

Helen Sairany, BA, PharmD, MBA, RPh, BCACP

Contact Information

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Education

University of Maryland University College, Baltimore, MD 2016 - 2018
Master of Business Administration

Northeastern University, Boston, MA 2009 - 2010
Training: Ambulatory Care Practice with Emphasis in Adult Learning Principles

Northeastern University, Boston, MA 2006 - 2010
Doctor of Pharmacy Program
Honor: Bouve' Dean Scholar

Agnes Scott College, Decatur, GA 2000 - 2004
Bachelor of Arts in Biology and Psychology
Braves Scholar: Excellence in science
Class of 48th Award: Academic and spiritual excellence
Dean's Honor List: Academic excellence

Professional Certifications and Training

Registered Pharmacist in the District of Columbia License No: PH100001556
Board Certified Ambulatory Care Pharmacist License No: 6140008F
ADAPT Certificate in Patient Care Skills
Certificate of Achievement: Pharmacy Based Immunization Delivery
Certificate of Achievement: Patient and Pharmacist Centered Diabetes Care
Certificate of Achievement: Delivering Medication Therapy Management Services
Certificate of Achievement: Patient Centered Cardiovascular Disease Risk Management

Professional Experiences

American Pharmacists Association-Washington, DC **October 2013-Present**

Director, Content Development and Partnership

Strategy and Curriculum Development

- Create and implement a professional education program strategy that aligns with the APhA Strategic Plan, meets member needs, and enhances member value.
- Create and implement a professional education and training program strategy that meets marketplace demand, produces non-dues revenue, and results in an ROI to the Association (e.g., PharmTalks, Pain Institute, Hot Topic Webinars, APhA Quick Quizzes, Board Recertification Track, Specialty Track, Increasing Access to Hormonal Contraceptive Products: A Training Program for Pharmacists, Using Evidence to Advance Your Practice Training, etc).
- Ensure that all APhA educational programs are compliant with the current Accreditation Standards for Pharmacy Education and provide members with current topics and effective delivery systems.
- Collaborate with Business Development teams to ensure that independent educational activities accurately reflect deliverables in grant requests and comply with all related contractual/grant obligations. Ensure that BD teams have all information needed to support their business development objectives.

Meetings and Educational Activities

- Determine and develop the entire APhA Annual Meeting, APhA Institute on Alcoholism and Drug Dependencies, and Pain Institute curriculum and other educational offerings with guidance from APhA's Academy's leadership and Specialty Interest Groups.
- Identify professional practice gaps and perform needs assessments; integrate with other areas of APhA (research, Business Development, periodicals, books and electronic products, and Academy Leadership) to drive content and educational initiatives.
- Conduct environmental scans of professional journals, publications, and association meetings to identify areas of changes within the profession of pharmacy
- Partner with the research unit and business development on needs assessment/content surveys-including development, analysis and presentation to APhA staff
- Analyze outcomes data to identify knowledge gaps and present the summary of information to the necessary APhA staff
- Collaborate with Academy Leadership and Special Interest Groups (SIGs) to identify educational priorities within those groups
- Provide expert pharmacy practice advice to staff and others on membership, professional practice, marketing, communication and regulatory.
- Provide strategy, vision and content leverage recommendations for education and training to the senior management
- Interact with members of the press and other news media to provide pharmacy perspective on issues of importance to APhA and its members.
- Write practice gaps, needs assessments, develop title, learning objectives, and activity descriptions.
- Identify and recruit subject matter experts for various APhA offerings.
- Conduct quality assurance reviews of educational activities to ensure the content achieves the learning objectives.
- Review activity self-assessment/posttest questions to ensure quality questions and assist with development of customized evaluation questions based on activity content.
- Collaborate with the business development team to identify fundable education gaps that align with the overall APhA educational plan.
- Collaborate with the business development team on grant development as needed; this may include supporting the team with needs statements, learning objectives, and program agenda, among other others.

Advanced Training Programs

- Develop and strategize content development for any new APhA training programs.
- Develop content and structure for the Pharmacy Based Cardiovascular Disease Risk Management and Disease Prevention Certificate Training Program (CTP).
- Develop content and structure for the Pharmacy Based Immunization Delivery CTP
- Develop content for Pharmacy Based Medication Therapy Management CTP
- Develop content for Pharmacy and Patient Centered Diabetes Care CTP
- Develop content and instructional design for all the advanced training programs: Increasing Access to Hormonal Contraceptive Products, Assessing and Assisting Patient Tobacco Cessation Efforts in Pharmacy Practice, Naloxone: Understanding and Expanding Access in Community Pharmacies, etc.
- Update all the CTPs mentioned above on an ongoing basis to ensure content is reflective of most up to date guidelines and practice changes
- Went through ADAPT Patient Care Skills Program (Canada)
- Direct all the content revisions of ADAPT U.S. to make the content of the ADAPT Canada program more appropriate for the US audience
- Collaborate with national experts to develop the structure and content of the new evidence-based medicine module in ADAPT U.S.

Teaching – Association Management Residency

- Department of Education and Training: Rotation and Residency Preceptor

University of Colorado, Anschutz Medical Campus

October 2013 - Present

Adjunct Assistant Clinical Professor, iPharmD™

- Evaluates student portfolios for APPE qualifications

The Center for Diabetes - Duhok, Iraq

December 2010 - August 2013

Ambulatory Care Pharmacist (Practice Site)

- Disease state management programs based on guideline recommendations for the following targeted diseases: Diabetes, Hypercholesterolemia, Hypertension, Asthma, Tobacco cessation, Medication adherence, Enhance an adherence to a healthy diet, Life style modification, etc.
- Answered drug information questions for patients and healthcare providers.
- Assessed patients' current drug therapy and proposed drug therapy modifications.
- Offered patient counseling on medications, disease and laboratory data related to drug therapy or disease.
- Acquired and enhanced communication skills (oral / written) with patients and health care providers.
- Disease state discussions; delivered presentations on a disease topic and patient cases.
- Applied principles of evidence-based medicine to initiate, modify, or discontinue drug therapy.
- Modified patient treatment plans based on follow-up assessment and interpretation of laboratory results.
- Summarized clinical practice guidelines and assessed the benefits and risks of treatment options for the chronic disease states most commonly associated with pharmacist-based disease state management.

The American University of Iraq, Sulaimani (AUIS) - Sulaimani, Iraq

Sept. 2012-September 2013

Assistant Clinical Professor, Department of Health and Natural Sciences

- Monitor and teaches the course; Introduction to Chemistry.
- Monitor and teaches Introduction to Chemistry laboratory.
- Developed, organized and now teaches a course on Human Health and Physiology.
- Hiring Committee: In charge of interviewing new faculty members in the department.
- Assessment Committee: To enhance the quality of the undergraduate program by gathering and using evidence to improve student learning and engagement.
- Academic adviser for the blogging club and coaches the female soccer team.

University of Duhok – Duhok, Iraq

Summer 2010, Fall 2012

Organized and delivered seminars on the following topics: Diabetes (complications management); Diabetes (insulin management), Hyperuricemia & gout; Headache & migraines; Inflammatory bowel disease:

University of Duhok - Duhok, Iraq

August 2010 - September 2011

Lecturer and Course Coordinator

- Monitored and taught the course of Pharmaceutics & Physical Pharmacy.
- Monitored and taught the course of Pharmaceutical Calculation.
- Developed and organized two sections of pharmacy practice labs.
- Presented lectures in pharmacology related topics of disease states in Colleges of Medicine and Dentistry.
- Developed seminars on ambulatory cares in the College of Medicine. Topics covered the management of Diabetes, Hypertension, Hypercholesterolemia, Asthma, etc.

Harvard Medical School - Dana Farber Cancer Institute - Boston, MA

Pharmacy Intern

August 2007 - December 2010

- Involved in making and compounding chemotherapy for cancer patients.
- Jointly functioned with pharmacy staff, nurses and physicians in determining the best dose, type and amount of chemotherapy needed to administer to the cancer patient.
- Compounded all chemotherapies and prepares intravenous (IV), intra-theal (IT), intramuscular (IM), and subcutaneous (SC) injections in the "clean room" abiding the USA-797-rules.
- Interacted with a large staff of pharmacists and technicians covering different areas of pharmacy.

Northeastern University, College of Pharmacy - Boston, MA

Teaching Training

August 2008 - May 2009

- Taught assisted for self-care therapeutics course.

- Presented curriculum for a course, academic careers in pharmacy.
- Developed objectives for the course on teaching pedagogy.
- Put a rubric together for grading criteria.
- Put a course schedule and plan together for the course, academic careers in pharmacy.
- Mastered the types of learning and styles of teaching.
- YouTube Project in the Self Care Therapeutics Course with Prof. Jenny Van Amburgh where P2 pharmacy students created public service announcement videos (3-5 minutes) about OTC drugs / common household products that are abused. Videos:
- Pseudoephedrine abuse: <https://youtu.be/46S4f1CwSLE>
- Laxative abuse: <https://youtu.be/L0TnwEG5uF8>
- Antihistamine abuse: https://youtu.be/0MWKoQ2_Q-s
- Inhalant abuse: <https://youtu.be/2Bxg44g81VQ>

The Demick Center - Boston, MA

October 2009 - March 2010

Pharmacy Intern-Ambulatory Care

- Managed chronic disease states like diabetes, dyslipidemia, hypertension, asthma, tobacco cessation, and medication adherence.
- Answered drug information questions for patients and healthcare providers.
- Conducted patient interviews to obtain medication histories.
- Assessed patients' medication adherence and suggested innovative ways to improve adherence.
- Assessed patients' current drug therapy and proposed drug therapy modifications.
- Offered patient counseling on medications, disease and laboratory data related to drug therapy or disease.
- Enrolled patients into Pharmaceutical Patient Assistance Programs.
- Assisted patients with Medicare Part D program.
- Acquired and enhanced communication skills (oral / written) with patients and health care providers.
- Documented pharmaceutical care services.
- Participated in community outreach projects, such as narcotic detoxification.

Tufts Medical Center - Boston, MA

August 2009 - October 2009

Pharmacy Intern at Quality and Safety

- Followed Heparin Induced Thrombocytopenia patients and participated in rounds by preventing thrombocytopenia from occurring. Assessed prophylaxis heparin use in the medical unit.
- Conducted a Pharmacy and Therapeutic Committee (P & T) review for Kapidex (Dexlansoprazole)
- Organized a Therapeutic exchange memorandum to P & T Committee on Zemplar exchange for Hecitorol.
- Presented patient cases from critical care unit to preceptor.
- Reviewed two manuscripts with preceptor for publication.
- Interviewed patients with allergies and investigated the cause of their allergy.
- Wrote progress notes, which contained within the patients' chart.

Pharmacy Intern at Critical Care Unit –Heart Failure Service

- Attended clinical rounds with other healthcare professionals.
- Interviewed heart failure patients for heart transplant.
- Reviewed information resources to assist with questionnaire composition.
- Conducted discussions on various pharmacy-related topics.
- Gave patient presentations to fellow APPE students, preceptor, and pharmacy residents.
- Attended clinical rounds with other healthcare professionals.
- Helped publish two journal articles on heart failure therapy.

Pharmacy Intern at Pediatric Unit

- Attended rounds with other healthcare professionals.
- Delivered patient case presentations to fellow APPE students, preceptor, and pharmacy residents.

- Wrote an article on pediatric hypertension for Tuft's Pharmacy newsletter.
- Taught medical students about insulin therapy.
- Prepared Intravenous guidelines on Ammunol.

Presentations – Not Peer Reviewed

A cost-effective analysis of once a month injectable naltrexone versus daily oral naltrexone in the reduction of heavy drinking days in an alcohol dependent population over a 12-week period from the perspective of a third-party payer. Paper presented to fellow students and professors for Pharmacoeconomics at Northeastern University, Boston, MA on April 2009.

Utilizing the Millennial Generation Language in the Classroom Setting. Abstract presented at the conference on New Trends to Education Conference by Ishk University, Erbil, Iraq on April 2012.

The use of 4Ts Pretest Clinical Scoring System in predicting the incidence of Heparin-Induced Thrombocytopenia (HIT) in hospitalized patients treated with unfractionated heparin: A Multicenter Prospective Observational study in Kurdistan region of Iraq

Medication adherence among patients with diabetes in Duhok Governorate: A prospective cross-sectional study at Duhok Diabetes Center, Kurdistan, Iraq

Effect of metformin on HbA1c values in patients with type 1 diabetes: A randomized controlled trial at Duhok Diabetes Center, Kurdistan, Iraq

Publications – Invited/Not Peer Reviewed

Ali-Sairany HA. Prepared a series of web articles related to general public health for the general university and community. Sample publications:

<http://kurdistantribune.com/2013/planned-parenthood-right-choose/> [Accessed Nov 2018]

<http://kurdistantribune.com/2012/doctors-need-empathy/> [Accessed Nov 2018]

<http://kurdistantribune.com/2013/avastin-doesnt-blind-people-people-blind-people/> [Accessed Nov 2018]

<http://kurdistantribune.com/2012/err-human-forgive-divine-but-ignorance-not-bliss/> [Accessed Nov 2018]

Languages

Fluent speaker and writer of Arabic and Kurdish language