

Dr. Tiffani Tharp Schilling, PharmD.

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Highlights

Dr. Tiffani Schilling, PharmD, is currently in private practice with the Medicine Shoppe and The Osteopathic Foundation as their Herbalist, Nutrition and Lifestyle Educator, and Hormone Consultant. She does herbal lectures and consulting for healthcare organizations, nursing groups, as well as, community education groups. She works with patients and healthcare providers to design health regimens for natural hormone replacement, thyroid, ADHD, cancer, lifestyle modification and other healthcare concerns.

Publications

Development of a Complementary and Alternative Medicine Programme at an Academic Medical Centre.

Evidence-Based Integrative Medicine. 2(1):9-12, 2005.

Wahner-Roedler, Dietlind L 1; Elkin, Peter L 1; Vincent, Ann 1; Loehrer, Laura L 1; Schilling, Tiffani D 2; Bauer, Brent A

Use of Complementary and Alternative Medical Therapies by Patients Referred to a Fibromyalgia Treatment Program at a Tertiary Care Center (Mayo Clinic

Proceedings, Vol. 80, No. 1)

Dietlind L. Wahner-roedler, Peter L. Elkin, Ann Vincent, Jeffrey M. Thompson, Terry H. Oh, Laura L. Loehrer, Tiffani D. Schilling, Brent A. Bauer

Trends in Alternative Medicine Use in the United States, 1990-1997: Results of a Follow-Up National Survey.

Obstetrical & Gynecological Survey Volume 54(6) 2005 Authors: Dietlind L Wahner-Roedler; Peter L Elkin; Ann Vincent; Laura L Loehrer; Tiffani D Schilling; Brent A Bauer.

What alternative remedies work for menopause?. *Drug Topics* 2002;18:57.

Education

National Institute for Pharmacist Care Outcomes

October 2006 to December 2006

Diabetes Care Training Program

First Line Therapy Lifestyle Educator Certification Training

June 2006 through April 2007

Lifestyle management training curriculum.

PCCA Bio-Identical Hormone Training Course

July 2003

University of Southern Indiana School of Pharmacy

March 2000 to May 2000

Anticoagulation Therapy Certificate Course

University of Minnesota School of Pharmacy

September 1994 to June 1998

Degrees Earned: Doctor of Pharmacy (cum laude)
B.S. Pharmacy

Current GPA: 3.4 (4.0 possible)

Wild Rose College of Natural Healing
September 1995 to June 1998
Master Herbalist Certification and Wholistic Therapist Diploma

Rochester Community College
September 1993 to August 1994
Major: Pre-pharmacy GPA: 3.4 (4.0 possible)

University of Colorado at Boulder
August 1989 through August 1992
Degree Earned: B.A. Psychology (cum laude)
GPA: 3.5 (4.0 possible)
These three years include extensive research in the following areas: stress and the immune system, internalized views of self, birth order, and honey bee cognition.

Work Experience

Maxor (City of Colorado Springs)
December 2006 to September 2008
Diabetes Specialist and Cardiovascular Educator
Counsel patients on their diabetic and cardiovascular medications, lifestyle, and nutrition, educate patients on checking their blood glucose levels and using their glucometer, and injecting their insulin if necessary.

College Pharmacy
July 2004 through December 2006, part-time presently
Clinical Consultant Pharmacist and Herbalist: Counsel patients on natural and complementary therapies, counsel patients on bioidentical hormone replacement therapy (BHRT), lifestyle, and compound natural products and BHRT.

IntegrativeCare Natural Pharmacy
September 2002 through June 2004
Compounding Pharmacist and Herbalist: Counsel patients on natural and complementary therapies, counsel patients on bioidentical hormone replacement therapy (BHRT), compound natural products and BHRT.

Mayo Clinic
November 1999 through present
Pharmacist, Herbalist and Anticoagulation specialist: Monitor and counsel patients on their drug and supplement therapy, check and fill prescriptions, perform fingerstick, INR's on patients and adjust their dosage of anticoagulation therapy.

Red Wing Corner Drug
August 1998 through October 1999
Pharmacist and Herbal consultant: Monitor and counsel patients in a pharmaceutical care site, conduct a cold sore study, conduct a cholesterol study, count and check prescriptions, lecture for physicians on herbal products, do herbal consultations.

Pharmacist's Ultimate Health
June 1998 through August 1998
Pharmacist and Herbalist: Create a continuing education program, formulate new herbal products, answer pharmacist's and doctor's questions on herbal products, make presentations.

Honors/Awards

- Board of Directors Mayo School of Health Sciences Alumni Association
- member of the Association of Natural Medicine Pharmacists.
- member of Kappa Psi Pharmaceutical Fraternity
- member of the Pikes Peak Herb Association
- member of the Herb Research Foundation
- member of the American Pharmaceutical Association
- graduated cum laude in Pharmacy at Univ. of Minnesota
- graduated cum laude in psychology at Univ. of Colorado
- Distinctive GMC Award from the Air Force Reserve Officer Training Corp

Technical Skills

- lectures and educational programs
- EMT Training (in Colorado)
- CPR Training (in Minnesota)