals of an education and stable career probably seem reachable to you at this point in your life, but do your dreams seem more impossible? I encourage you to dream and allow yourself to imagine what might seem impossible to you now. Then venture outside your comfort zone and follow your dreams. With clarity of goals and dreams you will find alignment and discover opportunities that are not obvious to you today. Let me share my story.

I grew up in rural North Carolina in a town of 300 or so. To this day it remains a small town, although surrounded by increasing growth. Growing up, my exposure to the world was as limited as the handful of channels on our old Magnavox black and white console television set. I remember at an early age thinking that there must be more to the world than what I knew, and so I began to dream of the possibilities.

I knew I was different than other kids where I grew up. I always wanted more than was available to me. I just knew there was more, and I was determined to look for it. Most people where I lived never moved away. They stayed, raised families, and worked locally. This was a very good thing, for them, but not me. I wanted to travel and experience the world. The idea of living in different places was intriguing and exciting. Once I came to terms with my goals of a stable career and a future of exploration and learning about the world, I set out to do just that. Pharmacy has allowed me to do exactly what I set out to do. Although I didn't initially set out to simultaneously achieve both my career path and my dreams of seeing the world, I subconsciously did just that through my choices and the options presented to me. My goals and my dreams were aligned. My journey was and is about having a solid career that allows you to follow your dreams.

I entered the university and applied to pharmacy school after my first year. I was accepted and started the 4-year path to complete my bachelor of science degree. During my senior experiential year, I was able to complete a rotation in a rural health clinic about one hour from the university and carpooled with the preceptor. During these weekly rides, he questioned me on my post-graduate plans, introducing