

# Izabella Teresa Wentz (Nowosadzka)

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## EDUCATION

Midwestern University  
Chicago College of Pharmacy  
Downers Grove, IL

Doctor of Pharmacy  
March 2006

William Rainey Harper College  
Palatine, IL

Pre-pharmacy studies  
Summer 2001, summer 2002

University of Illinois  
Champaign, IL

Pre-pharmacy studies  
August 2000-May 2002

## PROFESSIONAL EXPERIENCE

June 2013-present

### **Thyroid Pharmacist**

- Author of book, website and Facebook page to spread awareness about reducing the impact of autoimmune thyroid disorders through lifestyle changes and functional medicine.
- Author of book: Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause: book has been a #1 bestseller in Thyroid disorders, Immunology and Endocrinology since launch in June 2013. Highly engaging and empowering patient guide, having received 260+ four/five star reviews on Amazon to date.
- Author, Thyroid Pharmacist Facebook page with 47,000 followers reaches 400,000 people weekly.
- Author of website: [www.thyroidpharmacist.com](http://www.thyroidpharmacist.com), reaches on average 2000 unique visitors each day

August 2011-November 2013

### **Clinical Pharmacy Specialist**

Telligen, Oakbrook, IL

Illinois Medicare Quality Improvement Organization

- Project lead for statewide medication safety initiative
- Recruiting communities for partnership in the Adverse Drug Event and Patient Safety Pharmacy Services Collaborative (ADE/PSPC) to improve patient health, enhance the quality of care and reduce costs for Medicare beneficiaries by the use of integrated clinical pharmacy services
- Leading collaborative teams through an evidence

based process to build successful clinical pharmacy services

- Providing technical assistance and quality improvement consultations to develop and/or optimize clinical pharmacy services to partnering communities
- Collecting outcomes data to aid with building a statewide business case for clinical pharmacy services
- Developing statewide “Learning and Action Networks” to spread innovative practices to Illinois pharmacists
- Mentoring PharmD Interns
- Received Excellence in Innovation Award in 2013 from the Illinois Pharmacists Association

February 2011-October 2011

### **Community Pharmacy Liaison**

GlaxoSmithKline; Chicago North Territory

- Providing medication and disease state education to community pharmacists to improve appropriate medication utilization
- Developing insight into local community pharmacy practice
- Cultivating, establishing and managing relationships with individual and corporate accounts
- Business plan development and execution
- Recipient of Spirit Award

September 2008-March 2011

### **Clinical Consultant Pharmacist**

Harbor Regional Center; Torrance, CA

- Development of clinical and consultative programs including quality assurance, MTM services, educational programs and cost reduction programs
- Developing content and providing medication-related training for clinicians, case managers, and caregivers
- Drug information (oral and written)
- Comprehensive medication therapy review (MTM)
- Providing consultation on the use and monitoring of psychiatric medications
- Active member of Mental Health, Child Health, Adult Health, Mortality, Special Incident, and Poly-pharmacy Committees
- Navigation of various formularies to optimize savings
- Identifying and reporting medication related problems

- Quality assurance including evaluating medication administration procedures in community care facilities
- Collaborating with clinical staff to determine appropriate treatment referrals/coordination for clients with developmental disabilities
- Serving as liaison to community pharmacies to improve quality of services provided
- Overseeing Patient Assistance Program applications
- Involved in development and implementation of Whole Person Assessments to determine psychosocial, medical, behavioral and physical needs of developmentally disabled individuals transitioning out of institutionalized settings into integrated community living arrangements

December 2007- November 2008

**Staff Pharmacist**

Lorena Pharmacy; Los Angeles, CA

- Communication with health care providers
- Drug utilization review
- Patient counseling on medication (Spanish & English)
- Compounding
- Provision of emergency contraception/family planning counseling under collaborative practice agreement

November 2006 – December 2007

**Executive Pharmacist**

Target Pharmacy; Scottsdale, AZ

- Daily tasks of running pharmacy, including managing technicians and interns
- Filling prescriptions including final check
- Communication with health care providers
- Patient counseling

May 2006-August 2006

**Pharmacist**

United Pharmacy Staffing; Various assignments including hospital, long term care, mail order and retail pharmacy Chicago, IL

- Temporary contract
- Checking oral and IV medications for pediatric patients
- Drug distribution

April 1999- May 2006

**Pharmacy Intern/Technician**

Walgreens Pharmacy, Arlington Heights, IL

- Prescription entering and processing
- Physician and third party communication

- Consulting with health care providers regarding patient therapy
- Inventory control
- Customer service award
- Compounding

## **CLINICAL ROTATIONS**

January 16 – February 24, 2006

### **Hospital**

Loyola University Medical Center  
Maywood, IL

Preceptor: Richard Ricker, R.Ph., M.B.A.

- IV and TPN preparation
- Quality assurance project: Pain Management Medication Use Evaluation

November 21 – January 13, 2006

### **Elective-Compounding**

Health Research Institute/Pfeiffer Treatment Center  
Warrenville, IL

Preceptor: Anthony Bongiorno, Pharm.D.

- Compounded vitamins and minerals into creams, capsules and syrups
- Researched alternative nutritional supplements
- Learned about alternative medical philosophies for the treatment of behavioral disorders including orthomolecular medicine, dietary modification, chelation, and hair analysis
- Provided drug information for physicians, nurses, pharmacists and pharmacy technicians

October 10 – November 18, 2005

### **Chronic Care**

Kiley Center  
Waukegan, IL

Preceptor: L.J Hoke, R.Ph.

- Collaborated with multidisciplinary team to determine appropriate treatments for developmental center residents with developmental disabilities and behavior disorders
- Developed guidelines for osteoporosis treatment and prevention in patients taking anti-epileptic drugs
- Drug information: Depakote® induced cerebral pseudoatrophy; Acomplia®

August 29 – October 7, 2005

### **General Medicine**

Lincoln Park Hospital  
Chicago, IL

Preceptor: Mahendra Patel, Pharm.D.

- Formulary review for insomnia drugs
- Researched and documented possible interventions for clinical pharmacists in psychiatric unit
- Conducted medication groups for psychiatric patients
- Developed guidelines for the treatment of GI bleed
- Followed progress of acutely hospitalized psychiatric patients

April 11 – May 20, 2005

**Community**

The Medicine Shoppe

Park Ridge, IL

Preceptor: Maria Costa, R.Ph.

- Created a patient pamphlet detailing the treatments for rheumatoid arthritis
- Learned about business aspects of running an independent pharmacy

February 28 – April 8, 2005

**Ambulatory Care**

Oscor Drug

Barrington, IL

Preceptor: Melissa Henry, Pharm.D.

- Coordinated patient booth for smoking cessation
- Performed screenings for cholesterol, thyroid, prostate, blood pressure, diabetes and osteoporosis
- Created literature to promote the Community Care Initiative program to patients and physicians
- Drug information paper on Lunesta®

**PROJECT MANAGEMENT EXPERIENCE**

August 2011-Nov 2013

**Reducing Adverse Drug Events**

Led collaborative teams in improvement efforts for a statewide Centers for Medicare and Medicaid Services (CMS) initiative to improve medication safety in Illinois

January 2010-March 2011

**Medication Therapy Management Project**

Developed Medication Therapy Management Services for residents in community care facilities

November 2008-March 2011

**Medicare Part D Transition Project**

Ensured that dual eligible clients of Harbor Regional Center were enrolled in the most cost effective Medicare Part D plans

January 2009-March 2011

**Integrated Health and Living Project**

Worked as part of an interdisciplinary team to facilitate community placement for individuals with developmental disabilities residing in developmental centers

## **PUBLICATIONS**

**Wentz I**, Nowosadzka M. Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause. 2013

**Wentz, I.** Statewide Initiative to Improve Medication Outcomes Using Pharmacists' Medication Expertise. Illinois Pharmacist. July/Aug/Sep 2012 –Vol. 74-No. 3: 30

Gettig JP, Grady SE, **Nowosadzka I.** Methamphetamine: Putting the Brakes on Speed. The Journal of School Nursing. 2006 Apr; 22(2):33-40

## **ACADEMIC APPOINTMENTS**

June 2012-present

### **Affiliate Instructor**

Midwestern University College of Pharmacy

May 2012-present

### **Affiliate Instructor**

Roosevelt University College of Pharmacy

## **PUBLIC SPEAKING EXPERIENCE**

January 2014

### **Patient Centered Approaches to Hashimoto's Thyroiditis**

DuPage Pharmacists, monthly meeting, CE Accredited

December 2013

### **The Ultimate Women's Health Summit**

Online wellness summit

September 2013

### **Ambulatory Care Panel-Role of Pharmacists in Patient Safety and Quality Improvement Initiatives**

Illinois Pharmacists Association, annual meeting, CE Accredited

August 2013

### **Medication Management and Hospital Readmissions**

Statewide webinar for hospital and pharmacy stakeholders.

June 2013

### **Pharmacogenomics**

Patient Safety and Clinical Pharmacy Services Collaborative, webinar

January 2013	<b>Spreading Change and Innovation</b> North Suburban Pharmacists, monthly meeting, CE Accredited
September 2012	<b>Putting Patient Safety First: Trends in Adverse Drug Event Screening and Reporting (Moderator)</b> Illinois Council of Health Systems Pharmacists Annual Meeting, CE Accredited
June 2012	<b>Improving Care Transitions through Integrated Clinical Pharmacy Services</b> Hospital stakeholders
May 2012	<b>Spreading Change and Innovation: Advancing the Profession of Pharmacy</b> Illinois Pharmacists Association Board Illinois Pharmacy Coalition
February 2012	<b>Overview of Diabetes Self Management Training Accreditation</b> PSPC Regional conference call
August 2011	<b>Asthma in the Community Pharmacy In-Service</b> Various community pharmacists
May 2010- March 2011	<b>Psychiatric Medications 101</b> Community Care Facility Staff
March 2010- March 2011	<b>Preventing Medication Errors</b> Community Care Facility Staff
March 2009- March 2011	<b>Introduction to Medication Side Effects</b> Community Care Facility Staff
April 2010	<b>Getting the Most Benefit from Medications</b> Unidad Y Fuerza Support Group
February 2009	<b>Introduction to Medication Use in Children with Autism Spectrum Disorders</b> South Bay Autism Support Group
February 2009- March 2011	<b>Medication Administration</b> Community Care Facility Staff
December 2008- March 2011	<b>Common Health Conditions and Medications</b> Harbor Regional Center Staff

**PROFESSIONAL DEVELOPMENT**

August 2013	Gut, Brain and Autoimmune Disorders: The Role of Food
August 2012	Institute for Healthcare Improvement: Patient Safety Training
June 2012	Telligen: Meeting Facilitation Training
June 2012	Diabetes Conversation Map Facilitator Training
February 2012	Telligen: Quality Improvement Training
January 2012	Pharmaceutical Care for Patients with Diabetes
January 2012	Patient Safety and Clinical Pharmacy Services Collaborative Learning Session 3/1
October 2011	Institute for Healthcare Improvement: Quality Improvement Training
August 2011	Glaxo Smith Kline: Exceptional Presenter Training
March 2011	Glaxo Smith Kline: Mastering Customer Engagement Training
October 2010	Breaking the Barriers: Forming Cross-System Partnerships to Effectively Serve Individuals with Mental Illness and Intellectual Disabilities
August 2010	Third Annual Chair Summit: Master Class for Neuroscience Professional Development
March 2010	APhA Medication Therapy Management Certification
September 2009	UCLA Intensive Course in Geriatric Pharmacy and Board Review
September 2009	Long Term Care Weekend
February 2009	USC Dementia Conference

**PROFESSIONAL MEMBERSHIPS**

Institute of Functional Medicine  
American Academy of Anti-Aging Medicine



American Society of Consultant Pharmacists, Fellow  
Illinois Pharmacists Association-Professional Affairs Committee  
Illinois Council of Health Systems Pharmacists-Annual Meeting Planning Committee  
Midwestern University Alumni Council  
North Suburban Pharmacists  
Polish American Pharmacists Association  
The College of Psychiatric and Neurologic Pharmacists

**COMMUNITY SERVICE/FUNDRAISERS**

June 2013-September 2013	Raised \$1100 for Thyroid Change, patient advocacy group
January 2012-present	Collaborative Health Advocate Team (CHAT) Clinic Faculty Supervisor
October 2011	Access Living Chicago Marathon Fundraiser
December 2008, 2009	Adopt-A-Family
July 2005	American Foundation for Suicide Prevention 20 mile walk
April 2003, 2005	Volunteer at Midwestern University Health Fair
November 2003	Polish translator for student ran health clinic
December 2002	Organized fundraiser to purchase child safety seats

**AWARDS AND HONORS**

September 2013	Excellence in Innovation: Illinois Pharmacists Association
August 2012	Sure Am Motivated Award: Telligen
August 2011	Spirit Award: GlaxoSmithKline
May 2011	Fellow: American Society of Consultant Pharmacists
Spring 2003 - Winter 2004	Dean's List: Midwestern University
August 2004	Customer Service Award: Walgreens
May 2003, May 2004	Leadership Award: Midwestern University

**LICENSES AND CERTIFICATIONS**

May 2006- March 31, 2014	Registered Pharmacist, IL # 051-291-113
July 2006- October 31, 2007	Registered Pharmacist, AZ
May 2008- July 31, 2015	Registered Pharmacist, CA #60937
May 2008	Emergency Contraception
March 2010	Medication Therapy Management Certification; APhA
January 2012	Pharmaceutical Care for Patients with Diabetes, APhA

**LANGUAGES**

English-Fluent  
Polish-Fluent  
Spanish-beginner

**COMPUTER SKILLS**

Microsoft Word, Excel, PowerPoint, Outlook, social media, website design