

Bethany Crouse

PharmD



Walk in My Shoes

Bethany believes that a positive outlook is an essential trait of a successful pharmacist. Despite the stress and demands of residency training and clinical practice, she strives to maintain an enthusiastic perspective. Her upbeat demeanor and compassionate spirit allow her to connect to and gain the trust of her patients. Bethany is always accountable and does what is right, not what is easy. Her persistence has earned her the reputation as a reliable and knowledgeable colleague.

Bethany is currently a Critical Care Clinical Pharmacist at Vidant Medical Center, Greenville, North Carolina. She completed her accredited postgraduate year 2 (PGY2) critical care pharmacy residency at Vidant Medical Center and her accredited PGY1 pharmacy residency at Penn State Milton S. Hershey Medical Center, Hershey, Pennsylvania. Bethany received her PharmD degree from Lake Erie College of Osteopathic Medicine, School of Pharmacy, Pennsylvania and her BS in Animal Sciences at the Pennsylvania State University, University Park.

Bethany's advice is: ***Whatever you choose to do with your future career, always be sure to make the most of today!***

Dear Pharmacy Colleague,

I've been in your shoes. I, too, have contemplated if residency training was the right choice for me. *Will I be able to obtain a residency position? Do I have what it takes to be a successful resident?* I considered these questions carefully and evaluated all of my options before I made the decision to pursue residency training. Now, I want to give you the opportunity to walk in my shoes by sharing some of the experiences that helped to solidify my decision to apply for a pharmacy residency, as well as my residency experiences that confirmed I had made the right choice.



APRIL 2013

With the goal of challenging my clinical skills, I scheduled my first rotation as a pharmacy student at a large academic medical center. I have not had my first pharmacotherapy course yet, which means each clinical scenario I encounter is a new experience for me. Today, I will face a new level of clinical challenges rounding in the medical intensive care unit (ICU), and I will be asked many questions for which I will not know the answer. Today, I commit to approaching each patient with curiosity and enthusiasm.

Time passes quickly in the fast-paced ICU environment, where patients can decompensate with minimal warning. I remember one afternoon vividly: the life flight team arriving with a patient in cardiac arrest, actively receiving cardiopulmonary resuscitation. My mind races as I review Advanced Cardiac Life Support pathways in my head, attempting to comprehend everything happening simultaneously to this patient. Around me, countless healthcare professionals descend on the patient to provide care, working together as a team. I look to my preceptor, expecting to be told to stand aside and observe. Instead, he pulls me into the room and encourages me to be an active participant. I watch as he interacts with the team, calling out recommendations and anticipating therapy before it is even requested. My hands are shaking as he instructs me to properly prepare each medication. The physician at the bedside announces the patient is responding. It is an incredible feeling knowing that I was part of saving a life today.

Today was one of the most memorable experiences in my pharmacy career. The clinical knowledge and rapport that my preceptor had with his medical team was so impressive, demonstrating the importance of postgraduate training in becoming a confident clinician. This experience was an integral moment in my decision to pursue residency training. It was followed by many positive experiences in my clinical rotations, which also helped to solidify my decision. The application process was challenging, but the hardest work was still yet to come. I was blessed to match into a respected PGY1 residency program and couldn't wait to move on to the next stage in my career. My PGY1 residency year pushed me to the limits of my abilities and challenged me in both professional and personal ways. Amid a schedule filled with resident obligations, I had distinct experiences that had a profound impact on my development.

NOVEMBER 2015

Five months into my PGY1 residency, I am arguably in the most stressful part of the year, with numerous deadlines fast approaching. Today, I am rounding with the Trauma and Surgical Intensive Care team. Despite a solid foundation from my initial residency rotations, this month has already challenged me significantly as I manage one of the busiest ICU services in the hospital. Balancing patient care responsibilities with my