2026 Pharmacy Residents and Preceptors

Our 2026 pharmacy residents are a talented group of professionals dedicated to advancing patient care and pharmacy practice. These residents will work closely with our exceptional preceptors—experienced pharmacists who bring a wealth of knowledge and expertise to guide, mentor and inspire the next generation of pharmacy leaders.

Meet our 2026 Residents

Alinda Deng, PharmD

Alinda is a PGY1 pharmacy resident at Dignity Health Mercy San Juan Medical Center. She is from San Francisco - born and raised. She completed her undergraduate studies at UC Davis and earned her Pharm.D. from University of California, San Francisco (UCSF). She is passionate about the opportunity to collaborate with interdisciplinary teams and engage directly with patients. She is looking forward to continuing to grow her clinical knowledge and precepting skills during the residency year. Outside of pharmacy, she loves to travel and has visited three countries. She also enjoys spending quality time with family and friends over Dim Sum.

Zena Lababidi, PharmD

Zena is a PGY1 pharmacy resident at Dignity Health Mercy San Juan Medical Center. She was raised in Damascus, Syria and moved to the US at the age of 11. She completed her undergraduate degree at UC Davis in 2023, and went on to complete her Doctorate of Pharmacy at the University of the Pacific. During pharmacy school, she was a pharmacy intern at CVS and Dignity Health. She also worked as a research assistant for Veradermics supporting a Phase III trial medication. Her professional interests include critical care and infectious diseases. Outside of pharmacy, Zena enjoys baking, hiking, playing the piano and spending time with family.

Meet our preceptors

Nemrah Amir, PharmD, BCPS

Nemrah earned her Doctor of Pharmacy degree from the California Northstate University in 2023. She completed a PGY-1 residency at Mercy San Juan Medical Center in 2024, where she continues to work as an Emergency Medicine Pharmacist. She is board certified in pharmacotherapy and is also actively involved in CSHP Sacramento Valley Chapter. She currently precepts residents and students in Emergency Medicine.

Hoang Bien, PharmD

Hoang Bien earned his Doctor of Pharmacy degree in 2018 from the University of the Pacific Thomas J. Long School of Pharmacy. Hoang joined CommonSpirit in 2019 at Mercy Medical Center Merced and transferred to Mercy San Juan Medical Center in 2025. He is part of the transitional care pharmacy team and precepts Internal Medicine and Transitional care rotations for both PGY-1 residents and APPE students.

Lisa Binsin, PharmD, MBA, BCPS

Lisa Binsin, PharmD, MBA, BCPS is a Clinical Pharmacist Specialist at Mercy San Juan Medical Center (MSJMC) in Carmichael, CA. Her practice focuses on Transitions of Care, helping to bridge the gap for admitted and discharging patients. She completed her undergraduate degree at University of California, Berkeley with a degree in Molecular Cell Biology with an emphasis on Immunology. Lisa then continued to receive her Doctor of Pharmacy from California Northstate University, College of Pharmacy. She is passionate about interdisciplinary collaboration and educating patients on safe medication use.

Sonia Chavez-Alcaraz, PharmD, BCPS

Sonia Chavez-Alcaraz graduated from the University of the Pacific in 2015 with her PharmD and went on to complete her PGY1 residency at Mercy San Juan and Mercy General Hospitals. A board-certified pharmacotherapy specialist and a Clinical Pharmacist Specialist, Sonia leads the Oncology program and precepts related learning experiences. Outside of pharmacy, Sonia likes practicing Italian on Duolingo, listening to podcasts, and spending time with her family.

Andrey Fedorov, PharmD

Andrey Fedorov is a licensed pharmacist with a passion for evidence-based patient care and medication management. He graduated from Sacramento State University with a BA in Biological Sciences and California Northstate University with his Doctorate of Pharmacy in 2017. He is a meticulous Clinical Pharmacist specializing in sterile compounding and IV room operations at Mercy San Juan Medical Center. With a deep expertise in USP 797 and 800 compliance, Andrey ensures the absolute safety, sterility, and accuracy of every intravenous medication and chemotherapy infusion.Andrey is a preceptor for Hospital rotation.

William Giang, PharmD, BCPS

As the Director of Pharmacy at Mercy San Juan Medical Center, William Giang, PharmD, BCPS, leverages extensive leadership experience to advance pharmacy practice and cultivate high-performing teams. Before his current directorship, he served as the Director of Pharmacy at Mercy Folsom. William's career at Mercy San Juan began in 2008 as a pharmacist, followed by a promotion to supervisor in 2018. An alumnus of the University of the Pacific (B.S. in Biology, 2004; PharmD, 2007), he is deeply committed to mentorship and currently precepts residents during their longitudinal management rotation.

James Hall, PharmD

James Hall earned his Bachelor of Science in Biology at Brigham Young University, Idaho, in 2006 and his Doctor of Pharmacy from the University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences in 2010. He completed his PGY1 residency at the then Mercy San Juan Medical Center/Mercy General combined program, and then joined the Mercy San Juan Medical Center Pharmacy team. He is currently the Clinical Pharmacy Specialist for Pediatrics and NICU and serves as one of the main preceptors for the Pediatrics/NICU experience.

Megan Helm, PharmD

Megan Helm, Pharm.D. earned her Pharmacology degree from the University of Santa Barbara in 2003 and went on to complete her Doctor of Pharmacy from the University of the Pacific in 2006. She specializes in hospital practice and pediatrics/NICU. She is a preceptor for Hospital practice I&II and pediatrics/NICU.

Dan Ho, PharmD, BCPS

Dan Ho, Pharm.D., BCPS is a Board-Certified Clinical Pharmacist at Mercy San Juan Medical Center, specializing in infectious diseases and critical care. He earned his Doctor of Pharmacy from the University of the Pacific in 2019, followed by an academia

fellowship and MS in Healthcare outcomes and clinical services in 2021. Dr. Ho then completed his PGY1 pharmacy residency training at Mercy San Juan and Mercy General Hospitals. In the high-acuity environment of critical care, he collaborates closely with medical teams to optimize advanced antimicrobial therapies and complex medication regimens. He precepts Infectious Disease and Critical Care rotations. Outside of the hospital, he loves traveling and spending quality time with his dog, Kaya.

Doris Manford, PharmD, MPH, BCPS, APh, DPLA

Doris Manford, BPharm., Pharm.D., MPH, BCPS, APh, DPLA, brings extensive experience in advancing pharmacy practice and developing high-performing teams. Currently serving as Clinical Pharmacy Manager at Mercy San Juan Medical Center and Residency Program Director. Doris is a driving force behind innovative clinical pharmacy systems, Transitions of Care, expanded residency programs, and initiatives promoting pharmacists practicing at the top of their license. Doris received her Doctor of Pharmacy from California Northstate University. Upon graduation, she completed a pharmacy residency at Mercy General/ Mercy San Juan hospital. She is a board certified pharmacotherapy specialist. She also holds a Master's degree in Public Health from Benedictine University.

Mee Moua, PharmD

Mee Moua, PharmD, has served as the Pharmacy Operations Manager at Mercy San Juan Medical Center since 2023. A board-certified pharmacotherapy specialist, she joined the CommonSpirit team in 2018. Mee earned her Doctor of Pharmacy from the University of California, San Francisco (UCSF) in 2016 and completed her residency at Kaweah Delta Medical Center the following year. In her current role, she precepts the Medication Safety and pharmacy management learning experiences for residents and is also a preceptor for our IPPE students during their institutional rotation.

Ludmila Nicov, PharmD, BCPS

Ludmila Nicov, PharmD, is the newest preceptor for the residency program at Mercy San Juan Medical Center. She holds a Bachelor of Science in Chemical Sciences from UC Merced and earned her Doctor of Pharmacy from the California Northstate University College of Pharmacy. Ludmila recently completed her PGY1 residency at the VA Northern California Healthcare System. She is deeply passionate about optimizing pharmacy processes and dedicated to mentoring the next generation of pharmacists.

Nazanin Parsafar, PharmD, BCPS

Nazanin Parsafar, PharmD, BCPS, is a board-certified pharmacotherapy specialist who earned her Doctor of Pharmacy degree from the Thomas J. Long School of pharmacy in 2009. As one of the original pharmacists who established the Transitions of Care program at Mercy San Juan, she has long been dedicated to improving patient care. She also spearheaded the hospital's best possible medication history service line and is deeply passionate about mentoring students. Nazanin currently serves as a preceptor for both the Internal Medicine and Transitions of Care rotations.

Trevor Perry, PharmD, BCPS, BCCCP

Trevor Perry, Pharm.D., BCPS, BCCCP, is a specialist in neurocritical care and multi-unit intensive care medicine at Mercy San Juan Medical Center. After graduating from the UCSD Skaggs School of Pharmacy and Pharmaceutical Sciences in 2011, he completed his PGY1 Acute Care residency at Scripps Mercy Hospital in San Diego. Dr. Perry integrates his direct clinical practice with extensive system-level engagement, earning the high regard of his multidisciplinary colleagues for his collaborative spirit and deep clinical expertise. He currently serves as a preceptor for critical care and neurocritical care rotations.

Julia Quan, PharmD, BCPS

Julia Quan, PharmD, BCPS, earned her Bachelor of Science in Environmental Toxicology from the University of California Davis and Doctor of Pharmacy from the University of California San Francisco in 2006. Julia, a board-certified pharmacotherapy specialist, precepts the Oncology learning experience.

Forrest Shirkey, PharmD

Forrest Shirkey, Pharm.D. serves as the Lead Pharmacist at Mercy San Juan Medical Center, where he pairs clinical leadership with specialized expertise in neurocritical care and critical care medicine. Dr. Shirkey earned his Doctor of Pharmacy degree from the University of California, San Francisco (UCSF) in 2006. He then advanced his clinical training by completing a PGY1 pharmacy residency at Catholic Healthcare West - Mercy Sacramento. As a core member of the neurological intensive care team, he guides complex medication therapies for high-acuity patients. In his leadership role, he oversees vital daily pharmacy operations, driving hospital-wide patient safety initiatives through the management of Alaris infusion pump drug libraries and Omnicell automated dispensing systems.

Darryl Tam, PharmD

Darryl Tam, Pharm.D., has been a dedicated member of the pharmacy team at Mercy San Juan Medical Center for 26 years. A 1999 graduate of the University of the Pacific, he specializes in pediatrics and NICU. Dr. Tam has played a key role in developing clinical and operational guidelines for these units, notably collaborating with the neonatal physician group to implement Precedex (Dexmedetomidine) protocols in the NICU. He currently serves as a preceptor for the Pediatrics/NICU rotation.

Kevin Tapia, PharmD

Kevin Tapia, Pharm.D. is a highly skilled Clinical Pharmacist Specialist at Mercy San Juan Medical Center, specializing in infectious diseases and antimicrobial stewardship (ASP). A 2008 graduate of the University of the Pacific School of Pharmacy, he served as a foundation cornerstone of Mercy San Juan's stewardship program, helping establish its framework over a decade ago.
He is a preceptor for Infectious Disease (ASP) and Critical Care.

Carrie Towle, PharmD, MPH, BCPS

Carrie Towle, Pharm.D., BCPS, MPH, is a Transitions of Care Pharmacist and Residency Program Coordinator (RPC). She serves as a preceptor in Transitions of Care and Internal Medicine, where she is passionate about mentoring residents and supporting the development of future pharmacists and students.
Carrie earned her Doctor of Pharmacy and Master of Public Health degrees from Touro University California in 2019. She completed her residency training at Dignity Health Mercy San Juan and Mercy General Hospital the following year. Her professional interests include transitions of care, resident education, and interdisciplinary collaboration to improve patient outcomes.