

When the Pharmacist Becomes the Patient

The Signals That Medicine Couldn't Hear and How I Learned to Listen

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Learning Objectives

Demonstrate at least two ways professional training shapes how pharmacists approach risk, decision-making, and career expansion — and articulate how those patterns may influence both clinical growth and personal leadership.

Compare the distinction between clinical competence and personal discernment, using examples from the presenter's career trajectory across industry, entrepreneurship, and patient care.

Illustrate the role of self-advocacy in health outcomes, including barriers unique to healthcare professionals who experience illness within a system they are trained to serve.

Learning Objectives (Continued)

Apply clinical curiosity to patient and personal health scenarios by considering the full context of presenting symptoms — including upstream factors that individual data points alone may not capture.

Evaluate your own professional evolution and identify one area where expanded leadership, creation, or advocacy is possible beyond your current role or setting.

Demonstrate why pharmacist well-being, professional sustainability, and personal alignment are foundational to clinical excellence.

**I followed the rules. I even
colored outside the lines.
I've taken giant leaps in my
career.**

And still, I became my own

Welcome, National Diamondback Pharmacy Alumni

**Today is not a lecture. It's an
experience.**

**Foundations are meant to support a
structure
not become the ceiling.**

**Risk aversion in my training spilled
into risk aversion in my life.**

**Who am I when I stop being a
pharmacist?**

And what happens in that space?

Clinical Competence vs. Personal Discernment

**Competence is knowing the system.
Discernment is knowing when the
system isn't enough.**

**I had optimized my career.
But I had not optimized my life.**

**You would be amazed at what a
pharmacist can create.**

**Are you waiting for
permission, or for
opportunity?**

**When we return: the moment I
stopped waiting for permission.**

**As pharmacists, if we're not careful,
we become the very patients we
take care of.**

The Dismissal Pattern

Normal labs. No diagnosis. But I couldn't see. I couldn't function. No one was listening.

Becoming an Advocate for Yourself

Record review. Multiple opinions. Your own timeline. Persistence.

The Pattern Tells the Story

**Glucose. Sleep. Stress. Cycle. Movement.
Not one thing. Everything together.**

**Consider the full context before
adjusting the plan.**

**Upstream factors. What's not in
the lab. Life context.**

**Returning to work was not retreat.
It was triage. Pausing was protecting
the calling.**

**Your well-being is not separate from
your professional effectiveness.
It is foundational to it.**

**Your journey has taught you
something your training
never could.**

One day, you will realize you followed every rule — and still didn't follow yourself.

My hope is that today helps you realize: your dreams are not selfish.

They are urgent.

CE Assessment

Complete the 10-question assessment to earn your 2.0 contact hour CE credit.