

# Sarah Hilbert Deines

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## EDUCATION AND TRAINING

Pharmacy Practice Resident Legacy Health System, Portland, OR	June 2009
Doctor of Pharmacy Oregon State University, Corvallis, OR	June 2008
Bachelor of Arts, Biology-Environmental Studies Whitman College, Walla Walla, WA	May 2001

## EXPERIENCE

<b>Virginia Garcia Memorial Health Center</b> Clinical Pharmacist	<i>July 2009 - present</i> Hillsboro, Oregon
• Initiation and development of the Clinical Pharmacy Services Program.	
• Manage chronic diseases under CDTM protocols for diabetes, hypertension, and lipids.	
• Improvement in patient outcomes: decreased A1c average by 2% in patient population (n=105)	
• Implementation of transitions of care visits for new hospital discharge patients.	
• Collaboration with medical directors to develop treatment protocols for chronic diseases.	
• Participation in local and national collaboratives for ambulatory care pharmacy practice:	
HRSA PSPC	<i>2009 - 2014</i>
Acumentra Medicare QIO (Innovations Grant)	<i>2011- 2014, grant 2013 - 2014</i>
Health Share CCO Pharmacy Collaborative	<i>2012 - 2014</i>
• Committee member:	
Pharmacy and Therapeutics Committee	<i>2011- current</i>
Controlled Substances Oversight Committee	<i>2009 - current</i>
Diabetes Planning Committee	<i>2009 - current</i>
Residency Program Director:	<i>September 2012- present</i>
• Development of Community Pharmacy Residency Program with initiation 2013.	
• Coordination of preceptor development and preparation of accreditation survey 2015.	

## PROFESSIONAL INVOLVEMENT AND LEADERSHIP ROLES

<b>Oregon Society of Health-System Pharmacists (OSHP)-</b> Member	<i>September 2004 - present</i>
• Organizational Affairs Council - Co-chair	<i>June 2015 - present</i>
▪ Member	<i>September 2008- June 2013</i>
• Annual Seminar Committee: Chair-Silent Auction Committee	<i>December 2007- 2013</i>
▪ Raised between \$16,000 and \$22,000 for pharmacy student scholarships.	
<b>American Society of Health-System Pharmacists (ASHP)-</b> Member	<i>September 2004 - present</i>
• Section Advisory Group on Clinical Practice Advancement	<i>September 2011 - June 2013</i>
• National Commission on Affiliate Relations: Student Member	<i>September 2007</i>
• Advisory Group: Student Society & Leadership Development	<i>June 2006 - June 2007</i>
<b>American College of Clinical Pharmacists</b>	<i>June 2013 - present</i>
• Curriculum vitae reviewer for students	<i>August 2014 - present</i>

## PRECEPTING AND TEACHING

### **Precepting for Pacific University and Oregon State University**

- Advanced Pharmacy Practice Experience- 6 week student rotation *September 2010- present*
  - Designed a comprehensive syllabus for Ambulatory Care Rotation.
  - Created a preassessment tool to evaluate baseline student knowledge.
- Advanced Pharmacy Practice Weekly Learning Community *May 2012- present*
  - Established a learning community in the Hillsboro area for students on rotation.
  - Co-facilitate weekly student journal club and case presentations.

### **Pacific University School of Pharmacy**

- PGY2 Residency Advisory Council (formerly Fellowship) *February 2012- present*
- Clinical Instructor *October 2010- present*
- Lecture and Pharmacy Practice Day: Motivational Interviewing *October 2010*
- Patient Care Lectures *Fall Semester 2012*
  - Blood Pressure Measurement
  - Professional Development
  - Communication with Patients and Providers
  - Transitions of Care

### **Oregon State University College of Pharmacy**

- Affiliate Faculty Member *June 2010- present*

### **A.T. Still University School of Osteopathic Medicine**

- Clinical Lecture "Insulin selection, initiation, and titration" *July 2010, July 2011, July 2012  
Portland, Oregon*

## PRESENTATIONS

### *Conferences and webinars*

- Medical Residency Program National Webinar** *July 2015*
  - "Conversion from oral DM agents to insulin" Web conference
- OSHP- Fall Seminar Panel Presentation** *October 2014*
  - "The Art of Interviewing Do's and Don'ts"- Student Track Portland, Oregon
- Medical Residency Program National Webinar** *June 2014*
  - "Polypharmacy and high risk medications in the elderly" Web conference
- Safety Net Medical Home Initiative National Webinar** *October 2012*
  - "Clinical Pharmacy in the Medical Home" Web conference
- OSHP- Fall Seminar Pearl Presentation** *October 2012*
  - "Implementation of a multi-site APPE learning community" Wilsonville, Oregon
- OSHP- Annual Seminar Panel Presentation** *April 2011*
  - "The Medical Home Model: the role of pharmacists in the Medical Home" Sunriver, Oregon

### *Poster presentations- Primary presenter*

- APhA Annual Meeting Poster Presentation** *March 2010*
  - "Delivery of clinical pharmacy services to the urban underserved diabetes population" Washington, DC
- OSHP- Annual Seminar Poster Presentation** *April 2009*
  - "Redesigning insulin administration and eradicating "sliding scale"" Salishan, Oregon
- APhA Annual Meeting Poster Presentation** *March 2007*
  - Sarah Hilbert, Adrian Contreras and Nick Crozier Atlanta, Georgia
  - "A Student Pharmacist-Run Program to Improve Medication Adherence"

## PRESENTATIONS (continued)

### *Poster presentations- Preceptor for resident and student research and presentation*

#### **ASHP- Annual Seminar Poster Presentations**

*December 2014*

Cesar Rodriguez-Braham; Stephanie Cassidy; Bridget Bradley; and **Sarah Deines**

- "Drug use evaluation to identify intensity of statin therapy recommended for patients based on the 2013 ACC/AHA lipid guidelines compared to previous statin therapy"

Elise Phelps, Jennifer Erickson, **Sarah Deines**, Kristine Marcus

- "Implementation of a Pharmacist Managed Asthma Clinic"

Muhammad Qudoos, Kristine Marcus, **Sarah Deines**, Melanie Foeppe, Bridget Bradley

- "Impact of pharmacist-led shared medical visits on cardiovascular risk reduction in underserved diabetes patients"

John Begert, Edward Saito, **Sarah Deines**, Melanie Foeppe

- "Medicare Annual Wellness Visits as a Method to Promote Referrals for Disease State Management by Clinical Pharmacists"

#### **OSHP- Annual Seminar Poster Presentation**

*April 2014*

Samantha Flores, Bridget Bradley, **Sarah Deines**, Brian Dotter, Kris Marcus

- "Implementing a transitions of care program between VGMHC and Tuality"

#### **OSHP- Annual Seminar Poster Presentation**

*April 2014*

Stephanie J. Cassidy, Cesar A. Rodriguez, Bridget Bradley, and **Sarah Deines**

- "Drug use evaluation to identify intensity of statin therapy recommended for patients based on the 2013 ACC/AHA lipid guidelines compared to previous statin therapy"

### *Presentations at Virginia Garcia Memorial Health Center*

"Insulin pens: insurance issues & patient teaching"- Nurses *October 2014*

"2013 ACC/AHA Lipid Guideline Update"- Providers and pharmacists *April 2014*

"Anticoagulation management"- Nurses *June-November 2012*

"Diabetes Care Management"- 4 one hour sessions for Nurses *July-October 2012*

"Diabetes Medication Titration Protocols"- Nurses at 3 clinics *May-June 2012*

"Clinical Pharmacy Services at VGMHC"- VGMHC Board of Directors *June 2010*

"Dose equivalencies of ACEi, ARBs and statins"- Providers *May 2010*

"NWRPCA Tour- Role of Clinical Pharmacy"- Interdisciplinary *May 2010*

"Fibromyalgia: Current Guidelines and FDA Approved Medications"- Providers *January 2010*

## HONORS AND AWARDS

• OSHP- Pharmacy Practitioner of the year *April 2015*

• Oregon State University College of Pharmacy- Preceptor of the year *May 2015*

• NACDS Community Pharmacy Residency Expansion Project *September 2012*

• HRSA Patient Safety and Clinical Pharmacy Services Collaborative (PSPC) *2010-2013*

2013 *"Integrated medication management award"*

2012 *"Life saving patient safety award"* & *"Integrated medication management award"*

2011 *"PSPC Performance Award"* Recognizing teams with Outstanding Performance

2010 *"PSPC Performance Award"*

• US Public Health Service *June 2008*

*"Excellence in Public Health Pharmacy Practice Award"*

## CERTIFICATIONS AND TRAININGS

• Board Certification in Ambulatory Care Pharmacy, December 2012

• Residency Learning System- ASHP Residency Preceptors Conference, August 2012

• Pharmacy-Based Lipid Management Certificate Program through APhA, March 2010