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Mr. Speice
Independent Study and Mentorship 3B
29 October 2017

Interview Assessment #3

Name of Professional: Sadia Shaukat, RPh., ABAAHP

Profession/Titles: Pharmacist

Business/Company Name: Drug Crafters

Date of Interview: 10/17/17

On October 17, I had an interview at Drug Crafters. Even though I am not specifically looking into a career in compounding, I was hoping that I would be able to gain information regarding medication and pharmaceutical research for mental disorders. Originally, I was scheduled to meet with Erin Thompson, however, Mrs. Thompson was running late. Instead, I met with Sadia Shaukat.

Sadia Shaukat is one of the pharmacists at Drug Crafters. I was surprised to learn that Ms. Shaukat had previously worked at Timberlawn, a mental health hospital in Dallas. She continues to work part-time at the psychiatric ward at Baylor Scott and White in Garland. Due to this, Ms. Shaukat was able to provide information that was beneficial and closely related to my field of study.
Ms. Shaukat was able to give me many tips. Once again, I asked about the necessary personal qualities for working in the field of psychology. Ms. Shaukat was very honest with me, and she said careers in the field of psychology are emotionally challenging. In order to be successful, it is important to be empathetic, but you need to be able to develop a sort of barrier that separates your emotions from your patients and cases. Otherwise, the job can become overwhelming and disheartening. This is something that I feel I will struggle with. When I originally decided on psychiatry as my topic of study, I had not truly considered the emotional toll that the job would take. It would be really hard to work with and hear stories from trauma and depression patients, and it would be hard to have to keep that information completely confidential. She said that many psychiatrists end up needing therapists of their own, due to the emotional damage that can occur from the job. This advice helped me to confirm that I made the right choice by switching to research. When working in the medical field, it is also extremely important to be well-trained and well-prepared because it is imperative that the diagnosis and medications are made correctly. After listening to this advice, I will begin to look into schools with reputable psychology and biology programs in order to ensure that I will receive a proper education.

I was also able to talk to Ms. Shaukat about medication for psychological disorders. Due to her work at Timberlawn, Ms. Shaukat was able to provide lots of excellent information regarding the most common types of medication and the disorders being treated by that medication. According to Ms. Shaukat, the most common types of drugs that were compounded at Timberlawn include Haldol, Abilify, Clonidine, Depakote, and Benzodiazepines. When continuing my research, I will look more in-depth at these medications in order to gain a better
understanding of the pharmaceutical aspects of psychology. The most common disorder that required drugs to be compounded is schizophrenia. I also inquired about the side effects of these medications, and I was told that chemical imbalances and constipation are very common. In order to reduce and counteract these side effects, patients must take additional medication. This information is useful to me because if I go into psychopharmacology, then I will need to know about the different types of medication in existence and the side effects that they can cause. This knowledge will help me so that I can look into developing new types of medication that limit the negative side effects through my professional research.

This interview was a really great experience. Sadia Shaukat was very well-informed and passionate about her job, which was very inspiring to me. Although I am not looking into pharmacy as a career, Ms. Shaukat made an effort to include tips and advice that would apply to my specific topic of study of psychological research. This was very helpful, and I definitely appreciated that information. Of all of the interviews I have conducted so far, this one was closest to my field of study and I am excited to be able to apply her advice to my ISM journey and continue to research the information that she shared.