

# Kallie A. Amer

## PharmD

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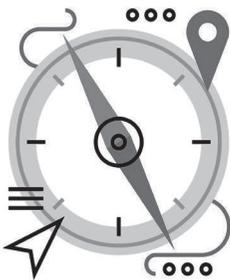
### *Finding a New Equilibrium as a Resident with a New Son*

Kallie is a thoughtful, reflective professional who impresses people with her insight into values and beliefs that drive her decision making. Her letter presents a meaningful perspective for individuals early in their career path who are married, who are parents, and who are also faced with not being matched.

Kallie is currently a Transitions of Care Pharmacist at Cedars-Sinai Medical Center, Los Angeles, California. She completed an accredited postgraduate year 1 (PGY1) pharmacy practice residency at St. John Hospital and Medical Center, Detroit, Michigan and a PGY2 transitions of care residency at Cedars-Sinai Medical Center; she earned her PharmD and BS in Biology at the University of Michigan.

Kallie's advice is: ***Your plans will change at some point; use the communication skills you've developed throughout your residency training to navigate the transition. In particular, enlist the support and advice of your mentors and supervisors to help you along the way. Don't be afraid to examine what attracts you to an area of practice. You may find that it helps you adapt to change more easily.***

*Dear Pharmacy Colleague,*



During my first year of pharmacy school, a series of guest speakers spoke to our class and detailed their professional careers. A common theme in their stories was how an unexpected opportunity led them to their current states. I never expected to have a similar story in my own path.

I expected my own career trajectory to plod along in an uneventful fashion. Having decided that I wanted to be a pharmacist while I was in high school, I laid out my plan to

accomplish that goal. I planned to attend the University of Michigan for my undergraduate degree—which I did. I planned to stay at the university to attend pharmacy school—which I also did. Thus, after deciding that I wanted to be a pharmacist in high school, the first eight years of my path went exactly according to my plan. While still completing my undergraduate coursework, I was drawn to the world of hospital pharmacy and enticed by the cooperation among various health disciplines. During my pharmacy internship, I discovered the world of emergency medicine and felt I had found my niche. The critical thinking, excitement, and team atmosphere in an emergency department (ED) spurred me to take as many critical care and ED rotations as I could throughout my P4 year and select a PGY1 with additional learning opportunities in critical care. Luckily, I found a PGY1 at a program that allowed my husband and me to stay in Michigan.

PGY1 was as challenging as reputed. It only took until late August of my PGY1 for my husband to state, “I hate residency,” as I settled on the couch for another evening of reading. Students and preceptors widely acknowledge the challenges of residency, but very little of my (intense) research for PGY1 prepared me for the challenges it would present to my marriage. My husband and I underestimated how the hours and workload of PGY1 would affect our communication and job-sharing responsibilities. We had to find a new equilibrium. One of our solutions was to find ways to more efficiently complete our routine chores—like purchasing a robot vacuum we’ve affectionately named “Geoffrey.”

As always seems to happen, once we settled into our new routine to manage the challenges of PGY1, life introduced a new wrinkle. My husband was offered a great career opportunity across the country in sunny Los Angeles. We had talked about moving there so we could be closer to family, but we didn’t anticipate the opportunity to come when it did. Although he moved across the country midway through my PGY1, I attended the ASHP Midyear and interviewed for PGY2 residencies. Knowing how difficult PGY1 was, the idea of pursuing a PGY2 seemed crazy. However, I knew that a PGY2 would set me up well for the rest of my career.

The PGY2 programs that interested me spanned the country, and I was prepared to spend additional time away from my family to develop my skills. Despite this, my husband unconditionally supported me in this decision and actively helped me prepare for interviews and settle on my rank list.

As the match drew closer, I envisioned two possible outcomes for my next year: (1) I would match with a great program and grow my skillset as an emergency medicine pharmacist, or (2) I would join my husband in Los Angeles and seek a position at a hospital as an inpatient pharmacist. I was excited about both prospects and ready for the coming change.