

KSHHP NEWS

Kentucky Society of Health-System Pharmacists

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President's Message

Gavin T. Howington, PharmD,
BCCCP, BCEMP
KSHHP President

Clinical Associate Professor,
Department of Pharmacy Practice and
Science

Emergency Medicine Pharmacist,
Department of Pharmacy Services
University of Kentucky, Lexington, KY

For those I have not yet had the pleasure of meeting, my name is Gavin Howington. I serve as a Clinical Associate Professor at the University of Kentucky College of Pharmacy and as an Emergency Medicine Pharmacist at UK HealthCare. I grew up in the very small town of Tollesboro, Kentucky - population about 1,000 - before moving to Lexington sixteen years ago to pursue my Doctor of Pharmacy degree. I have been incredibly fortunate since then to build a career rooted in pharmacy practice, education, and service, largely because of mentors who invested in me at pivotal moments.

I would not be here without individuals who helped shape both my career path and my confidence. One of the most influential people on my journey is Dr. Stephanie Justice. I met her during my second year of pharmacy school, and she quickly became



one of the defining mentors of my professional life. She taught in my courses, guided my emergency medicine elective, and precepted me during rotations. She is the reason I pursued emergency medicine pharmacy, and she is also the reason I first became involved in KSHHP—pushing me toward leadership roles I never would have sought on my own.

I must also recognize Dr. Abby Bailey, my clinical supervisor, long-time mentor, and friend. Her belief in me - particularly at times when I lacked belief in myself - was foundational. I vividly remember standing in the emergency department on my first solo shift, thinking: Abby believes in you. You can do this. She later hired me into my full-time EM specialist role and has supported my growth ever since. It has been meaningful to pay that forward by nominating her for Pharmacist of the Year and Mentor of the Year because she exemplifies excellence in every sense.

And of course, I must acknowledge Dr. Swope not only for her presidential leadership but for her personal mentorship

over the last year. As someone newer to KSHP leadership, I have benefitted greatly from her willingness to answer every question, including me in every conversation, and tolerate my occasional rhetorical dramatics. She has helped me grow into a role I take very seriously, and I am grateful she will continue serving on the Executive Committee.

These individuals, and many others, illustrate the point I most want to impress upon our membership: mentorship matters. None of us stands where we stand today by accident or by effort alone. Someone invested in us, encouraged us, challenged us, and believed in us. KSHP has been one of the most important vehicles for those connections in my own life. It has strengthened existing relationships, created new ones, and helped me become a better pharmacist, colleague, and advocate.

Looking ahead, my goals for the coming year reflect these values. I plan to continue building upon President Swope's call for deeper professional connections. I will work to enhance member engagement, ensuring that everyone in our organization feels welcomed, valued, and encouraged to participate. I also intend to advance KSHP's legislative priorities with a proactive mindset, especially as we expand our partnership with Cornerstone.

As I close, I encourage every member of KSHP to "pay it forward." Use your experience to lift others up. Offer the same support that someone once offered you. Let KSHP be not just your professional home but a place where you actively invest in the future of our profession. Thank you for entrusting me with the opportunity to serve as your president. I will work diligently to represent KSHP with integrity, enthusiasm, and purpose.

FALL MEETING WRAP-UP

Emily Followell, Co-Chair
Committee on Programming & Practitioner Education
Emily.Followell@nortonhealthcare.org

The Committee on Programming and Practitioner Education aims to help advance the practice of pharmacy across the continuum of care by promoting and supporting the credentialing of KSHP members. A very successful KSHP Fall Meeting just took place on November 13th and 14th in Louisville! Pharmacists, technicians, students, and residents from across the state were in attendance for a variety of continuing education opportunities. A total of 14.5 hours of continuing education was presented by pharmacists and technicians on a range of topics to excite us about the practice of pharmacy. The programming committee also disseminates Society business to members through highlighting best practices. During the Spring Meeting, Dr. Philip Schwieterman, who was previously awarded the KSHP Innovative Health-System Pharmacy Practice Award, opened the meeting as our keynote speaker and discussed how oncology and infusion drugs costs can impact pharmacy practices and how pharmacy leaders can utilize different health plans to improve costs. We look forward to hearing from some of the members who were awarded during the Fall Meeting!

KSHP would like to thank all our speakers, attendees, and exhibitors for making this a successful, jam-packed meeting! Additionally, the Programming committee chairs would like to thank all our committee members for their hard work planning these events.

Mark your calendars for the upcoming KSHP Spring meeting on May 15th, 2026 at the Crowne Plaza in Louisville! If you are

interested in providing continuing education at the Spring Meeting, the KSHP Programming Committee will be seeking submissions from potential speakers soon. All proposals will be thoroughly reviewed and considered. The speaker proposal form is available on the KSHP.org website. Please direct any questions to the Programming Committee at programming@kshp.org.

2025 Foundation Scholarship Winners

Chris Holtman, PharmD
Foundation President
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KSHP's Martha Lou King Foundation is pleased to announce that 6 students – 3 each from Sullivan University College of Pharmacy and Health Sciences, and the University of Kentucky College of Pharmacy – were awarded scholarships at the annual Fall Meeting held last month in Louisville.

As the charitable arm of KSHP, the Foundation solicits applications each year from all professional-year students at both colleges to help support future practitioners during their academic studies. The applicants submit a 500-word essay outlining their pharmacy journey and post-graduate plans and aspirations, along with their CV and the official application form. The Foundation Board of Directors then reviews all application materials and scores each submission using a comprehensive

metric that covers academic achievement, volunteer work, professional organization involvement, and essay content, among other parameters.

The applicants are always amazingly accomplished, with stellar academics, noble career goals, and wide-ranging extra-curricular involvement – all of which makes scoring and deciding winners a difficult task. A good “problem” to have, knowing these future pharmacists are in our pipeline! Student winners’ names and academic affiliations are listed in the photo of those who were able to attend the Fall Meeting Awards luncheon and be publicly recognized. Not pictured is J. Elise Major, a PY-2 student from Sullivan who was on IPPE rotation and unable to attend. Congratulations to all our 2025 winners!



L-r, Annmarie Freshour (P-2 Sullivan); Yingying Gu (P-4 UK); Jordan Mccubbins (P-2 Sullivan); Kamryn Webb (P-4 UK); and Sally Yousef (P-3 UK). Not pictured: Elise Major, (P-2 Sullivan)

KSHP Awards 2025

Payton Lewis, PharmD, BCACP
 Chair, KSHP Awards and
 Nominations Committee
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Ephraim McDowell Regional Medical Center was awarded the KSHP Practice Advancement Initiative for the fluid shortage response after Hurricane Helene. Key strategies included inventory and usage monitoring, expiration date updates, development of daily tracking tools, IV workflow adjustments, and order set

optimization. The department set a goal to reduce IV fluid usage by 60%. Conservation efforts achieved an 80% reduction, with no negative impact on patient care or clinical service.



Kourtney Shoemaker accepting for Ephraim McDowell

KSHP Innovative Health-System Pharmacy Practice Award was awarded to Saint Joseph Health Continuing Care Hospital for their expansion services. A new program integrates complex medical care

with behavioral health treatment, utilizing counselors and social workers to focus on substance abuse and behavioral health needs. This expanded care focuses on a vulnerable population that needs extra attention beyond the medical care provided in their other hospitals.



Marintha Short accepting for St Joseph Health

KSHP Innovative Health-System Pharmacy Practice Award – Small or Rural was awarded to Ephraim McDowell Regional Medical Center for their Transition of Care Team implementation. Their Transition of Care team aims to improve safety, access, and patient satisfaction during hospital discharge through a multidisciplinary, pharmacist-led service.



Tara Neitzel for Ephraim McDowell Transitions of Care Team

Curtis Hudson was awarded the KSHP Technician of the Year. He is currently the Pharmacy Technician Educator Coordinator at UK Healthcare. He launched the Pharmacy Technician Academy to provide full-time training and employment for new technicians, blending classroom, simulation, and experiential learning to prepare them for successful careers. He also created a high school co-op program, giving students early exposure to pharmacy practice and fostering long-term interest in healthcare.



Curtis Hudson, Technician of the Year

KSHP Pharmacist of the Year was awarded to Kourtney Shewmaker, the Ephraim McDowell Health System Pharmacy Manager. Her work has been recognized nationally as the 2025 recipient of the ASHP Foundation Compounding Sterile Preparations Training Award. Dr. Shewmaker has consistently elevated pharmacy practice, combining vision with action to improve systems, mentor future leaders, and ensure delivery of safe, high-quality and cost-effective care.



Kourtney Shoemaker Pharmacist of the Year

KSHP New Practitioner of the Year is Margaret English, the Director of Pharmacy Patient Support Services at UK Specialty Pharmacy. She has created a standardized refill authorization collaborative care agreement across UK's primary care clinics, and created a pre-appointment pharmacy-nursing review service to address any medication-related needs prior to the provider visit. Multiple other innovative pharmacy services and process improvements have positively impacted patient care at UK Healthcare.



Margaret English New Practitioner of the Year

KSHP PGY1 Resident of the Year is Catherine Sadler. She completed her PGY1 residency at Norton Hospitals. She distinguished herself through projects - including developing a pharmacist-led initiative to optimize potassium binder use, creating a systemwide adult immunization order set, and designing process improvement for managing extravasation and infiltration in acute care and ambulatory sites.



Catherine Sadler PGY1 Resident of the Year

KSHP PGY2 Resident of the Year is Emalee Haynes. She completed her PGY2 residency in ambulatory care at Baptist Health Louisville. She launched new pharmacist-led clinical services, including direct oral anticoagulant management and a cardiovascular risk reduction program - enhancing patient care, improving outcomes, and creating sustainable models for future practice. She also developed a vitamin K administration protocol to reduce emergency department visits.



Emalee Haynes, PGY2 Resident of the Year

KSHP Pharmacy Mentor of the Year is Abby Bailey, the associate director of Emergency Medicine, Neurosciences, and MICU at UK Chandler Medical Center. She precepts students, mentors residents, and coordinates learning experiences for Emergency Medicine medical residents. She has grown the Emergency Medicine team from four to eleven members in ten years, an accomplishment that reflects her vision, advocacy, and genuine care she shows her team. She is known for her mentorship, commitment to developing future leaders, and her unwavering belief in the potential of others.



Abby Bailey, Mentor of the Year



Pictures I-r. Outgoing Board members Amy Barras and Samantha Gauthier receive awards for their service. Next: Rachel thanks Past President Stephanie Justice for her years of service. Next: Rachel displays the ASHP Presidents Award given for her service. Finally: Rachel presents the KSHP President's Award to Amanda Castle.



Current and future Board Officers & Directors. Back row, l-r: Melissa Nestor (Director); Stacy Taylor (President Elect); Maggie English (Treasurer); Stephanie Justice (Past President); Eric Marr (House of Delegates Chair); Elizabeth Schlosser (Director); and Gavin Howington (President). Front Row, l-r: Hope Maniyar (Director); Samantha Gauthier (outgoing Director); Rachel Swope (Immediate Past President); Brandy Brown (Director); Madi Harris (UK Director) and Amy Barras (outgoing KPRN Director). Not pictured: Jordan Woolum (Director), Britany Walls (KPRN Director); Brooke Watts (Secretary) and Emily Frederick (Sullivan Director)

Meet Your Members

Kylie Winter, PharmD Candidate
2027

Sullivan University College of
Pharmacy & Health Sciences

President, ASHP-SSHP

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This article features a pharmacy student who has generated professional and personal questions to help both students pharmacists get to know KSHP members from across the Commonwealth!



J. Scott Hayes, PharmD, BCPS, is an Associate Professor and the Vice Chair of the Department of Pharmacy Practice at Sullivan University College of Pharmacy and

Health Sciences. Hayes completed his undergrad training at Berea College before earning his Doctor of Pharmacy degree from the University of Kentucky College of Pharmacy. He then completed a post-graduate ASHP-Accredited PGY1 Residency at Saint Joseph Hospital in Lexington, Kentucky. He joined Sullivan University College of Pharmacy and Health Sciences as faculty in 2014. At the same time, he began practicing as a contract clinical ambulatory care pharmacist through University of Louisville Health System where he continued to work until June of 2024. He has been a member of KSHP since 2014, was elected to the KSHP Board of Directors and ASHP House of Delegates in 2018, and was elected as KSHP President in September of 2020. He served in this role until October of 2023. Currently, Hayes is

still a member of ASHP's House of Delegates and Council Public Policy. Also in 2023, he was awarded Sullivan University College of Pharmacy and Health Sciences Faculty Preceptor of the year.



Kylie Winter is a second-year pharmacy student at Sullivan University College of Pharmacy and Health Sciences. Kylie received her bachelor's degree in biology and a minor in biochemistry from Bellarmine University in 2024. At Sullivan, she is the current President of the Student Society of Health-System Pharmacists and current treasurer of Kappa Psi Pharmaceutical Fraternity Epsilon Theta chapter. After completing her degree, she plans on pursuing a residency.

What led you to pursuing a career in pharmacy?

Hayes: I started working in an independent pharmacy when I was in college, where at the time, I was on a biochemistry route. I watched the way my main pharmacist was with patient interactions and everything that he was able to do for his patients. He talked to me about all the various avenues in pharmacy. It seemed like the more I talked to him, the more I really wanted to go that route instead. So, I made the decision my senior year in college to pursue pharmacy. Yeah, I just kind of fell in love with it.

Kylie: I began working as a pharmacy technician at Kroger when I was in my sophomore year (2021) at Bellarmine. I was interested in learning more about the world of pharmacy and thought getting a job as a technician was the perfect place to start. I loved the people I worked with at Kroger and continued to work there until 2024. In 2023, I began working as a technician in the inpatient pharmacy at Norton Audubon Hospital. My work at Audubon really solidified my desire to pursue pharmacy school because of the impact I got to see clinical pharmacists making on a daily basis.

What has been one of your most meaningful professional accomplishments?

Hayes: My presidency term in KSHP would definitely be one of them. That work was not only rewarding, but it also opened up a lot of other avenues for me. I took over public policy back in 2014 as the committee chair, and at the time, it was really only me. I was the only person on that committee. Then I talked Logan Roberts, who is an alum here, into being on the committee. He was honestly one of my first real members and from there we grew.

Kylie: My most meaningful professional accomplishment thus far has been being nominated to be a member of the Delta Kappa Chapter of the Rho Chi Society at Sullivan University College of Pharmacy and Health Sciences. I look forward to being initiated in early November.

What is a piece of advice that you would share with others?

Hayes: Be active for your profession. No one else but us is going to protect our profession. You have to find the thing that you're passionate about. If its advocacy, do that, but it can be anything. It could be being in leadership, being on a committee, giving money, doing CEs [continuing educations], or going out and talking to people. Whatever your passionate about, do that. It's for our

profession and our patients because without it, we're not going to move forward.

Kylie: A piece of advice that was given to me when I started at Sullivan was to get involved in something you're passionate about and get involved early. Being a part of an accelerated program makes getting involved tricky, but it has really made pharmacy school so much more special for me. I have really enjoyed getting involved being involved with SSHP-ASHP and helping advocate for the advancement of pharmacy as a profession.

What does a typical workday look like for you?

Hayes: There's no such thing! It really depends on what quarter it is at school. When I was at a practice site it was more consistent, it was pretty much seeing patients nine to five in the clinic. As a faculty member here at Sullivan, it really varies quarter to quarter. Then it changes every twelve weeks. Sometimes, I have early meetings and am here from 7AM until about 5:30PM. Though it is really variable, that is the part I like about it. Also, the reason I liked having a clinic site is that it is like having two jobs that work together so it's never boring or mundane.

Kylie: Currently, I am in class Monday through Friday from about 10AM to 5PM give or take. During which, our curriculum is heavily focused on therapeutics, pharmacology and medicinal chemistry, and pharmacokinetics currently. Fridays are reserved for our longitudinal IPPE hours. I am currently at Norton Children's and will alternate between Friday and Saturday each week. On the Saturdays that I am not at IPPE, I work at Norton Audubon. All in all, very pharmacy focused, and I wouldn't have it any other way!

Who is your favorite Disney character and why?

Hayes: My son asked me this the other day. If I were going to pick a pure, old school Disney character, I would have to say Goofy. I grew up during the time the Goofy movie was popular. I liked him because he was a good friend, he's funny, and he's always upbeat. My wife and I had season passes for seven years so we have been all over the place. This year alone, we have been to Disneyland, Disney World, and a Disney Cruise.

Kylie: My favorite Disney character is Belle from *Beauty and the Beast*. I have always admired Belle's ability to see the good in everyone and her outspoken nature that allows her to stand up for those she loves. I also really enjoy reading so her love of libraries and tendency to have her head buried in a book really resonates with me.