

Allison Meyer Helmer, PharmD, BCACP

3605 Springwood Drive East
Mobile, Alabama 36608
Cell Phone: 504-214-8466
E-mail: amm0085@auburn.edu, meyeram88@gmail.com

EDUCATION AND TRAINING

Post-Graduate Year 1 Pharmacy Practice Residency University of Mississippi Medical Center <i>Program Director: Sharon Dickey, PharmD</i>	July 2012-June 2013
Doctor of Pharmacy South Carolina College of Pharmacy University of South Carolina Campus Columbia, South Carolina	August 2008- May 2012 Magna Cum Laude
Pre-Pharmacy Curriculum University of South Carolina Columbia, South Carolina	August 2006- July 2008

CERTIFICATIONS / LICENSURES

ACCP Teaching and Learning Certificate	2016
Board Certified Ambulatory Care Pharmacist 6140172F	December 2014-Present
Alabama Licensed Pharmacist 17524	August 2013-Present
Louisiana Licensed Pharmacist PST.019839	July 2012-Present

PROFESSIONAL EXPERIENCES

Assistant Clinical Professor Department of Pharmacy Practice Auburn University Harrison School of Pharmacy <i>Supervisor: Gordon Sacks, PharmD, BCNSP</i>	August 2013-Present
Pharmacy Intern Sunset Pharmacy; Columbia, South Carolina	August 2010-May 2011
CVS Pharmacy; River Ridge, Louisiana	May 2010-July 2010
Castellon Pharmacy; New Orleans, Louisiana	May 2009-August 2009

TEACHING EXPERIENCES

Auburn University Harrison School of Pharmacy; Mobile, Alabama

Integrated Learning Experiences (ILE)

Workshop 2, PYPD 9410/9416

Pharmacists' Patient Care Process; Course Co-Creator Spring 2018, 2019
Objective Structured Clinical Examination (OSCE) [*case author*, actor trainer] Spring 2018, 2019

ILE 3, PYPD 9220/9226

Heart Failure Teaching Team; Unit Co-Creator Spring 2018, 2019
Objective Structured Clinical Examination (OSCE) [*case author*, actor trainer] Spring 2018, 2019

ILE 2, PYPD 9210/9216

Asthma Teaching Team; Unit Co-Creator, Pulmonary Devices Fall 2017, 2018
Objective Structured Clinical Examination (OSCE) [*case author*, actor trainer] Fall 2017, 2018

Small-Group Facilitation & Active Learning Settings

Cardiometabolic Elective, PYDI 9716

Lipid Cases Author and Session Instructor Spring 2017, 2018

Pharmacy Practice Experience (PPE), PYDI 9090, 9190, 9290, 9390, 9490, 9590; 1 credit hour; SC (Single campus)

20 students (P1/P2/P3) Spring 2019
20 students (P1/P2/P3) Fall 2018
20 students (P1/P2/P3) Spring 2018
20 students (P1/P2/P3) Fall 2017
19 students (P1/P2/P3) Spring 2017
19 students (P1/P2/P3) Fall 2016
17 students (P1/P2/P3) Spring 2016
17 students (P1/P2/P3) Fall 2015
17 students (P1/P2/P3) Spring 2015
16 students (P1/P2/P3) Fall 2014
18 students (P1/P2/P3) Spring 2014
19 students (P1/P2/P3) Fall 2013

Integrated Pharmacotherapy (IP), PYDI 9470, 9480, 9570; 6 credit hours; PBL (Problem-based learning)

Case Author and Resource Session Presenter

Asthma Fall 2017, 2018
Heart Failure (co-author) Fall 2015, 2016
Ischemic Heart Disease (co-author) Spring 2014, 2015

Facilitator

Block 1, 8 students Fall 2017
Block 5, 8 students Spring 2017
Block 2, 8 students Fall 2016
Block 3, 16 students Fall 2015
Block 4, 8 students Spring 2015
Block 2, 7 students Fall 2014
Block 3, 8 students Fall 2013

Contemporary Aspects of Pharmacy Practice (CAPP), PYDI 9020, 9120, 9220; 2 credit hours, Skills lab

Laboratory Case Author and Facilitator

Pulmonary Devices Spring 2014-2017

OSCE Case Author and Actor Trainer

Pulmonary Devices Spring 2014-2017

Facilitator

Community Pharmacy Spring 2017

Diarrhea and Constipation	Spring 2017
Drug Informatics	Spring 2017
Literature Review	Fall 2014, 2015
Glucometer	Fall 2013
Smoking Cessation	Fall 2013

Preceptor

Clinical IPPE, PYPD 9180, University of South Alabama Medical Center Stanton Road Clinic	
1 student	May 2019
APPE Primary Care, PYPP 9640, 9650, University of South Alabama Medical Center Stanton Road Clinic	
2 students	May 2019
10 students	May 2018-April 2019
14 students	May 2017-April 2018
14 students	May 2016-April 2017
13 students	May 2015-April 2016
14 students	May 2014-April 2015
4 students	February-April 2014
MED-311 - Internal Medicine Clerkship, University of South Alabama Medical Center Stanton Road Clinic	
79 third-year medical students	July 2017-June 2019
9 third-year medical students	July-December 2018

Mentor

Pharmacy Practice Experience (PPE), PYDI 9090, 9190, 9290, 9390, 9490, 9590; 1 credit hour	
7 students (P1/P2/P3)	2018-2019
7 students (P1/P2/P3)	2017-2018
7 students (P1/P2/P3)	2016-2017
10 students (P1/P2/P3)	2015-2016
9 students (P1/P2/P3)	2014-2015
9 students (P1/P2/P3)	2013-2014
Academic Mentor	
1 student (P2)	Spring 2018
1 student (P3)	Fall 2017
2 students (P2)	Spring 2017
1 student (P2)	Fall 2016
1 student (P1)	Spring 2016
Professional Seminar, PYPP 9690; 1 credit hour	
4 students (P4)	2016-2017
4 students (P4)	2015-2016
4 students (P4)	2014-2015
3 students (P4)	2013-2014

University of Mississippi School of Pharmacy; Jackson, Mississippi

Small-Group Facilitation & Active Learning Settings

Pharmaceutical Care II, III, IV; PRCT 557, 563, 569; 3 credit hours; PBL	
“Keep Calm and Pharmacy On” Depression/anxiety progressive disclosure case [<i>case co-author</i>]	June 2013
Facilitator, 8 sessions, 8 students (P3)	April 2013
Co-Facilitator, 3 sessions, 8 students (P3)	November 2012
Pharmaceutical Care III; PRCT 562	
Asthma Twitter Consult, 49 students (P3) [<i>case author</i>]	

Topic Discussions for APPE Students on Ambulatory Care Rotations	
Hypertension, 10 students	February, April 2013
Type 2 Diabetes, 1 student	January 2013
Anticoagulation, 1 student	January 2013
Heart Failure, 8 students	September 2012

Co-Preceptor

APPE	
Heart Failure Clinic, 3 students (2 P4, 1 P3)	September 2012
Cardiometabolic Clinic, 2 students	November 2012
Veterans Affairs Ambulatory Care Clinics, 1 student	January 2013
Anticoagulation Clinic, 2 students	April 2013

IPPE

Family Medicine Clinic, 1 student (P3)	April 2013
--	------------

COMMITTEE APPOINTMENTS AND ADMINISTRATIVE EXPERIENCE

National Committees

ACCP Ambulatory Care Practice and Research Network (PRN)	
Membership Committee Vice-Chair	2017-2018
Communications Committee Vice-Chair	2015-2017
Newsletter Sub-Committee	2013-2016
Editor	Spring 2014, 2015
Resource Guide Sub-Committee	2015-2017
	2013-2014
Poster Sub-Committee	2016-2017
Member Recognition Sub-Committee	2016-2017

Regional Committees

Alabama Society of Health-System Pharmacists	
Student and Resident Activities Committee	May 2018-Present
Programming Committee	October 2016-Present
InPharmative Quarterly Editorial Board	June 2014-June 2017
Chair, Editor in Chief	2015-2017

School Committees

Experiential Education Learning Community	2018-Present
Learning Community Development Team 5	2018-Present
Learning Community Development Team – Workshop 2	2016-Present
Learning Community Development Team 2	2016-Present
Assessment Committee	2015-2017
Professional Education Subcommittee II	2014

Administrative Presentations

University of Mississippi Medical Center; Jackson, Mississippi	
Medication Use Evaluation: Simvastatin Drug-Drug Interactions	August 2012-April 2013
University of Mississippi Medical Center; Jackson, Mississippi	
Apixaban Monograph	May 2013

RESEARCH EXPERIENCE

Research in Progress

Helmer AM, Slater NA, Marlowe KF, Surry D, McCoy EK. Comparing faculty evaluations of student journal club presentations with student self- and peer evaluations during advanced pharmacy practice experiences (2015-2019).

Purpose: to evaluate differences in student and faculty evaluations of journal club presentations

Site: Auburn University Harrison School of Pharmacy

Manuscript submitted

Helmer AM, Lisenby K, Carroll D, Smithgall S, Hester K. Interprofessional communication in primary care:

Evaluating student confidence during advanced pharmacy practice experiences (APPEs). (2016-Present).

Purpose: to assess changes in student confidence throughout a 5-week primary care APPE. Secondary outcome- to compare student confidence and preceptor/provider evaluation of interprofessional communication

Site: Auburn University Harrison School of Pharmacy

Research

Andrus MR, McDonough S, Kelley KW, Stamm PL, McCoy EK, Lisenby KM, Whitley HP, Slater NS, Carroll DG, Hester EK, **Helmer AM**, Jackson CW, Byrd DC. Development and validation of a rubric to evaluate diabetes SOAP note writing in APPE. (2015-2017).

Purpose: to develop and validate a standardized SOAP note rubric to improve consistency in grading and expectations among preceptors

Site: Auburn University Harrison School of Pharmacy

PUBLICATIONS

Peer-Reviewed

Andrus MR, McDonough S, Kelley KW, Stamm PL, McCoy EK, Lisenby KM, Whitley HP, Slater NA, Carroll DG, Hester EK, **Helmer AM**, Jackson CW, Byrd DC. Development and Validation of a Rubric to Evaluate Diabetes SOAP Note Writing in APPE. *Am J Pharm Educ* 2018;82(9) Article 6725.

Helmer AM, Slater NA, Smithgall SE. A review of ACEI and ARB in black patients with hypertension. *Ann Pharmacother* 2018;52(11)1143-1151.

Lisenby KM, **Meyer A**, Slater NA. Is an SGLT2 inhibitor right for your patient with type 2 diabetes? *J Fam Pract* 2016;65(9):587-593.

Kelley KW, Carroll DG, **Meyer A**. A review of current treatment strategies for gestational diabetes mellitus. *Drugs in Context* 2015; 4: 212282. DOI: 10.7573/dic.212282.

Armstrong EM, Wright BM, **Meyer A**, Watts CS, Kelley KW. The role of Aclidinium Bromide in the Treatment of Chronic Obstructive Pulmonary Disease. *Hospital Practice* 2014;42(4):99-110.

Minor D, **Meyer AM**, Long R, Butler K. β -Blockers and Chronic Obstructive Pulmonary Disease: Inappropriate Avoidance? *J Clin Hypertens* 2013;15(12):925-930. (*Invited, State of the Art series*).

Accepted Manuscripts in Peer-Reviewed Journals

Helmer RS, **Helmer AM**, Smithgall S. Double trouble or twice-as-nice? An updated review of dual antiplatelet therapy for secondary ischemic stroke prevention. Accepted *Journal of Family Physicians*, 2019.

Eiland LS, **Helmer A**, Kelley KW, Hester EK. Re-designing classroom and experiential teaching peer evaluation tools to strengthen the peer review process. Accepted *New Directions for Teaching and Learning: "Teaching and Learning in the Health Professions"* special issue, 2019.

Non Peer-Reviewed

Meyer AM, Minor D. Type 2 Diabetes Mellitus – Management with a Patient-Centered Approach. Approved CE, The Kentucky Pharmacist 2013 September 8(5):13-19.

Meyer AM, Minor D. COPD and CVD: Exploring the Role of Beta-Blockers and COPD Treatments in Comorbid Disease. Approved CE, The Kentucky Pharmacist 2013 July 8(4):31-37.

Meyer AM, Minor D. Type 2 Diabetes Mellitus – Management with a Patient-Centered Approach. Approved CE, Mississippi Pharmacist Autumn 2012 Dec 38(4):27-29.

Meyer AM. Statins and Diabetes – An Issue of Potential Risk versus Benefit. UMMC Pharmacy Newsletter. September – October 2012. Available from: http://pharmacy.umc.edu/newsletters/12/sept_oct.pdf.

PRESENTATIONS

Poster Presentations

Helmer A, Lisenby K, Smithgall S, Carroll D, Hester EK. Assessing student confidence in interprofessional communication during primary care advanced pharmacy practice experiences (APPEs). Poster presented at the American College of Clinical Pharmacy Annual Meeting October 2018; Seattle, Washington.

Helmer A, Hester EK, Kelley K, Eiland LS. A peer-evaluation form for experiential education: evaluating the preceptor, practice site, and student activities. Poster presented at the American Association of Colleges of Pharmacy Annual Meeting July 2018; Boston, MA.

Eiland LS, **Helmer A**, Kelley KW, Hester EK. Re-designing classroom peer-evaluation tools to strengthen the peer-review process. Poster presented at the American Association of Colleges of Pharmacy Annual Meeting July 2018; Boston, MA.

Helmer AM, McCoy E, Slater N, Wilson K. Comparing faculty evaluations of student journal club presentations with student self- and peer evaluations during advanced practice pharmacy experiences. Poster presented at the American College of Clinical Pharmacy Updates in Therapeutics Meeting February 2018. Jacksonville, Florida.

Lee JC, Cox N, Patel SM, Lempicki KA, **Helmer A**. 2017 Updates on the Accomplishments and Initiatives of the Ambulatory Care PRN. Poster presented at the American College of Clinical Pharmacy Annual Meeting October 2017. Phoenix, Arizona.

Francis J, Cook A, **Helmer AM**, Scalese MJ, Helmer RS. Impact of Dual-Interface Pharmacist-Led Medication Reconciliation on Diabetes-Related Outcomes. Poster presented at the American College of Clinical Pharmacy Annual Meeting October 2017. Phoenix, Arizona.

Helmer RS, **Helmer AM**, Scalese MJ. Medical Trainee Perceptions of Clinical Pharmacists. Poster presented at the Alabama Society of Health-System Pharmacists Summer Meeting. June 2017. Destin, Florida.

Dang J, Slater N, **Meyer A**, Jackson C, Whitley H, Andrus M. Survey of students' perception of SOAP note writing in advanced pharmacy practice experiences (APPEs). Poster presented at American Society of Health-System Pharmacists Midyear Clinical Meeting. December 2016. Las Vegas, Nevada.

Ezell E, Helmer RS, **Meyer AM**, Scalese MJ. Assessment of physician and medical trainee perceptions toward clinical pharmacy faculty. Poster presented at American Society of Health-System Pharmacists Midyear Clinical Meeting. December 2015. New Orleans, Louisiana [methods only].

Baldwin P, Lott S, **Meyer AM**, Slater N, Kelley K. Evaluation of a physician education program on the use of statins and metformin in patients with type 2 diabetes. Poster presented at American Society of Health-System Pharmacists Midyear Clinical Meeting. December 2015. New Orleans, Louisiana [research-in-progress].

Napper L, Thomas J, **Meyer A**, Schilthuis A, Choe S. Impact of physician education on metformin usage in a clinic population. Poster presented at American Society of Health-System Pharmacists Midyear Clinical Meeting. December 2014. Anaheim, California. [methods only]

Bradley D, Armstrong EM, Treadway S, Helmer R, **Meyer A**. Implementation of medication therapy management services in a charitable pharmacy. Poster presented at American Society of Health-System Pharmacists Midyear Clinical Meeting. December 2013. Orlando, Florida. [methods only]

Regional Presentations

Hypertension Update: Clinical Controversies Regarding Age and Race July 2017
Auburn University Harrison School of Pharmacy Summer Continuing Education Program

Pharmacy student perceptions of SOAP note writing in advanced pharmacy practice June 2017
experiences (APPEs).
Authors: **Helmer A** (presenter), Slater N, Jackson C, Whitley HP, Andrus MR.
New Practitioners Research Forum.
Alabama Society of Health-System Pharmacists (AISHP) Summer Meeting; Destin, Florida

Inappropriate Avoidance? Beta-Blockers and COPD April 2013
Mid-South Regional Residency Conference
Fogelman Executive Conference Center; Memphis, Tennessee

Local Presentations

Outpatient Diabetes Management March 2017
Internal Medicine Academic Half-Days
University of South Alabama Medical Center; Mobile, Alabama

SGLT2 Inhibitors in Primary Care: What is Their Role in Diabetes Management March 2016
Co-Authors: Kristi Kelley, PharmD, BCPS, CDE, BC-ADM; Nicole Slater, PharmD, BCACP
Internal Medicine Noon Conference
University of South Alabama Medical Center; Mobile, Alabama

GLP-1 Receptor Agonists in Primary Care: What is Their Role in Diabetes Management February 2016
Co-Authors: Kristi Kelley, PharmD, BCPS, CDE, BC-ADM; Nicole Slater, PharmD, BCACP
Internal Medicine Noon Conference
University of South Alabama Medical Center; Mobile, Alabama

Medication Reconciliation December 2015
Co-Authors: Michael Scalse, PharmD, BCPS, CACP; Bobby Helmer, PharmD, BCPS
Internal Medicine Noon Conference
University of South Alabama Medical Center; Mobile, Alabama

Epi-Pen Training November 2015
Nursing Staff In-Service
University of South Alabama Medical Center Stanton Road Clinic; Mobile, AL

The use of insulin in the outpatient and inpatient settings September 2015
Co-Presenter: Bobby Helmer, PharmD, BCPS
Internal Medicine Noon Conference
University of South Alabama Medical Center; Mobile, Alabama

Metformin and Statin Therapy in Type 2 Diabetes Mellitus June 2015
Internal Medicine Noon Conference
University of South Alabama Medical Center; Mobile, Alabama

The Role of a Clinical Pharmacist in an Internal Medicine Clinic
Internal Medicine Noon Conference
University of South Alabama Medical Center; Mobile, Alabama
January 2015

Residency Interviews and the Match
Auburn University Harrison School of Pharmacy; Mobile, Alabama
December 2014

HONORS & AWARDS

Preceptor of Excellence Award
2018-2019
2016-2017

Alabama Society of Health-System Pharmacists Service Award
September 2016

COMMUNITY SERVICE

Health Occupations Career Fair
March 2019

Ahepa Senior Apartments Health Fair
Mobile, Alabama
Pharmacist Supervisor
2013-2016, 2019

Homeless Connect Health Fair
Mobile, Alabama
Pharmacist Supervisor
Jan 2014, 2015

REFERENCES

Available on request