Hello my name is Morgan Stoa! I am currently a Teaching Specialist at the University of Minnesota College of Pharmacy. I graduated from the CUHCC Residency Program in 2018. I was there during the years of 2017-2018 and I graduated in July of that year. Like I said, I am a Teaching Specialist with the College of Pharmacy so I teach in Pharmaceutical Care Skills Lab Sequence where I teach student how to make sterile as well as non-sterile medications for patients and also teach them how to provide medication counseling as well as the basics for ambulatory care for patients as well.

I do have a dog, so I apologize if you can hear him in the background!

But I also teach a couple of online classes for undergraduate students as well as students in pharmacy school and some health professional students as well. So I get kind of a robust little sphere of teaching right now.

Um, currently, I really feel like CUHCC set me up well for my current position. I completed a teaching certificate which is one of the unique offerings the College of Pharmacy Ambulatory Care Residency program offers. And because the CUHCC resident staffs two semesters within the PCLC lab sequence I was able to be exposed a lot of teaching opportunities and I really found that I was passionate about teaching so I decided to pursue that additional teaching certificate as I knew it would set me up well if I ever wanted to pursue a position in Academia.

But I also practice two half days a week at the Nurse Practitioner clinic in downtown Minneapolis so I have really learned skills on how to act on an interdisciplinary team and using that teamwork to achieve patient’s goals with their own medications and their own treatment plans. So, I really feel like CUHCC taught me wonderful skills of being part of an inter disc team. At CUHCC we have access to really every specialty as far as primary care goes, so I really got the opportunity to work with MAs, nurse practitioners, MDs, psychiatrists, midwives, dentists, the whole gambit. So, it was awesome to have to learn how to speak different languages for these different professions and I think that really set me up well for my current position and current spot in clinic.

One of the most valuable learning aspects about CUHCC is that it really provides you the opportunity to learn a lot of different patients and a lot of different disease states. So CUHCC is an incredibly busy clinic and as such, pharmacy is so well integrated into that workflow that they really get the opportunity to meet with many patients and help support those providers with managing many different disease states. So, it’s not just only treating HTN or diabetes, we are involved with helping a lot of other medication conditions. And I felt like I really got to challenge myself to develop a really sound understanding of pharmacology and pharmacotherapy for a variety of different health conditions which I think is a very unique situation to the CUHCC clinic and I am very thankful for that.

The reason I chose CUHCC was I interested helping patients in an underserved patient population. Over my time in pharmacy school I really decided that... er I really found myself engaged in patient interactions and helping solve problems for patients using my pharmacy brain. SO, I also was interested and participated in the Philips Neighborhood Clinic at the University of Minnesota which is in a neighboring community to the CUHCC clinic and I really enjoyed working with the patients and serving and so it was a natural fit for me to look at the CUHCC Clinic. And then one of my passions is psychiatry, so the CUHCC is a very unique clinic for primary care and psychiatric care where they are both integrated into one single clinic and its only divided by a very small wall, and so I was very interested in bringing my passion about psychiatric pharmacy and how that integrates into primary care as well as bridging the gap between psychiatry professionals as well. So those are a couple of things that really drew me to CUHCC and I really really enjoyed my time as a CUHCC resident. It was busy but I learned so much and I consider myself thankful every day that I had that opportunity to learn from the great preceptors, both pharmacy preceptors as well as the medical preceptors, NPs, Mas, all the clinic staff. You really get the opportunity to learn from everybody which I felt was an awesome experience as well. I think you really get the opportunity to build sound skills to set you up as a professional in the future.

I just love that there is this kinda this little community of the CUHCC family amongst the pharmacists as well as the residency graduates, and I really feel like they are on my team even now that I don’t go to the clinic every single day, so I really do feel truly blessed that I had the opportunity to be at CUHCC.

SO that that is a little bit about me and my experience at CUHCC. I hope that you guys are interested. if you have any questions, you can feel free to reach out. I’ll provide my contact information if you have questions, otherwise I hope you have a great rest of your day and I hope that the residency application process goes well for you!

And that’s my dog Loki and he says hi too! He was there when I was a resident and he got kennel cough twice! So that was super fun! But anyway, it was nice to talk to you guys! Have a great rest of your day.