

THE RESIDENT

The official newsletter of the UIW Feik School of Pharmacy Residency Program



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Honoring Our Past, Welcoming the Future

Commentary from Dr. Briana Williams:

As we close out another year, I'm thrilled to share this edition of our annual residency newsletter! It is an opportunity to celebrate accomplishments, reflect on transitions, and spotlight the many people who make our program so successful. As we bid farewell to our graduating residents and welcome our new class, I'm proud to highlight the milestones that defined this past year.

Since stepping into the Residency Program Coordinator (RPC) role in 2023, I've had the privilege of working closely with our residents, our Residency Advisory Committee (RAC) members, and our dedicated preceptors. One of the most significant changes this year is the transition of our Residency Program Director (RPD). This year marks the end of an era as our leader and director, Amanda Kitten, has decided to step down from her role. While she is stepping back from RPD responsibilities, we are grateful she will remain actively involved on the RAC and continue mentoring and precepting residents while focusing more on her academic endeavors in teaching and research.



Amanda led our program with vision and compassion for the past four years. Under her leadership, all 8 residents successfully secured employment after graduation, the RAC evolved into a stronger, more collaborative body, and resident wellness became a core value of the program. She led by example, always offering her time, empathy, and support. While we will miss her leadership in the RPD role, we look forward to the new chapter ahead.

This year, we celebrate the graduation of two exceptional residents, Jerrica and Sara. Both are moving onto exciting new opportunities outside of San Antonio. Jerrica will be joining Hendrick Medical Center South in Abilene, TX as an internal medicine pharmacist, while Sara is heading to Colorado Springs, CO to take an internal medicine position at UC Health Memorial Hospital. We are incredibly proud of their growth and accomplishments and wish them all the best in their next chapters. Meanwhile, our new PGY2 residents, Nick and

Sophie, have already hit the ground running. They've shown great work ethic in their rotations and projects and are excited to welcome our incoming PGY1s, Vanessa from the University of Texas and Monet from Texas A&M University.

We also want to take a moment to acknowledge the final departure of Kathleen Lusk. Last year's newsletter included a tribute titled *"Waddle" we do without you, Dr. Lusk?*—and, thankfully, we got to delay answering that question for one more year! We've been fortunate to benefit from Kathleen's talents from afar over the past year, but her official final day was at the end of July. We're incredibly grateful for her years of service and her support, especially for always being willing to tackle Kim's (and many others') endless to-do lists, including helping compile this newsletter.

This year, we also welcomed Meera Shah to the RAC. She precepted residents on infectious disease rotations and helped coordinate new resident wellness activities, including movie nights and dog park outings. Our teaching certificate program thrived under the continued leadership of Kim Cauthon and myself, with residents contributing to a wide variety of courses, including oncology, infectious diseases, APC lab series, and the acute care medicine elective. Christine Lam continued to lead our professional development efforts, organizing events to help residents land their dream job. Tina Beck remains a cherished family medicine preceptor and will be managing the Clinical Controversies series following Kathleen's departure. Sarah Berman has been a source of support through staffing, precepting, and mentorship, and her commitment was recognized this year when she was named Preceptor of the Year.

This program continues to thrive because of the time and dedication each RAC member brings to the table. As we kick off another residency year, I look forward to the new opportunities and continued collaboration that lie ahead. Here's to another amazing year!



Passing the Torch: Our New RPD – Dr. Sarah Berman

Commentary from Dr. Kathleen Lusk:

Dr. Berman is an Assistant Professor in the Department of Pharmacy Practice at UIW Feik School of Pharmacy. Her practice site is in the surgical/trauma intensive care unit (STICU) at University Health in San Antonio. She has precepted both PGY-1 and PGY-2 residents in the STICU, in addition to P4 APPE students. She has been a vital member of the Residency Advisory Committee for three years. She has mentored residents on research projects, Controversies in Clinical Therapeutics Seminar, and didactic teaching. She fosters confidence, curiosity, and professional growth while encouraging residents to take ownership of their learning. The program is thrilled to welcome her to the RPD position!

Commentary from Dr. Sarah Berman:

“The growth and development of people is the highest calling of leadership.” - Harvey Firestone



I am humbled to announce that I have the privilege of assuming the role of residency program director starting September 1st, 2025. The Pharmacotherapy Residency at FSOP has built an incredible legacy, and I am so grateful that I get to be a part of this program. Over the past three years, I have witnessed the strength, resilience, and kindness of our amazing residents and the unwavering commitment to resident growth of the Residency Advisory Committee (RAC). When asked why I was interested in assuming the role of RPD, it is truly because of the people in our program and the joy I get from precepting and mentoring our residents. I feel so blessed to have this opportunity and cannot wait to see what we can do together as a program. I especially want to thank Amanda Kitten for the amazing work she

has done as RPD over the past four years. I cannot think of a better example to learn from, with her passion for resident growth and her compassionate and patient spirit. I am so thankful that Amanda will continue to be an integral part of our RAC, and I know our residents (and myself!) will continue to learn and grow immensely from her mentorship for years to come.

I am so excited to see what this journey brings, and I want to thank each one of you for your involvement with the UIW Pharmacotherapy Residency program!

Commentary from Dr. Amanda Kitten:

After four incredibly rewarding years serving as RPD for our program, I am transitioning out of this role, with Sarah Berman stepping in as RPD, effective September 1. It has been a true privilege to work alongside such dedicated and talented residents, preceptors, and colleagues during this time. Watching our residents grow into confident, compassionate, and highly skilled clinicians has been one of the greatest joys of my career.

I am especially grateful to our Residency Advisory Committee, whose support, wisdom, and tireless efforts have been invaluable in guiding the program and shaping the resident experience. This program would not be what it is today without their unwavering commitment. I am excited to see the program continue to flourish under Sarah's leadership and am confident it will reach even greater heights in the years ahead. While my own focus will shift more toward other professional endeavors, I remain deeply committed to supporting the residency as a preceptor and RAC member and celebrating its continued success.

Welcome

Incoming Residents

Dr. Vanessa Esparza, PharmD (2025-2027)



Doctor of Pharmacy: University of Texas at Austin College of Pharmacy

Current Career Goals: At the moment, I am interested in ambulatory care (primary care, diabetes, heart failure) and inpatient & outpatient psychiatry. I plan to find my desired specialty throughout residency and strengthen my clinical skills in all areas. Ultimately, my career goal is to be a board-certified specialist and become faculty at a College of Pharmacy. Outside of pharmacy, I enjoy hanging out and trying new things with my fiancée, Anthony, and dog, Beanie!

Dr. Monet Giles, PharmD (2025-2027)



Doctor of Pharmacy: Texas A&M University Irma Lerma Rangel School of Pharmacy

Current Career Goals: My goal during residency is to build a strong foundation that will mold me into well-rounded clinician and leader. After residency, I hope to serve as a clinical pharmacist in the military or in a level one trauma emergency department where I can make an impact in high acuity settings.

Current Residents

Dr. Nicholas Martin, PharmD (2024-2026)

Starting residency was a significant adjustment for both me and my family, especially with the arrival of my son, Gabriel, just a few months into the program. Fortunately, the transition has been remarkably smooth thanks to the wonderful support from the RAC. They've been incredibly gracious and flexible while still maintaining high expectations for my growth and performance. I truly couldn't ask for a better place to learn and grow. With the incredible support and guidance this program offers, I feel truly set up for success. Thank you!

Professional Accomplishment: After reflecting on the past year—my first as a pharmacist—I am proud of the growth my co-residents and I have experienced. We've seen significant progress in our clinical knowledge, deepened our understanding of the healthcare system, and built meaningful relationships with both patients and providers in the community. The program offers valuable exposure to diverse areas of clinical pharmacy, which has been instrumental in our professional development. From collaborating with other healthcare professionals to gaining insight into the structure and function of the healthcare system, every experience has contributed to our growth as pharmacists.

Future career goals: As I step into the next year of residency, I'm eager to continue my growth as a pharmacist, specifically focusing on infectious diseases and internal medicine.



Dr. Sophie Rooks, PharmD (2024-2026)

As a UIW Pharmacotherapy resident, I've truly valued the opportunity to train across diverse healthcare systems and patient populations throughout San Antonio. One of the most rewarding aspects of the program has been the incredible mentorship I've received from both the RAC and the many dedicated preceptors I've had the privilege to learn from. In the short term, I'm excited to continue strengthening my clinical skills in emergency medicine and critical care while gaining experience in teaching and precepting.

Professional accomplishment: One of my biggest accomplishments this year has been gaining confidence in my clinical decision-making. From precepting learners to presenting on challenging topics and participating in interdisciplinary care, I've felt myself grow into a more independent and thoughtful pharmacist. It's been a year full of learning, reflection, and growth, and I'm incredibly grateful for the support and encouragement from my preceptors and mentors along the way.

Future career goals: Looking ahead, I hope to find a position that combines clinical practice in high-acuity settings with a teaching role, either as a clinical pharmacist at an academic medical center or as a school of pharmacy faculty member with a practice site aligned with my interests. I also plan to pursue a Pharmacotherapy Specialty Certification through the Board of Pharmacy Specialties following residency and a year of additional clinical experience.



Outgoing Residents

Dr. Jerrica Lilley, PharmD (2023-2025)

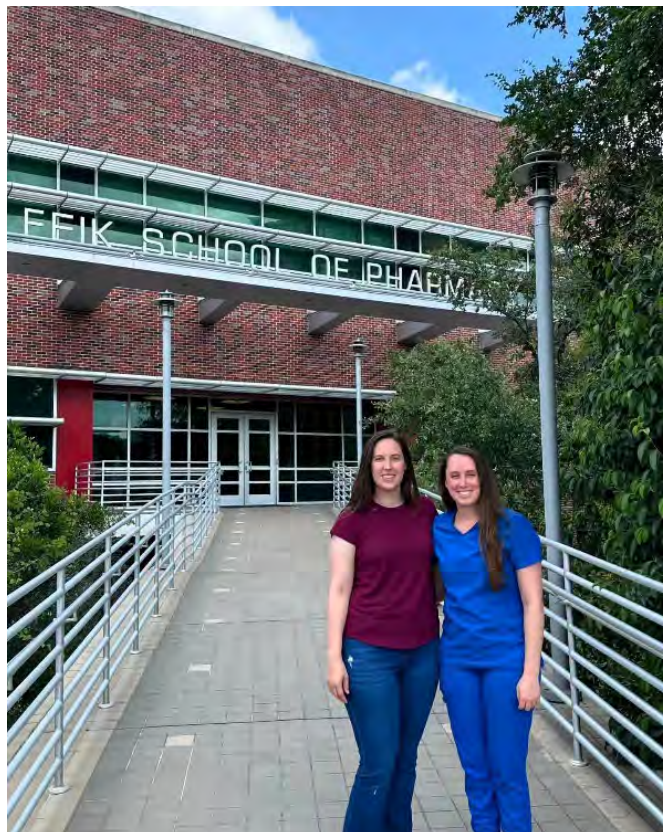
Post residency job: Decentralized clinical pharmacist at Hendrick Medical Center – Abilene, TX

I am a first-generation college graduate. I attended UIW Feik School of Pharmacy and was lucky enough to be given the opportunity to stay at UIW to complete my Pharmacotherapy Residency training. I am proud to have completed residency while also holding the very important job of mom! Next steps include moving to Abilene, TX with my family. Leaving the FSOP Pharmily after six years feels a little bittersweet, but I'm excited to see what the future brings!

Dr. Sara Stashluk, PharmD (2023-2025)

Post residency job: Clinical Pharmacist at UC Health Memorial Central – Colorado Springs, CO

I am from Austin, Texas and did my undergraduate training at Baylor University in Waco, Texas. I went to pharmacy school at the University of Houston College of Pharmacy and completed my PGY1/PGY2 Pharmacotherapy residency training at UIW Feik School of Pharmacy with a strong focus in Infectious Diseases during my PGY2 year. Outside of work, I enjoy spending time with my dogs, cat, and horse and am looking forward to getting back into competitive show jumping.



10-Years Later: Celebrating Hansita and Braden

Commentary from Dr. Cheryl Horlen:



I can't believe 10 years have passed since Braden and Hansita finished their residency! I had the privilege of serving as Residency Program Director when they joined the program. I vividly remember offering them their positions and feeling a strong sense of excitement and optimism—they stood out not only for their academic strengths, but also for their professionalism, curiosity, and eagerness to contribute to a growing program.

Braden and Hansita were both thoughtful, adaptable, and committed to their professional growth. Braden went on to accept an academic position at Roseman University, where he continues to teach and mentor future pharmacists. Hansita initially stayed on at the Feik School of Pharmacy teaching skills lab and DEENT therapeutics before transitioning to full-time clinical practice—a move that reflects her passion for direct patient care. Their career paths highlight the versatility of our graduates and the strong foundation the program provides.

Looking back, it's remarkable to see how the residency program has matured—not just in structure, but in spirit. What began as a small, ambitious initiative has grown into a dynamic and well-rounded experience for residents. The program now offers a broader range of clinical rotations, a thoughtfully designed teaching certificate, and meaningful opportunities for service and scholarship. Each new residency class brings fresh ideas and energy, helping to shape the program's direction. I'm continually inspired by the dedication of our residents and the collaborative efforts of the Residency Advisory Committee and preceptors. It has been an incredible evolution, and I'm thankful to all who have played a role in building a program that prepares residents to think critically, act compassionately, and thrive in an ever-changing healthcare environment.

Commentary from Dr. Tina Beck:

Merlyn and I were used to having the resident office to ourselves (during the rare times we were at FSOP), but then Braden and Hansita arrived in July 2013. Braden could fill the entire room with his big personality and dad-jokes. Hansita was more quiet and reserved but ready to face the program head-on. As the four of us played the “guinea pigs” for some aspects of our program, we laughed, vented, and enjoyed each other's company. We tried to incorporate some fun during residency- Braden's first time ice skating in Houston when we were there for ALCALDE, and I went with Hansita to Austin City Limits (not my typical scene). It has been 10 years since that meeting, and I am so proud of their accomplishments in their careers so far and excited to see where they will go in the next 10 years. Their growth in their careers still mirrors their tenacious attitude to provide best care to the patients and students. I hope Braden continues to be his goofy self (and his family's patience stays strong to deal with his silly dad jokes), and remind his students that pharmacy does not have to be serious all the time. I hope Hansita continues to be fearless as she tackles/explores every new opportunity just like when she was a resident and faculty member; but also stays being true to herself- never letting anyone box her into a specific mold.



Dr. Hansita Patel, PharmD, BCACP**Commentary from Dr. Jennifer Caballes:**

Thank you for letting me be a small part of Hansita's milestone! I wanted to take a moment to recognize and celebrate an incredible milestone—Hansita's 10-year anniversary since completing her residency. It has been a true privilege to work alongside her, and I feel honored to share a few reflections on the impact she has had on our team.

From day one, Hansita has stood out for her exceptional professionalism, dependability, and dedication to delivering the highest standard of care. Her solution-focused mindset and steady leadership have played a key role in enhancing both our team's performance and overall morale. She was a key player in helping the new Specialty Pharmacy team and the new Ambulatory Pharmacist Specialist team navigate their evolving roles—clarifying where responsibilities differed and where they overlapped—ensuring a more cohesive and collaborative approach to patient care.

What I personally admire most about Hansita is her collaborative spirit. She consistently asks insightful questions, shares thoughtful feedback, and approaches every challenge with calm confidence. She has a remarkable ability to recognize the unique skills and talents of her coworkers and helps generate project ideas that not only align with our goals but also displays each team member's strengths. When I had to develop a challenging presentation to add a new drug to formulary at our institution, I reached out to her for help and she sent me her presentation and provided tips for success.

Beyond her outstanding clinical expertise, Hansita leads with kindness and integrity—qualities that make her not only a valued colleague but also a trusted teammate and mentor.

Hansita, thank you for your unwavering support, your inspiring dedication, and the positive energy you bring to our work every day. Congratulations on this incredible achievement!



Hansita Patel and her colleague Celina Sharpe, PharmD at a “Start by Believing” event at Robert B Green clinic. The event presented information and resources over behavioral health, trauma-informed care, and survivors of sexual assault.

Dr. Braden Adamson, PharmD

Commentary from Dr. Erin Johanson:

You know how they say pharmacy is a small world? Well, Braden Adamson went to pharmacy school at Midwestern University, College of Pharmacy-Glendale in Arizona just as I was moving from there to Roseman University of Health Sciences, College of Pharmacy in South Jordan, Utah. Fast forward a couple of years and my old colleague and friend Dr. Kim Cauthon told me that he was finishing up her residency at University of the Incarnate Word in San Antonio, Texas and applying for a job with Roseman. Dr. Braden Adamson, who brought many smiles to our faces as a student, now brings great joy to all who calls him our colleague in the College of Pharmacy. Needless to say, Braden is the funniest faculty member in our group! From marching in the graduation procession with his knees high to cracking students up in the classroom or helping them work up patients at his practice site Common Spirit Holy Cross Hospital Jordan Valley, watching him grow from student to faculty member has been incredibly rewarding. He's even won the college's Teacher of the Year award.



Above: Braden and his family returning to Texas for a visit.

Left: Braden with Dr. Larry Fannin, Dean of the Roseman University College of Pharmacy, following receipt of the Teacher of the Year award.

Recent Events



Residents' Animeals Volunteer Event – Fall 2024

Our residents giving back. Pictured are Tina, Sophie, Jerrica, Sara, Nick, and Josh.



Residents' San Antonio Food Bank Volunteer Event – Spring 2025

Our residents giving back. Pictured are Jerrica, Bri, Nick, Sara, and Sophie. Thank you all for your service to the community in San Antonio.



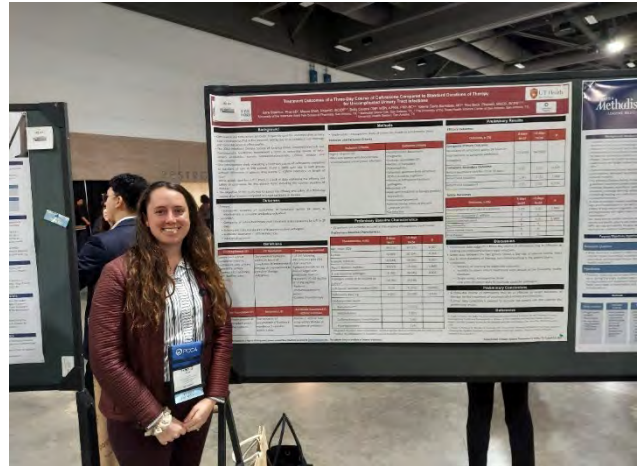
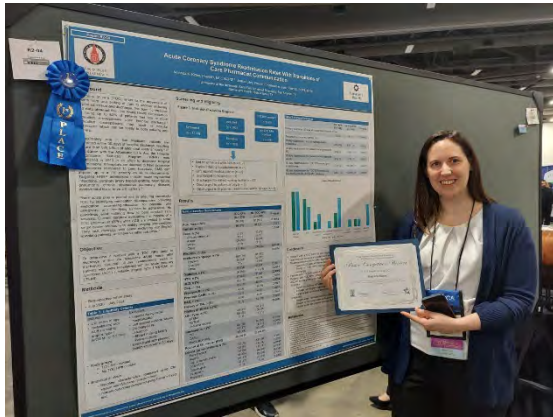
Dallas Residency Showcase – Fall 2024

Jerrica and Sara networking and representing the Residency Program at the Dallas Residency Showcase. A special guest appearance by UIW Residency graduate, Markus!



Study Abroad: New Zealand – May 2025

Sarah, Meera, and Sara enjoying the sights during UIW Health Professions annual study abroad trip.



TSHP Annual Seminar – April 2025

Networking and representing the Residency Program the TSHP Annual Seminar and Alcalde hosted at the Irving Convention Center in Las Colinas, TX.
Jerrica won Best Resident Poster!



Residency End of Year Celebration – June 2025

RAC members, current residents, and incoming residents enjoying pickleball at Chicken N Pickle. Special guest appearances by some of the cutest kiddos!

Residency Graduation

PGY-2 residents, Jerrica and Sara receiving their certificates of completion and Amanda receiving a thank you gift from the residents on June 20, 2025.



Preceptor Awards

Dr. Sarah Berman, PharmD, BCCCP

FSOP Preceptor of the Year 2025

Commentary from Dr. Sarah Berman:

I feel so deeply honored to receive this award, and it is hard to express how much it means to me. Thank you to Jerrica, Sara, Nick, and Sophie for honoring me with this award. Whether it was an early morning in the STICU, a long heart-to-heart over a clinical controversy, or an adventure in New Zealand, I have loved watching each of you grow and thrive as clinical pharmacists. You each have taught me so much as an educator and a preceptor, and you make “work” so fun as we learn together. I can’t wait to see all of the amazing things you do!



Dr. Amber N. Welborn, PharmD, BCIDP, AAHIVP

Preceptor of the Year 2025



Dr. Amber Welborn is a clinical pharmacy specialist practicing in infectious diseases at University Health. She is a Board Certified Infectious Diseases Pharmacist and HIV Pharmacist. Words used to describe her include: impactful, invested, and amazing! She provides an excellent, well-rounded infectious disease rotation for our residents. We are privileged to have her as a preceptor in our program!

Commentary from Dr. Amber Welborn:

It was such a pleasant surprise to find out that I had been selected as the FSOP Residency Preceptor of the Year. Working with pharmacy residents is one of the most rewarding parts of my career. Fostering individual resident interests and watching them develop their knowledge and confidence over the course of our rotation and across the year is always such a wonderful experience. I am honored to have been chosen for this recognition, and I look forward to working with UIW Pharmacy Residents for years to come.

Congratulations!

A message from the Dean



Graduates of the FSOP Residency Program,

We are very proud of you for working in your chosen field. I hope that you are finding your career to be exciting and your training is making it a smooth transition. Even though you are not graduates of the PharmD program, and some of you are, you are still alumni of the Feik School of Pharmacy. We want to hear from you. We also hope to be able to catch up if you can visit the school or at a meeting. It is so rewarding for us to brag about your accomplishments. We hope that you will take the opportunity to give back by precepting our students and residents.

I am proud to announce that the Class of 2024 had a 77% pass rate on the NAPLEX. This was a reduction in our usual passing rate but still puts us at the 50th percentile nationally. We have our fingers crossed that the Class of 2025 will bring our scores back up to maintain our standing as one of the best pharmacy schools in Texas and the nation.

We will start the year with 90 P1 students in the Fall. This is the largest entering class in five years. Hopefully, our recruitment goals will let us hit our goal of 100 students next year. With the pharmacist shortage, most of the Class of 2024 had job offers upon graduation.

Our P4 students did great with residency acceptances. We had 79% acceptance rate. We are very proud of them. I want to thank the Residency Acceptance Committee, mentors and the residency elective for helping candidates achieve a successful match. I also want to thank Drs. Kitten, Williams and the RAC for all the work that they do to make our residency program a success.

Finally, we had a great celebration in February with the Ribbon Cutting Ceremony for the remodeling of the Dispensing Lab. We were able to remodel the lab, get four new hoods and a touchless sink. All of this was possible with a generous \$235,000 donation from Stonegate Pharmacy. We renamed the Dispensing Lab to the Stonegate Pharmacy Sterile Compound Laboratory in recognition of this generous donation.

Please keep in touch.

Praised be the Incarnate Word,

Dr. David F. Maize