



## CPS Member Spotlight

Karen J. McConnell, PharmD, FCCP, BCPS-AQ Cardiology, ASH-CHC  
Clinical Director and Cardiology Subject Matter Expert  
Cardinal Health  
Clinical Associate Professor  
University of Colorado Skaggs School of Pharmacy

### **What is your favorite thing about being a CPS member?**

My favorite thing about being a CPS member is getting to interact with the talented pharmacists that are CPS members. Colorado pharmacists add so much to the profession nationwide, and I feel lucky to get to live and practice here.

### **How did you get to where you are in your career?**

I would say I got to where I am in my career through a lot of hard work, persistence, a little risk taking, and networking. First, I'm not afraid to take on projects that involve work that I've never done before, even if they involve a lot of work. I try to keep an open mind and I ask for help when I need it. If someone tells you that you can't, look for a different avenue or ask a different way or get a new mentor. Be your own advocate but also an awesome team member. Take feedback and listen to your own heart. If there are barriers that seem unmovable, go around or over or through. And finally, network with people. Get to know them, laugh with them and engage them professionally. Success will never be handed out, but it can be earned. If at first you don't succeed, try again and again.

### **How do you give back to the profession?**

I think the biggest way I give back to the profession is through my time. I do many things with ACCP, ASHP and APhA. I feel fortunate to have the opportunity to present at the national level for each of these organizations. I've also been asked to be an author for a few of their publications and I do committee work with pharmacists from around the nation. I am a Colorado delegate for ASHP and I'm the secretary/treasurer for ACCP's Cardiology Practice and Research Network.

### **What do you enjoy about being a pharmacist?**

I have enjoyed being a pharmacist since I graduated in 1999. There are so many things pharmacists can do. We are a cornerstone to patient care. We care deeply about patient safety and efficacy of treatments. We understand the spectrum of healthcare. We can do research, write papers, present, teach, mentor, counsel, intervene and lead. We can talk to anyone: patients, physicians, executives, and each other. Pharmacists rock!

### **What do you enjoy doing in your free time?**

My absolute favorite thing to do is spend time with my boys, Jackson (12) and Jacob (9). I'm a sports parent: baseball, football, lacrosse, basketball and skiing. I love to watch them play. I enjoy their concerts when they perform on the guitar or piano. We love family vacations, especially Disney ones!