



DENVER HEALTH
PHARMACY™

RESIDENT MENTOR DIRECTORY

2023 – 2024

Denver Health Medical Center

PGY-1 Pharmacy Practice Residency
PGY-2 Emergency Medicine Residency
PGY-2 Infectious Disease Residency
PGY-2 Ambulatory Care Residency
PGY-2 Critical Care Residency



Resident Mentorship Program Leadership (2023 – 2024)



Paul D. Paratore, PharmD, BCPPS

Resident Mentorship Program Director

R.E.S.U.L.T.S. Program Coordinator

RAC DEI Workgroup, RAC Research Workgroup

Pediatric Clinical Pharmacist

Preceptor: PICU, NICU, General Pediatrics, Obstetrics

4 years at Denver Health

Education: Seattle Children's Hospital (*PGY-1*), Auburn University (*PharmD*), University of North Carolina (*BS Cell Biology*), Patrick Henry College (*BA Journalism, BA English*).

Professional Leadership:

Member, Special Advisory Group on Pediatrics, Section of Clinical Specialists and Scientists (ASHP)

Certified Well-Being Ambassador (ASHP)

Professional Projects & Interests: Pediatric anticoagulation, collaborative drug therapy agreements, GI/inflammatory bowel disease, PK in pediatric patients, pain management, public health, health outcome disparities, health IT, optimizing pharmacist scope of practice. Peer reviewer for AJHP, JPPT, PLoS ONE.

Personal Interests: Storm chasing, performing/writing music, going to see all the music I can (obsessed with synthwave right now), trying new and old favorite restaurants, gardening, hiking, off-roading, road tripping, traveling, working on reading my book list, and local politics and government.

Personality: Protagonist (ENFJ).

Bio: Hey there! I'm Paul and I work in pediatric medicine and critical care at Denver Health. I grew up in New York but have lived throughout the east coast and Deep South and made the jump out west when I moved to Seattle for residency! So far, I have enjoyed road tripping all around Colorado, Utah, and Arizona and seeing all the amazing natural beauty we are lucky to have. I took a very winding road getting to my current career—I had many jobs ranging from a barista to accounting to journalism before going back to school for pharmacy—I like to think some of that experience can be valuable in relating to and sharing with residents how to navigate the ins and outs of their new profession. Mentorship and good precepting were critical to my growth (and survival!) as a resident and I am eager to pass that on.

When I'm not at work you can usually catch me going to concerts at Red Rocks or around town, out on the plains storm chasing, propagating more houseplants, attempting to snowboard, catching Pokémon, or looking for new audiobooks to enjoy. It has been so valuable for me to have mentors both as a resident and as an independent practitioner and I'm committed to making sure every resident has the same opportunity to experience and participate.



Resident Mentor Directory (2023 – 2024)



Maggie Cooper, PharmD, BCIDP

Residency Advisory Council

Clinical Pharmacy Specialist, Infectious Diseases

Preceptor: Infectious Diseases

3 years at Denver Health

Education: Denver Health Medical Center (*PGY-2, Infectious Diseases*), Detroit Medical Center (*PGY-1*), University of Colorado SOPPS (*PharmD*), The Ohio State University (*undergraduate*).

Professional Projects & Interests: PK/PD of antimicrobials, gram-negative resistance, de-labeling beta-lactam allergies. Organizations: ACCP, SIDP.

Personal Interests: Reading, hiking, camping, breweries, board games.

Personality Type: Mediator (INFP).

Bio: I have gained so much from my mentors and preceptors, and I'm hoping to pass along everything I've learned! Residency can be overwhelming at times, but it's such a wonderful learning opportunity and I would love to help the residents get the most out of their experience.



Resident Mentor Directory (2023 – 2024)



Kirsten Elwood, PharmD, BCCCP

Residency Advisory Council

Grand Rounds Preceptor

Clinical Pharmacist, Critical Care

Preceptor: MICU, SICU, ICU PM Learning Experience

2 years at Denver Health

Education: Hennepin County Medical Center (*PGY-2, Critical Care; PGY-1*), Drake University College of Pharmacy and Health Sciences (*PharmD, pre-pharmacy*).

Professional Projects & Interests: Neurocritical care, toxicology, PADIS. Education: precepting, presentations, mentorship.

Personal Interests: Hiking, backpacking, running, cooking, houseplants, skiing, books, going to concerts, visiting national parks, restaurants, camping.

Personality: Defender (ISFJ).

Bio: Hi! I'm Kirsten. I'm a pharmacist in the ICU at Denver Health and I primarily work the ICU PM shift. Originally from Webster, Minnesota, I attended Drake University for pharmacy school before heading back to Minnesota for PGY-1/2 residency training at Hennepin County Medical Center in Minneapolis. Mentorship has had a tremendous impact on my professional development as a young professional. I'm excited about the prospect of "giving back" to new resident pharmacists during this exciting phase of their career.

Residency can be fun, rewarding, and energizing! There can also be times when residency is stressful and turbulent. I'm here to be a sounding board and part of a resident's support system for: residency, career planning, life, etc. I'm open to mentoring residents in any of the programs available here at Denver Health, irrespective of their level of interest in critical care and/or emergency medicine.



Resident Mentor Directory (2023 – 2024)



Heather Hazeldine, PharmD, BCPS

PGY-2 Residency Advisory Council

Clinical Pharmacy Specialist, Ambulatory Care

Preceptor: Ambulatory Care

5 months at Denver Health

Education: VA Medical Center, Memphis (PGY-1), University of Tennessee Health Sciences Center, Memphis (PharmD).

Professional Projects & Interests: Hypertension, anticoagulation, diabetes, and health disparities.

Personal Interests: Traveling, hiking, family time. Mountain Area Science Fair judge, Girl Scout leader (previous), PTA (previous).

Personality: Defender (ISFJ).

Bio: I am originally from Denver but have also lived in Utah and Tennessee. I have worked as an ambulatory care clinical specialist throughout my career, including at the VA Medical Center (Denver), Kaiser Permanente Colorado, Clinica Family Health, and most recently Denver Health. Working for Clinica re-ignited my passion for providing high quality and affordable care to our most vulnerable patient populations. I was very excited to join the dedicated and growing team of clin specs at Denver Health this year. I have served as resident mentor for many years in these different practices and I'm excited to use that experience to support the newest generation of clinical pharmacy practitioners.



Resident Mentor Directory (2023 – 2024)



Veronica M Hernandez, PharmD, BCACP

Residency Advisory Council

Clinical Pharmacy Specialist, Ambulatory Care

Preceptor: Ambulatory Care

2 years at Denver Health

Education: Denver Health Medical Center (*PGY-2, Ambulatory Care*), Providence St. Mary Medical Center (*PGY-1*), University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences University (*PharmD*), Colorado Mountain College, Colorado Mesa University (*undergraduate*).

Professional Projects & Interests: primary care, diabetes, health disparities in the medically underserved populations, DEI.

Personal Interests: Hiking, exploring, snowboarding, traveling, good books, coffee!

Personality: Defender (ISFJ).

Bio: I was born in El Salvador, but I was raised in El Jebel, Colorado. I truly enjoy working at Denver Health because of our patient population and the opportunity to help give back to our community. I had a great experience being a mentee and I would like to pay it forward by offering fresh perspective(s) and sharing my experiences. I am always available to chat, create a safe space to vent, and provide advice to residents when they need it. I love trying different FOODS!



Resident Mentor Directory (2023 – 2024)



Dallas Lendrum, PharmD, BCPS

Residency Advisory Council

Clinical Pharmacist Supervisor

Internal Medicine Clinical Specialist

Preceptor: Internal Medicine

Education: Denver VA Hospital (*PGY-1*), University of Iowa (*PharmD*).

Personal Interests: Sports (Denver Broncos, Nuggets, Rockies), fishing, hiking.

Personality: Consul (ESFJ).

Bio: I enjoy working with the residents early in the year during orientation and their internal medicine rotations, but I don't want the interaction to stop there. Even though it was 16-17 years ago that I was in residency, it sometimes feels like it was yesterday. I've been in their shoes and understand what they are going through. I feel that my years of experience can help with guidance in career paths. I now serve as the PGY-1 supervisor, so I have some of these opportunities outside of the mentorship program.



Resident Mentor Directory (2023 – 2024)



Regis Lucia, PharmD

Pediatric Clinical Pharmacist

Preceptor: PICU, NICU, General Pediatrics, Obstetrics

1 year at Denver Health

Education: University of Kansas (PharmD, pre-pharmacy/undergraduate).

Professional Projects & Interests: Toxicology, critical care, obstetrics, LGBTQ health, process improvement. Organizations: Colorado Pharmacist Society.

Personal Interests: In my free time I enjoy goldsmithing, playing cello, tailoring, traveling, skiing, the frustrations of tennis, spoiling my dog (Lenny LaBeiija), cooking, and using puns.

Personality Type: Campaigner (ENFP).

Bio: Originally from Michigan, I moved to Kansas to study at The University of Kansas and stayed after graduation to start my clinical career. During this time, I also apprenticed as a tailor in the Kansas City metro while working as a clinical pharmacist (and later as a Director of Pharmacy) before moving to Dodge City, KS. While in Dodge City, I stepped back into the clinical world with rural care where I grew an appreciation for pediatric and immigrant populations. This aside, sometimes you just need to get out of Dodge, a sentiment that brought me to Denver and submersed into pediatrics. I feel very fortunate to have gathered an eccentric array of experiences across such a wide range of practice environments.

Graduating at a rather tumultuous inner transition for pharmacy, I looked to my fabulous preceptors to help guide where I would head professionally. I couldn't have landed at Denver Health without the candid bracing of these prime mentors and learning a thing or two along the way. Modeling this experience, I feel providing honest direction without diminishing a resident's enthusiasm is the only way to truly prepare to be an independent practitioner.



Resident Mentor Directory (2023 – 2024)



Ashley McCormick, PharmD, BCPS, BCCCP

Residency Advisory Council

Clinical Pharmacist, Critical Care, Emergency Medicine

Preceptor: Neurosurgery

1 year at Denver Health

Education: University of Missouri Hospital (*PGY-2, Internal Medicine*), Truman Medical Center – Hospital Hill (*PGY-1*), University of Missouri – Kansas City School of Pharmacy (*PharmD*).

Professional Projects & Interests: Critical care, neurology and neurosurgery, infectious diseases, PK/PD, education, career planning. Organizations: ACCP, SCCM, Neurocritical Care Society.

Personal Interests: Dancing, coffee, brews and BBQ, anime and Marvel, video games, and most of all, cheering on the Kansas City Chiefs!

Personality Type: Advocate (INFJ).

Bio: As someone who had excellent mentors early in my education, I know how much a good mentor can change the trajectory of your career. I also know how rewarding but challenging the ebbs and flows of residency can be and I am here to help you in navigating those waters, particularly in getting organized as well as maintaining work-life balance. I also enjoy creating a safe space for students and residents to unload as well as providing guidance and feedback where needed.

Raised in Kansas City, MO and lived the last few years in Hawaii, my family and I recently relocated to the mainland. I have two adventure-loving and sweet girls and two cats. I prefer the ocean over the mountains and have found that at ski resorts, I thrive at the coffee shops and the bar.



Resident Mentor Directory (2023 – 2024)



Nichol Ngo, PharmD, BCPS

*Clinical Pharmacist, Operations, PICU, NICU, General Pediatrics,
Neurosurgery, Internal Medicine*

2.5 years at Denver Health

Education: Denver Health Medical Center (PGY-1), University of Colorado School of Pharmacy (PharmD), University of Colorado Boulder (BA Molecular, Cellular, and Developmental Biology).

Professional Projects & Interests: Toxicology, trauma, critical care.

Personal Interests: Going to concerts, eating good food, crafting, learning new hobbies.

Personality Type: Protagonist (ENFJ).

Bio: Originally from Broomfield, Colorado, I graduated from CU Boulder with a B.A. in Molecular, Cellular, and Developmental Biology (sko Buffs!) and went on to complete pharmacy school at CU Anschutz Skaggs School of Pharmacy and Pharmaceutical Sciences in 2020. While in school, I worked as a clinical intern at Kaiser Permanente Colorado and was involved with projects—I completed my PGY1 residency at Denver Health and now work as a clinical staff pharmacist at DH primarily in Unit Dose, Internal Medicine, Pediatrics, and Neurosurgery. My clinical interests include critical care, emergency medicine, and toxicology.

When I am not working, I like to hike/snowshoe, teach myself new crafts, visit new restaurants, and attend concerts. I previously volunteered for a year as a peer mentor for pharmacy students at CU Anschutz and with my recent experience in residency, I hope to offer a fresh perspective for residents and hope to become an honest and helpful resource for new graduates as they take on the challenges of residency.



Resident Mentor Directory (2023 – 2024)



Megan Pollard, PharmD, BCCCP

Grand Rounds Coordinator

Residency Advisory Council

Critical Care & Emergency Medicine Pharmacy Supervisor

Preceptor: Critical Care

3.5 years at Denver Health

Education: University of Kansas (*PGY-2, Critical Care; PGY-1*), University of Colorado (*PharmD, BS Chemical & Biological Engineering, BS Integrative Physiology*).

Professional Projects & Interests: Liver failure, renal replacement therapies, medication safety, mentorship, student/resident development. Organizations: ASHP, ACCP, SCCM.

Personal Interests: Spending time with family, sharing new experiences with my son, Calen, sports, golfing, trying new restaurants, craft beer, and enjoying the Colorado sunshine.

Personality: Protagonist (ENFJ).

Bio: Mentoring is one of my passions. I've been incredibly fortunate to have some wonderful mentors throughout my training that continue to be great resources both personally and professionally and can only hope to impart some of my knowledge on future pharmacists. I love being a pharmacist and being part of the inter-disciplinary team. So much of critical care medicine happens at the bedside and I love being a valued member of the team.

Critical care is another one of my passions in addition to precepting. While I love critical care, I recognize that it's not for everyone, but there's so much to learn in any pharmacy setting, you just have to open your mind to the learning opportunities! My experiences as a resident and pharmacist have helped shape me into the leader that I am today, and I would be honored to share those experiences with learners regardless of their career path.



Resident Mentor Directory (2023 – 2024)



Stephen Small, PharmD, BCPS, BCPPS, BCCCP

RAC Wellness Workgroup

RAC Website Taskforce

Clinical Pharmacy Specialist, Pediatrics

Preceptor: PICU, NICU, General Pediatrics, Obstetrics

8 years at Denver Health

Education: Denver Health Medical Center (PGY-1), Butler University (PharmD).

Professional Leadership:

Ambassador (Board of Pharmacy Specialties)

Professional Projects & Interests: Pediatrics, parenteral nutrition, emergency preparedness, medication safety, pediatric advocacy, and history of medicine. Organizations: ASHP, PPA, CPS, CO-2 Disaster Medical Assistance Team (DMAT), BPS.

Personal Interests: Film photography/developing, videography (filmed and directed residency program recruitment videos), playing the saxophone, fly fishing, and storm chasing.

Personality Type: Advocate (INFJ).

Bio: I have a unique career path into my current position, especially considering pediatrics was the last specialty I had considered pursuing when I was a resident! This population revealed to me all the potential services pharmacists can offer, and we use all of our unique skills to help this special and challenging group. I also feel lucky to work with a like-minded team of passionate and brilliant peds pharmacists who make the job fun.

My career's journey provided experiences I hope to share with residents as they transition from a student to a resident and then to a fully trained pharmacist. As a former Denver Health pharmacy resident, I feel I can give a historical context to the program and understand our residents' points of view. I also enjoy seeing residents grow in their skills and confidence during the year. I want to be able to offer any advice and help I can during such an important and fun time in a new pharmacist's career.



Resident Mentor Directory (2023 – 2024)



Tisha Smith, PharmD, BCACP

Residency Advisory Council

DEI Workgroup; Ambulatory P&T Subcommittee; ACS QI, Medication Adherence, & Central Population Health Subcommittees

Assistant Director, Ambulatory Clinical Pharmacy

Preceptor: Ambulatory Pharmacy

Education: University of Colorado (*PharmD*).

Professional Interests: Anticoagulation, hypertension, diabetes.

Personal Interests: Any sport, hanging out with friends/family and good ole' reality television.

Personality: Entertainer (ESFP).

Bio: Having graduated from pharmacy school many moons ago, I was fortunate to be exposed to many different areas of pharmacy including retail, specialty, and inpatient before finding my passion within ambulatory clinical. It was because of my mentors that I was able to have so many wonderful experiences as each was always available to provide advice, experience, and sometimes just a shoulder to lean on. And I now would like to provide the same encouragement and support that I had and still have, to others.



Resident Mentor Directory (2023 – 2024)



Kali Turrin, PharmD

Grand Rounds Preceptor

Residency Advisory Council

Clinical Pharmacist, Critical Care, Emergency Medicine

Preceptor: SICU, MICU, NSGY, ED

4 years at Denver Health

Education: Denver Health Medical Center (*PGY-2, Emergency Medicine*), Detroit Receiving Hospital (*PGY-1*), University of Colorado School of Pharmacy (*PharmD*), University of Denver (*BS Biology, minors in Chemistry, Sustainability*).

Professional Projects & Interests: Toxicology, snake bites, anticoagulation reversal, neurologic emergencies. Organizations: ACCP, ASHP.

Personal Interests: Traveling, cooking, reading, outdoor sports (tennis, skiing), hiking, watching Netflix, candle-making, flower arranging, home renovations, taking way too many pictures of my dog and forcing people to look at how cute he is, Project Angel Heart, Tattered Paws Golden Hearts.

Personality Type: Defender (ISFJ).

Bio: I am originally from Breckenridge, Colorado, where I loved to be active and outdoors as much as possible. I moved to Denver for undergrad and eventually stayed for pharmacy school at CU! I took a nice detour to Detroit for my PGY-1 and it was the best experience I could have asked for. I was lucky enough to come back to Denver Health, where I completed my PGY-2 in Emergency Medicine and stayed on after my residency completed. In my free time I like to work on house renovations, take lots of pics of my pup, be outside, play tennis, and in general enjoy Colorado!

When I was a student, through PGY-2, one of the most important impacts on my success was being able to have a mentor who looked out for me, was able to hear me out, and help plan for my future. Having a mentor which you connect with and have important (and fun!) conversations with is something I want to offer any residents or students at Denver Health.



Resident Mentor Directory (2023 – 2024)



Dawn Whiting, PharmD, BCPS

Residency Advisory Council

DEI Workgroup, Research Workgroup

Assistant Director of Acute Care Pharmacy Clinical Services

Preceptor: Leadership Learning Experience

Education: University of Colorado HSC (*PharmD*), University of Colorado Boulder (*BA Molecular, Cellular, and Developmental Biology*).

Professional Projects & Interests: Infectious disease, critical care, clinical pharmacy, leadership, strategy, business acumen.

Personal Interests: Active in our faith community, exercise, camping, boating, reading, creative crafts (photography/cross stitch/drawing), parenting.

Personality: Advocate (INFJ).

Bio: I'm a born-and-raised true Coloradoan, born at Rose Hospital, and having lived in the Denver metro area my whole life. My schooling was completed at CU for undergrad and pharmacy training. Over my years as a clinical pharmacist and then a leader, I have realized that I am passionate about making processes better for others so they can do their job better. I am also passionate that the workforce tends to take very strong clinicians and make them leaders—which are actually not the same skill sets. I enjoy helping the next generation learn more about being a leader and having tools in their toolbox for if/when they decide to step into a leadership role they are more adequately prepared for the task.



Resident Mentor Directory (2023 – 2024)



Stephanie Wienkers, PharmD, BCACP

Clinical Pharmacist Specialist, Ambulatory Care

Preceptor: Ambulatory Care

Education: Denver Health (PGY-2 Ambulatory Care), Virginia Garcia Memorial Health Center (PGY-1), University of Wisconsin-Madison (PharmD).

Professional Projects & Interests: Diabetes, continuous glucose monitoring, social determinants of health, HIV and PrEP.

Personal Interests: Reading, hanging out with my dog, eating and drinking around Denver.

Personality: Protagonist (ENFJ).

Bio: I am originally from Wisconsin and was lucky enough to stay on at Denver Health after completing my PGY-2 here. I was drawn to Denver Health because of their patient population and mission to provide care for all patients. Seeing that mission in action every day of my residency made me want to stay. As a recent Denver Health resident myself, I feel I can provide guidance and support to residents.