

Lara Rains, PharmD, BCMTMS

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Education

PGY-1 Community Pharmacy Resident, Outpatient and Specialty Pharmacy Services, University of Arkansas for Medical Sciences, Little Rock, AR	2022-2023
Doctor of Pharmacy (honors in research, honors in academics), University of Arkansas for Medical Sciences, Little Rock, AR	2018-2022
B.S. in Biology (summa cum laude), Texas A&M University-Texarkana, Texarkana, TX	2015-2017

Current Position

Assistant Professor, Department of Pharmacy Practice University of Arkansas for Medical Sciences, Little Rock, AR	2024-current
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Other Positions and Employment

Pharmacy Specialist, Outpatient Clinical Services University of Arkansas for Medical Sciences, Little Rock, AR	2023-2024
PRN Pharmacist, Pharmacy Intern, The Drug Store, Little Rock, AR	2019-2023
Student Intern, Flip the Pharmacy Initiative- Team Arkansas, Little Rock, AR	2020-2022

Certifications and Licensure

American Pharmacists Association	2025
Immunization Course Instructor Certification	2025
American Heart Association Basic Life Support Board Certified Medication Therapy Management Specialist	2024
American Pharmacists Association Travel Health Training Program	2024
University of Arkansas for Medical Sciences College of Pharmacy Teaching Certificate	2023
University of Arkansas for Medical Sciences College of Pharmacy Research Certificate	2023
340B University On-Demand Course	2022
Arkansas Pharmacist License #PD16208	2022-current
Basic Mental Health First Aid Certification	2020
National Association of Chain Drugstores Point-of-Care Testing Certification	2020
RX for Change Tobacco Cessation Counseling Training	2019

American Pharmacists Association Immunization Training 2019

Professional Memberships and Activities

American Association of Colleges of Pharmacy member 2024-current

Honors and Awards

Outpatient Good Catch Award, University of Arkansas for Medical Sciences Medication Safety Officer 2024

Membership in Committees

Postgraduate Training Opportunities Committee, member 2025-current
University of Arkansas for Medical Sciences, Little Rock, AR

Admissions Committee, member 2025-current
University of Arkansas for Medical Sciences, Little Rock, AR

PGY-1 Community Pharmacy Residency Committee, University of Arkansas for Medical Sciences Outpatient and Specialty Pharmacy Services, Little Rock, AR 2023- current

Areas precepted: Orientation, Outpatient Clinical Services, Pharmacy-Based Projects, Teaching and Facilitation

Educational Activities

Principals of Pharmacy Practice, course coordinator, required, 2 credit hours Fall 2025

- Practice Transformation Module
- American Pharmacists Association Vaccination Training

Therapeutics 3, lecturer, required, 3 credit hours Spring 2025

- Pulmonary Hypertension

Pharmacy Management, lecturer, required, 2 credit hours Spring 2025

- Community Pharmacy Inventory
- Pharmacy Technology

Drug Information, lecturer, required, 2 credit hours Spring 2025

- Antifungals

Patient Centered Communications Course, small group leader, required, 1 credit hour Spring 2025

Therapeutics 3 Supplemental Instruction, session leader, optional attendance Spring 2024

Pharmacognosy, Complementary/Alternative Medicines, lecturer, required, 2 credit hours Fall 2023

- Macrobiome Medley
 - Natural Products for Depression
- Patient Centered Communications Course**, lecturer, required, 1 credit hour Spring 2023
- Addressing Stigma in Healthcare Settings
- Specialty Pharmacy Services Course**, lecturer, elective, 2 credit hours Fall 2022
- Medication Therapy Management Basics
- Pharmacy Law and Ethics Course**, lecturer, required, 2 credit hours Fall 2022
- Regulation 5 overview

Mentees

- Michelle Hernandez**, Faculty Mentor 2025-current
University of Arkansas for Medical Sciences College of Pharmacy
- Morgan Tracy Streett**, Faculty Mentor
University of Arkansas for Medical Sciences College of Pharmacy
- Guarav Ohol, PharmD**, Teaching Mentor 2025-current
University of Arkansas for Medical Sciences Teaching Certificate Program
- Alaina Willcutt, PharmD**, PGY-1 Resident 2025-current
Preceptor: Pharmacy-Based Projects, Teaching and Facilitation
Teaching Mentor
University of Arkansas for Medical Sciences Teaching Certificate Program
- Akash Agarwal, PharmD**, PGY-1 Resident 2024-2025
Preceptor: Orientation, Pharmacy-Based Projects
- Natalie Novak, PharmD**, Teaching Mentor, 2024-2025
University of Arkansas for Medical Sciences Teaching Certificate Program
- Erica Jones, Pharmacy Student**, Research Mentor, University of Arkansas for Medical Sciences College of Pharmacy Summer Research Fellowship Program 2024
- Abigail Dunn, PharmD**, PGY-1 Residency 2023-2024
Preceptor: Pharmacy-Based Projects, Outpatient Clinical Services

Community Service

- Girls of Promise STEAM Conference**- Session Presenter 2025
Preceptor, Our House Health Screening, Little Rock, AR 2024,2025
- Preceptor**, Flu Vaccine Clinic, University of Arkansas for Medical Sciences Outpatient Pharmacy, Little Rock, AR 2024
- News Appearance** for COVID-19 Vaccination 2021
Vaccinate the Natural State Vaccine Clinics with the Arkansas Department of Health 2021,2022
- 1,000 Dose COVID-19 Vaccine Clinic** with Arkansas Department of Health 2021

Service to the College of Pharmacy

- Academic Senate, member at large** 2025- current
University of Arkansas for Medical Sciences
- Session Leader**, Pharmacy Camp 2025
University of Arkansas for Medical Sciences Teaching Certificate Program

Advisor , Kappa Epsilon Pharmaceutical Fraternity, University of Arkansas for Medical Sciences College of Pharmacy, Little Rock, AR	2024-current
Honor Council Faculty Advisor , University of Arkansas for Medical Sciences College of Pharmacy, Little Rock, AR	2024-current
Practice Transformation Project Working Group , University of Arkansas for Medical Sciences College of Pharmacy, Little Rock, AR	2024-current

Service to the Profession

Founding Member , The Outpatient Pharmacist Community Pharmacy Residency Platform, online platform	2024-current
Reviewer , Resident Research Forum Reviewer, University of Arkansas for Medical Sciences College of Pharmacy, Little Rock, AR	2024,2025
Moderator , The Outpatient Pharmacist Community Pharmacy Residency Showcase	2024
Panel Member , Community Pharmacy Residency Q&A Session, Ole Miss College of Pharmacy NCPA chapter	2024
Presenter , Precepting Residency Projects: From Scary to (Somewhat) Simple Continuing Education, University of Arkansas for Medical Sciences Preceptor Development Series	2024
Interviewer , Residency Mock Interviews, University of Arkansas for Medical Sciences Postgraduate Training Committee	2022-2024

Professional Meetings

MyDispense Global Symposium 2025

Monash University
Prato, Italy

American Association of Colleges of Pharmacy

Annual Meeting 2025
Chicago, IL

Publications

Peer-reviewed

Smith MG, **Rains L**. Evaluation of an accredited training program on implementation of point-of-care testing in community pharmacies. Journal of the American Pharmacists Association. 2020;60(6)

Non-peer reviewed

Rains L. COVID-19 Vaccinations from Arkansas Pharmacies. Flip the Pharmacy. <https://www.flipthepharmacy.com/post/covid-19-vaccinations-from-arkansas-pharmacies>. Published January 20, 2021

Abstracts and Presentations

Abstracts

Rains L, Johnson C, Stafford R. Utilizing MyDispense Electronic Health Record Features to Assess Foundational Knowledge of Intravenous Medication Therapy. Abstract Presentation at MyDispense Global Symposium 2025

Presentations

Rains L, Smith MG. Integrating Practice Transformation into the Curriculum. Presentation at American Association of Colleges of Pharmacy Annual Meeting 2025

Posters

National/International Meetings

*indicates primary author was mentee

A Agarwal*, B Bailey, M Deneke, G Jones, L Jones, **L Rains**, M Smith. Hepatitis-B Efficacy in Select Populations. Poster Presented at APhA Annual Meeting 2025.

A Dunn*, B Bailey, H Harrington, L Jones, **L Rains**, M Smith, A Umphred. Vaccine Adherence in People Living with HIV Utilizing Specialty Pharmacy Services in an Outpatient Clinic Setting. Poster presented at APhA Annual Meeting 2024.

Rains L, B Bailey, C Paniagua, J Rowen, M Smith, K Wilcox, S Yelenich. Patient Outcomes with Anti-TNF Therapy Initiation Across Inflammatory Disease States. Poster presented at APhA Annual Meeting 2023.

Rains L, Smith M. Evaluation of an Accredited Training Program on Implementation of Point-of-Care Testing in Community Pharmacies. Poster presented at APhA Annual Meeting Virtual Poster Gallery 2020.