

CANDIDATE BIO

Tamara Ruggles, PharmD, BCGP, FASCP

Tamara Ruggles is a Board-Certified Geriatric Pharmacist and a proud Fellow of the American Society of Consultant Pharmacists (ASCP). She spent several years working in a dispensing role at a long-term care pharmacy before launching her own consulting company in 2016. What started with just three rural nursing homes has since grown to serve 21 long-term care facilities across North Dakota.

After witnessing firsthand how inappropriate medication use can lead to falls and nursing home admissions, Tamara started *The Deprescribing Clinic*—a community-based pharmacy consulting practice dedicated to helping people optimize medications and minimize side effects through pharmacogenomics, reducing anticholinergic burden, and addressing drug-induced nutrient depletions. Her innovative work has been featured on news outlets, morning shows, podcasts, and local publications.

Tamara is certified in both pharmacogenomics and antimicrobial stewardship and continues to stay connected to patient care by working one day a week at a locally owned community pharmacy. She hosts the *Geriatric Pharmacy Focus* podcast on the Pharmacy Podcast Network and enjoys speaking at conferences about all things medication-related.

She's been an active member of ASCP for years, contributing to the Antimicrobial Stewardship and Infection Prevention and Control Committee, the LEAD Committee, and the Coffee Campaign. She is chair of the LAUNCH and Student Ambassador Committee.

Tamara resides in Bismarck, North Dakota, with her husband, Reed, and their seven children.