

**Adrienne Z. Ables, PharmD, MS, FNAOME**

<https://www.adrienneables.com>

[adrienne@adrienneables.com](mailto:adrienne@adrienneables.com)

**Education**

Master of Science - Medical Education Leadership University of New England Biddeford, Maine	2017
Doctor of Pharmacy Medical University of South Carolina Charleston, South Carolina	1991
Bachelor of Science in Pharmacy Rutgers University College of Pharmacy New Brunswick, New Jersey	1989

**Professional Experience**

Adrienne Ables Consulting, LLC Curriculum Design   Faculty Development   Clinical Consulting President	2020 – present
Edward Via College of Osteopathic Medicine – Carolinas Campus Assistant Dean for Faculty Development	2015 - 2020
Professor of Pharmacology Chair and Professor of Pharmacology	2011 - 2015
Spartanburg Family Medicine Residency Program Professor of Family Medicine	2011
Associate Professor of Family Medicine	2003 - 2010
Assistant Professor of Family Medicine	1999 - 2003
Merck & Co., Inc. Health Science Associate	1997 - 1998
Spartanburg Regional Medical Center, Spartanburg, SC Clinical Pharmacist, Drug Information Center	1991 - 1997

**Licensure**

Registered Pharmacist State of South Carolina, Board of Pharmacy	1990 - present
State of New Jersey, Board of Pharmacy	Inactive

**Appointments**

National Academy of Osteopathic Medical Educators Fellow, Teaching and Evaluation	2019 - 2024
National Board of Osteopathic Medical Examiners Foundational Biomedical Sciences Division Chair – Pharmacology	2020 - present
COMLEX-USA Level 1 Advisory Committee	2020 - present
Faculty member, Foundational Biomedical Sciences	2013 - present
Medical University of South Carolina, AHEC Clinical Professor (Spartanburg/Family Medicine)	2012 - 2014
Professor of Family Medicine	2011 - 2012
Associate Professor of Family Medicine	2003 - 2010
Assistant Professor of Family Medicine	1999 - 2003
Pikeville College School of Osteopathic Medicine Clinical Assistant Professor of Pharmacotherapy	2005 - 2011
Spartanburg Regional Medical Center Clinical Instructor	1991 - 1994
Assistant Professor of Family Medicine (MUSC)	1994 - 1997
Medical University of South Carolina, College of Pharmacy Clinical Assistant Professor of Hospital Pharmacy Practice & Administration	1994 - 2014
University of South Carolina, College of Pharmacy Adjunct Assistant Professor	1992 - 1997

**VCOM Committee Service**

Student Doctor of the Year Selection Committee	2019
Dean's Council	2015 - 2020
Interprofessional Education (ad hoc)	2014 - 2020
Advancement, Promotion & Tenure Committee	2015 - 2020
Via Wellness Committee	2011 - 2020
Research Day Planning Committee	2017
Faculty Development Committee	
Chair	2016 - 2020
Member	2015 - 2016
Chair	2011 - 2013
Admissions Committee	2015 - 2019
	2011 - 2013
Research Day – Poster Committee	2016
Curriculum and Assessment Block Committee	2011 - 2015
Continuing Medical Education Committee, Chair	2011 - 2013
Academic Promotion Board	2011 - 2015
Student National Medical Association, Faculty Advisor	2011 - 2015

**VCOM Courses taught**

2011 - 2020:

MED 7160: Pharmacology I	Musculoskeletal System
MED 7165: Pharmacology II	Neurological System and Special Senses
MED 7170: Pharmacology III	Cardiovascular and Pulmonary Systems
MED 7175: Pharmacology IV	Gastrointestinal and Renal Systems
MED 7180: Pharmacology V	Reproductive and Endocrine Systems
MED 7185: Pharmacology VI	Integumentary, Hematologic and Lymphatic Systems

2012 - 2020:

MED 7400: Interprofessional Early Clinical Experiences. Medication Therapy Management.

2014 - 2020:

MED 8510: Interprofessional Medical Education. Primary teaching faculty.

**Publications**

Hopper W A, Ruane P, DiMucci-Ward J, **Ables AZ**. Multidisciplinary quality improvement program to improve diabetes care at a free clinic. *Cureus* 2023; (); e. doi:10.7759/cureus.

Schranz K, Meitz D, Powers B, **Ables A**. Treating Complex Regional Pain Syndrome using counterstrain: A novel approach. *Cureus*. 2020; 12(10): e10948. doi:10.7759/cureus.10948.

Herrera ELW, **Ables AZ**, Martin CH, Ochs SD. Development and implementation of an interprofessional education certificate program in a community-based osteopathic medical school. *Journal of Interprofessional Education & Practice*. 2019; 14:30-38.

Alfonso G, Keller D, Eckman C, Hass J, Stoner AM, **Ables AZ**, Rovito MJ. Psychosocial components of concussion reporting among adolescent athletes. *Osteopathic Family Physician*. 2018; 10(4):10-15.

**Ables AZ**, Shan L, Broyles IL. Faculty vitality in osteopathic medical schools: A pilot study. *JAOA*. 2018; 118(5): 321–30.

Rosati R, **Ables AZ**, Warren P, Meisha D. Improving diabetic retinopathy screening for an indigent population. *Journal of Health Care for the Poor and Underserved*. 2017; 28(2): 635-42.

Augustyniak R, **Ables AZ**, Guilford P, Lujan H, Cortright R, and DiCarlo S. Intrinsic Motivation: An Overlooked Component for Student Success. *Adv in Physiol Educ*. 2016; 40:465-466.

**Ables AZ**, Bouknight PJ, Bendyk H, Alsip R, Williams J and Beagle R. Standardized blood glucose control in non-critically ill patients is associated with a decreased length of stay, readmission rate, and hospital mortality. *Journal for Healthcare Quality*. 2016; 38:e89-e96.

Bungarz W, Little L, Rohloff M, Thomas R, Bendyk H, and **Ables AZ**. The Relationship of Pediatric Obesity and Non-Pandemic Influenza. *Osteopathic Family Physician*. 2016; 8:12-14.

**Publications**

Gums T, Carter B, Milavetz G, Buys L, Rosenkrans K, Uribe L, Coffey C, MacLaughlin E, Young R, **Ables AZ**, Patel N. Physician-Pharmacist collaborative management of asthma in primary care. *Pharmacotherapy*. 2014; 34:1033-1042.

Duncan B and **Ables AZ**. Are drug treatment POEMs reporting data in clinically useful ways for family physicians? *Journal of Fam Practice*. 2013; 62(2): E1-E5.

Januchowski RP, **Ables AZ** and Page L. Do Osteopathic medical students maintain their Osteopathic identity in a dually accredited training hospital system? *Osteopathic Family Physician*. 2012; 4(4):96-100.

Dickerson LM, **Ables AZ**, Everett CJ, et al. Measuring Diabetes Care in the National Interdisciplinary Primary Care Practice Based Research Network. *Pharmacotherapy* 2012; 31(1):23-30.

Fritsche MD, **Ables AZ** and Bendyk H. Opportunities missed: improving the rate of contraceptive counseling or provision when prescribing reproductive-aged women potentially teratogenic medications in a family medicine resident clinic. *Contraception* 2011; 84:372-6.

**Ables AZ**, Carek PJ, Dickerson LM, et al. Promoting resident scholarship through a state-wide symposium. *Fam Med* 2010; 42(6):440-443.

**Ables AZ**, Nagubilli R. Prevention, recognition and management of serotonin syndrome. *Am Fam Physician* 2010; 81(10):1139-1142.

Davis AM, Cannon M, **Ables AZ**, Bendyk H. Using the electronic medical record to improve asthma severity documentation and treatment among Family Medicine residents. *Fam Med* 2010; 42:334-7.

**Ables AZ**. Allergic Conjunctivitis. In: Ebell MH, Ferenchick G, Smith M, Barry H, Slawson D, Shaughnessy A, Forsch R, Li S, Wilkes M, Usatine R, eds. *Essential Evidence*. John Wiley & Sons: Hoboken, NJ, 2009.

Steyer TE and **Ables AZ**. Complementary and alternative therapies for weight loss. In: Diaz VA, Rodden A, eds. *Primary Care: Clinics in Office Practice*. 2009; 36:395-406.

Bouknight P and **Ables AZ**. Is azithromycin as safe and effective as penicillin for strep throat? *Evidence-Based Practice*. 2007; 10: 7.

McDonald R, **Ables AZ**, Baughman O, et al. Evaluating the six general competencies in the outpatient setting. *ACGME Bulletin*. August 2007.

**Ables AZ**, Simon I, Melton ER. Update on *Helicobacter pylori* treatment. *Am Fam Physician* 2007; 75:3518.

**Ables AZ**, Romero AM, Chauhan SP. Use of calcium channel blockers for preterm labor. *Obstet Clin N Am* 2005; 32:519-25.

**Ables AZ**, Chauhan SP. Preterm Labor: Diagnostic and therapeutic options are not all alike. *J Fam Pract* 2005; 54: 245-52.

### Publications

Bazaldua O, **Ables AZ**, Dickerson LM, et al. Suggested Guidelines for Pharmacotherapy Curricula in Family Medicine Residency Training: Recommendations from the Society of Teachers of Family Medicine Group on Pharmacotherapy. *Family Medicine* 2005; 37:99-104.

**Ables AZ**. Memantine (Namenda) for moderate to severe Alzheimer's disease. STEPS. *Am Fam Physician* 2004; 69:1491-2.

**Ables AZ** and Warren PK. High-dose azithromycin or amoxicillin-clavulanate for recurrent otitis media? POEMS. *J Fam Pract* 2004; 53:186-88.

**Ables AZ**. Extended-release oxybutinin and tolterodine treat overactive bladder. POEMS. *J Fam Pract* 2003; 52:829-30.

**Ables AZ** and Baughman, III OL. Antidepressants: Update on New Agents and Indications. *Am Fam Physician* 2003; 67:547-54.

**Ables AZ** and Baughman, III OL. The Clinical Pharmacist as a Preceptor in a Family Practice Residency Training Program. *Family Medicine* 2002; 34:658-62.

**Ables AZ**, Godenick MT and Lipsitz SR. Improving Family Medicine Residents Compliance with Asthma Practice Guidelines. *Family Medicine* 2002; 34:23-28.

Sontheimer DL and **Ables AZ**. Is imipramine or buspirone treatment effective in patients wishing to discontinue long-term benzodiazepine use? POEMS. *J Fam Pract* 2001; 50:203.

**Ables AZ**, Blumer NA, Valainis GT, Godenick MT, Kajdasz DK and Palesch YY. Fluconazole prophylaxis of severe candida infection in trauma and post-surgical patients: a prospective, double-blind, randomized, placebo-controlled trial. *Infectious Diseases in Clinical Practice* 2000; 9:169-175.

Sontheimer DL and **Ables AZ**. Safety of antidepressant medications during pregnancy. *JAMA* 2000; 283:1139. Letter.

**Zahaykevich, A**. Amiloride for lung disease in cystic fibrosis. *DICP, The Annals of Pharmacotherapy* 1991; 25(12):1340-1341.

### Book chapters, editorial positions

Hamilton RJ, **Ables AZ**, Allen JE, et al, eds. Tarascon Pocket Pharmacopoeia Classic edition 2010. Tarascon Pocket Pharmacopoeia Deluxe edition. 2010. Sudbury, MA: Jones and Bartlett Publishers; 2009 and 2010.

Green SM, **Ables AZ**, Allen JE, et al, eds. Tarascon Pocket Pharmacopoeia Classic edition. Tarascon Pocket Pharmacopoeia Deluxe edition. Loma Linda, CA: Tarascon Publishing; Yearly from 2000 - 2010.

**Scholarly work – posters and oral presentations**

**Ables AZ** and Paniagua M. Are you measuring what you think you are? Writing board-style multiple choice questions. Workshop presented at the Annual ASPET Conference. Philadelphia, PA. April 4, 2022.

Augustyniak RA, Bradley JH, Stoner A, Stroupe A, Croll L, Hajdu Z, Lindsey T, Berglind J, Campbell L, Jnauchowski R, and **Ables AZ**. Improved assessment of a clinical medicine course through formation of a multidisciplinary committee. Presented at the Annual AACOM Conference. Virtual event. March 2020.

**Ables AZ**, Stoner AM, Shan L, Lujan H, DiCarlo SE, Augustyniak RA. Assessment of non-cognitive skills in medical students during collaborative group testing. Poster presented at the Annual IAMSE Conference. Las Vegas, NV. June 11, 2018.

**Ables AZ**, Shan L, Broyles I. Faculty vitality in osteopathic medical schools: A pilot study. Presented at the Annual AACOM Conference. Washington, DC: 2018; April 19.

**Ables AZ**. Medication Therapy Reviews: What? Why? Who? How? When? Regional Osteopathic Medical Education Southeast 2017. Asheville, NC. June 9, 2017.

Berglind J, Januchowski R, and **Ables AZ**. Using Infectious Disease Modules to Increase Collaboration by Faculty and Students. Presented at the Annual AACOM Conference. Washington, DC: 2016; April 8.

Rosati RM, Warren PK, **Ables AZ**. Improving Diabetic Retinopathy Screening in an Indigent Population. Poster presented at the American College of Osteopathic Family Practitioners (ACOFP) Annual Conference. 2nd place clinical research. San Juan, Puerto Rico: 2016; April 7.

Rosati RM, Warren PK, and **Ables AZ**. Improving diabetic retinopathy screening for an indigent population. Poster presented at the Via Research Recognition Day. 2nd place clinical poster presentations. Spartanburg, SC: 2016; April 1.

Pronman L, Smith R, Badach S, Wiginton J, Freund F, Moore J, Kitner-Allen N, Meisha D, Davis W, Zusmer T, **Ables AZ**. The use of osteopathic techniques to treat iliotibial band dysfunction in Crossfit® athletes. Poster presented at OMED Annual Conference. 2<sup>nd</sup> Place for Osteopathic Research. Orlando, FL 2015; October 18.

Little L, Rohloff M, Thomas R, Bendyk H, Bungarz W, and **Ables AZ**. The Relationship of Pediatric Obesity and Non-Pandemic Influenza. Poster presented at the South Carolina Medical Association Annual Meeting. 2nd Place overall poster. Charleston, SC: 2015; April 17.

**Ables AZ**, Warren P, Kunda F, Greene M. Training medical students to optimize medication regimens: An early clinical experience. Poster presented at the 47<sup>th</sup> Annual STFM Conference. San Antonio, TX: 2014, May 4.

Anderson JJ, Rearigh L., Fernandez E, Cruz M, **Ables AZ**, and Jones D. Disparities in minimal medical knowledge by ethnicity in Spartanburg County: A pilot study. Poster presented at the 8<sup>th</sup> Annual Via Research Recognition Day. Blacksburg, VA: 2013, May 10.

Ballew JD, Moore N, Andrews S, **Ables AZ**. Preliminary Report on Health Status of the Chayanta River Valley, Bolivia. *J Am Osteopath Assoc*. 2013; 113(3):233-234.

**Scholarly work – posters and oral presentations**

Shah A, Bulzan Y, Boster A, **Ables AZ**, Meacham A, Sutphin D. Use of anthropometric standards to identify malnutrition in Honduran children: a training program for VCOM medical missions. *J Am Osteopath Assoc*. 2013; 113(3):245-246.

Anderson JJ, Sutphin D, Fultz J, Overdorf P, Cisneros MJ, **Ables AZ**, Meacham S. Anthropometric measures to assess stunting in Honduran children: a training program for VCOM medical missions. *J Am Osteopath Assoc*. 2013; 113(3):241-242.

Bouknight PJ, **Ables AZ**, Alsip R, Williams J, Beagle R, and Bendyk H. Strict blood glucose control in non-critically ill patients decreases length of stay. Paper presented at the North American Primary Care Research Group Annual Meeting. New Orleans, LA: 2012; December 5.

Duncan B and **Ables AZ**. Are drug treatment POEMs reporting data in clinically useful ways for family physicians? Paper presented at the 44<sup>th</sup> Annual STFM Conference. New Orleans, LA: 2011, April 29.

**Scholarly work – posters and oral presentations**

**Ables AZ**. Pharmacotherapy: A structured curriculum improves residents' knowledge. Paper presented at the 44<sup>th</sup> Annual STFM Conference. New Orleans, LA: 2011, April 29.

Culbertson K, Furlan J, **Ables AZ**. Improving discussion of End-of-life Care in the Center for Family Medicine. Paper presented at the 44<sup>th</sup> Annual STFM Conference. New Orleans, LA: 2011, April 28.

Bouknight PJ and **Ables AZ**. Family Medicine Orientation: Best Practices for Building a Resident-Centered Home. Poster presented at the 43<sup>rd</sup> Annual STFM Conference. Vancouver, Canada: 2010, April 25.

Fritsche M, **Ables AZ**, Bendyk H. Rate of contraceptive counseling or provision when reproductive-aged women are prescribed potentially teratogenic medications in a family medicine resident clinic. Poster presented at the North American Primary Care Research Group Annual Meeting. Montreal, Canada: 2009, November 17.

Dickerson LM, **Ables, AZ**, Counts S, et al. A statewide competency-based pharmacotherapy curriculum for family medicine residents in South Carolina. Poster presented at the American College of Clinical Pharmacy Spring Practice and Research Forum. Phoenix, AZ: 2008, April 8.

**Ables AZ** and McDonald, RL. Teaching family medicine residents practice-based learning and improvement using a chronic disease model. Paper presented at the 40<sup>th</sup> Annual STFM Conference. Chicago, Ill: 2007, April 26.

**Ables AZ**, Baughman, OL, Carek PJ, and Dickerson, LM. Prevalence and activity of pharmaceutical representatives in family medicine residency training programs. Paper presented at the 38<sup>th</sup> Annual STFM Conference. New Orleans, LA: 2005, May 3.

**Ables AZ**. Assessment of family practice residents' knowledge of pharmacotherapy: Results of a pilot study. Paper presented at the 36<sup>th</sup> Annual STFM Conference. Atlanta, GA: 2003, September 23.

**Ables AZ**, Jones K, Sontheimer D. Development of a statewide competency-based pharmacotherapy curriculum for family medicine residents in South Carolina. Lecture-Discussion presented at the 36<sup>th</sup> Annual STFM Conference. Atlanta, GA: 2003, September 21.

**Scholarly work – Posters and oral presentations**

Bouknight P and **Ables AZ**. Evaluation of Family Medicine In-Training Examinations: A Closer Look. Paper presented at the STFM Southeast Regional Meeting. Charleston, SC: 2002, October 4.

Jones K, **Ables AZ**, Blake B, et al. Development of a statewide competency-based pharmacotherapy curriculum for family medicine residents in South Carolina. Poster presented at the American College of Clinical Pharmacy Spring Practice and Research Forum. Savannah, GA: 2002, April 9.

**Ables AZ**. Description of Precepting by Family Medicine Residents with a Full-time Clinical Pharmacist. Poster presented at the 34<sup>th</sup> STFM Annual Spring Conference. Denver, CO: 2001, April 28 - May 2.

**Ables AZ** and Godenick MT. Impact of a Comprehensive Educational Protocol on Family Medicine Residents' Classification and Treatment of Patients with Asthma. Paper presented at the 33<sup>rd</sup> STFM Annual Spring Conference. Orlando, FLA: 2000, May 5. Investigator-initiated grant: SC Family Practice Research Consortium; Merck & Co., Inc.

**Ables AZ**, Blumer NA, Valainis GT, Godenick MT, and Palesch Y. Fluconazole Prophylaxis of Severe Candida Infection in Trauma and Post-surgical Patients: A Prospective, Double-blind, Randomized, Placebo-controlled Trial. Paper presented orally at the SCCM's 27th Educational and Scientific Symposium. San Antonio, TX: 1998, February 7.

**Ables AZ**, Ables JC, Moriarty V and Wacker B. A Pharmacist-Directed Geriatric Courtesy Consult Service. Poster presented at the American College of Clinical Pharmacy Annual Meeting. St. Louis, MO: 1994, August 3.

White RL, Friedrich LV, Kays MB, **Zahaykevich A**, and Koonce R. Protein Binding of Azithromycin in Sera with Normal and Elevated Alpha<sub>1</sub>-acid Glycoprotein (AAG) Concentrations. Poster presented at 31st ICAAC. Chicago, IL: 1991, September 30.

**Grants submitted**

The Power of Healthy Living. Managing patients with type 2 diabetes mellitus and hypertension in a free clinic population: a patient-centered approach. Evans E, Ables AZ. Funded via Eli Lilly Diabetes Navigator Grant Program (\$50,000). My role: Director. January 2021.

Faculty vitality in osteopathic medical schools: Implications for faculty development. Ables AZ, Augustyniak RA, Ribera AK, Stuckey SM. Funded via an AACOM Education Research Grant (\$10,000.00). My role: Principal Investigator. July 2019.

Primary Care Training and Enhancement: Training Primary Care Champions. Januchowski RJ, Ables AZ, Stoner AM. Funded via HRSA-18-013 Training Champions. (\$1,900,000.00). My role: Co-Director. September 2018 - 2023.

The Development and Validation of a Tool to Assess Non-Cognitive Skills in Medical Students Using Collaborative Group Testing. Augustyniak RA, Ables AZ, Stoner AM. Funded via an AACOM Education Research Grant (\$3,732.50). My role: Co-Investigator. July 2018 – December 2019.

**Grants submitted**

Healthcare Students' Perception of an Interprofessional Experience Designed to Assess Fall Risks Among a Community-Dwelling Population. Crawford A, Johnson LA, Jones WM, Scott AM, Ables AZ, Shan L, Warren E, Ochs SD. Submitted to the Josiah Macy Jr. Foundation (\$19,000) – not funded. My role: Co-Investigator. November 2017.

The Effects of OMT on the Management of Chronic Obstructive Pulmonary Disease: A Randomized Controlled Trial. Bowers RJ, Umberger D, Ables AZ, Cannon M, Stoner AM, Warren P. Submitted to the American Osteopathic Association (\$163,667) – not funded. My role: Co-investigator. January 2017.

An Osteopathic Approach to the Treatment of COPD: A Randomized Controlled Trial. Bowers RJ, Umberger D, Ables AZ, Cannon M, Stoner AM, Warren P. Submitted to the American Osteopathic Association (\$134,984) – not funded. My role: Co-investigator. May 2016.

Development, Implementation and Assessment of an Interprofessional Education Program: Identification of Best Practices. Ochs SD, Ables AZ, Martin C. Funded via an AACOM Education Research Grant (\$5,000). My role: Co-investigator. July 2016 – December 2017.

Does Free Clinic Care Decrease Emergency Department Visits? Moore KG, Ables AZ, Bendyk H. Funded by Presbyterian College School of Pharmacy (\$2,500) and Edward Via College of Osteopathic Medicine (\$6,000). My role: Co-Principal Investigator. January 2012 –April 2013.

A Collaborative Model to Improve BP Control and Minimize Racial Disparities. Carter BL, James PA, Ardery G, et al. Funded by the National Heart, Lung and Blood Institute: HL091841-01A1 (Total budget: \$8,482,800). My role: Site Principal Investigator. March 2009 – April 2012.

Impact of a Comprehensive Educational Protocol on Family Medicine Residents' Classification and Treatment of Patients with Asthma. Ables AZ and Godenick MT. Funded by Merck & Co., Inc. (\$3,200). My role: Principal Investigator. January 1998 – May 2000.

Fluconazole Prophylaxis of Severe Candida Infection in Trauma and Post-surgical Patients: A Prospective, Double-blind, Randomized, Placebo-controlled Trial. Ables AZ, Blumer NA, Valainis GT, Godenick MT, and Palesch Y. Funded by Roerig/Pfizer (\$223,202.00). My role: Principal Investigator. March 1994 – February 1998.

**Reviewer for the following journals:**

*Annals of Family Medicine*  
*Journal of Pharmacy Technology*  
*Journal of the American Board of Family Medicine*  
*American Family Physician*  
*Journal of Women's Health & Gender-Based Medicine*

*Family Medicine*  
*Pharmacotherapy*  
*Journal of Family Practice*  
*European Psychiatry*  
*Pediatrics*

### **Awards**

Faculty of the Block. Student Government Association. Edward Via College of Osteopathic Medicine – Carolinas Campus. Block 7 - Winter 2019.

Faculty of the Block. Student Government Association. Edward Via College of Osteopathic Medicine – Carolinas Campus. Blocks 2 & 6 - Fall 2018.

Student Mentor of the Year. Presented by the Student Osteopathic Medical Association, Class of 2020. Edward Via College of Osteopathic Medicine – Carolinas Campus. February 3, 2018.

Engaging Lecturer of the Year. Presented by the Student Osteopathic Medical Association, Class of 2020. Edward Via College of Osteopathic Medicine – Carolinas Campus. February 3, 2018.

Faculty of the Block. Student Government Association. Edward Via College of Osteopathic Medicine – Carolinas Campus. Block 6 - Fall 2017.

Faculty of the Block. Student Government Association. Edward Via College of Osteopathic Medicine – Carolinas Campus. Block 4 - Spring 2017.

Faculty of the Block. Student Government Association. Edward Via College of Osteopathic Medicine – Carolinas Campus. Block 6 - Fall 2016.

Certificate of Appreciation. Recognition for organizing the volunteer Cleveland park event team in accordance with the VCOM commitment to serve underserved communities. October 2015.

American College of Osteopathic Family Physicians. 2014 Osteopathic Family Physician Attending Paper of the Year. Update on Stroke Management. March 2015. Las Vegas, NV.

Biomedical Professor of the Year, 2013-2014 presented by the Student Osteopathic Medical Association, Edward Via College of Osteopathic Medicine – Carolinas Campus. January 25, 2014.

Biomedical Faculty Educator of the Year 2013, Finalist - Sigma Sigma Phi Chi-Alpha.

Lecturer of the Year Award – “D.Oscar” presented by the class of 2015, Edward Via College of Osteopathic Medicine – Carolinas Campus. January 19, 2013.

Award for Excellence. Merck & Co., Inc. November 17, 1997.

Spartanburg Regional Healthcare System Residents' Award for Outstanding Service and Education. June 14, 1996.

**Professional Affiliations**

International Association of Medical Student Educators	2015 - present
Society of Osteopathic Medical Educators	2012 - present
American Osteopathic Association, associate member	2014 - present
North American Primary Care Research Group, member	2001 - 2012
Society for Teachers of Family Medicine, member	1999 - 2016
Co-Chair Group on Pharmacotherapy	2002 - 2006
American College of Clinical Pharmacy, member	1993 - present
South Carolina Society of Hospital Pharmacists, member	1991 - 1995

**Community Service/Outreach**

SC DHEC COVID-19 Pandemic Clinical Advisory Panel Member. March 2020 – November 2020.

International Medical Mission Trip to the Dominican Republic. Edward Via College of Osteopathic Medicine. October 5 - 12, 2019.

Yoga and Mindfulness. Upstate Women in Leadership Conference. Converse College, Spartanburg, SC. June 21, 2018.

International Medical Mission Trip to El Salvador. Edward Via College of Osteopathic Medicine. April 7 - 14, 2018.

Partners for Active Living. Board of Directors. Co-Chair, Strategic Planning. Spartanburg, SC. July 2017 - present.

Stress relief – No Glass Ceiling Here. Women in Business Annual Meeting. Spartanburg Area Chamber of Commerce. Converse College, Spartanburg, SC. May 24, 2017.

College Town – Social Engagement Committee. Spartanburg, SC. 2016 – 2018.

VCOM and Osteopathic Medicine. League of Women Voters. Spartanburg, SC. November 17, 2016.

International Medical Mission Trip to Santa Rosa, Honduras. Edward Via College of Osteopathic Medicine. October 8 - 15, 2016.

United Way of the Piedmont Community Build. Organized a team of 25 volunteers to help rebuild a local playground, Cleveland Park, Spartanburg SC. October 21, 2015.

Yoga and Heart Health. WomenHeart Support Group. William L. Arthur Center. Spartanburg, SC. September 16, 2015.

### **Community Service/Outreach**

Keeping Mind Body Connections: Breathwork and Meditation. Center for Health and Healing. Spartanburg Medical Center, Spartanburg, SC. July 15, 2015.

International Medical Mission Trip to Santa Rosa, Honduras. Edward Via College of Osteopathic Medicine. October 11 - 18, 2014.

International Medical Mission Trip to Santa Rosa, Honduras. Edward Via College of Osteopathic Medicine. October 13 - 20, 2013.

First Presbyterian Church Health Series: Sleep, Anxiety and Depression. Spartanburg, SC. February 6, 2013.

Girls and Books. Morning reading program, grades 2-5. Jesse Bobo Elementary School. Spartanburg, SC. January 16, 2013.

International Medical Mission Trip to Santa Rosa, Honduras. Edward Via College of Osteopathic Medicine. April 1 - 8, 2012.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. January 10, 2012.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. March 8, 2011.

Healthy Heart Workshop: Medication Management of Hypertension and Hyperlipidemia. State Health Plan Prevention Partners. Gibbs Cancer Center Auditorium, Spartanburg, SC. May 26, 2010.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. December 8, 2009.

Community Connection for Reluctant to Quit and Relapsed Smokers. Pharmaceutical Options. Spartanburg County Library. Spartanburg, SC. June 20, 2009.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. December 2, 2008.

Healthy Heart Workshop: Hypertension and Hyperlipidemia. Co-sponsored by the American Heart Association and State Health Plan Prevention Partners. Spartanburg Community College, Spartanburg, SC. August 13, 2008.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. October 16, 2007.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. March 21, 2006.

Chronic Disease Management Workshop: Hypertension and Hyperlipidemia. Co-sponsored by the American Heart Association and State Health Plan Prevention Partners. Spartanburg Technical College, Spartanburg, SC. June 22, 2005.

### **Community Service/Outreach**

Medications for the treatment of ADHD and Bipolar disorder. Staff in-service at the Ellen Hines Smith Girls Home. Spartanburg, SC. March 15, 2005.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. June 22, 2004.

Chronic Disease Management Workshop: Hypertension and Hyperlipidemia. Co-sponsored by the American Heart Association and State Health Plan Prevention Partners. Spartanburg Technical College, Spartanburg, SC. September 18, 2003.

Bipolar Support Group: discussion of psychotropic medications. Spartanburg Regional Medical Center, Spartanburg, SC. May 20, 2002

Update on Respiratory Medications. Pulmonary Support Group. Spartanburg Regional Healthcare System. October 2, 2001

Women's Expo 2002, Health, Humor, & Hormones. Spartanburg, SC Chairperson, 2001 - 2002

Crossroads Support Group: discussion of psychotropic medications. Mental Health Association of the Piedmont, Inc. Trinity United Methodist Church, Spartanburg, SC. March 28, 2001

Balance and Bones. Osteoporosis Rehabilitation Program. Discussion of medications for osteoporosis. Rehabilitation Department, Spartanburg Regional Healthcare System. February 15, 2001

Women's Expo 2001, Health, Humor, & Hormones. Spartanburg, SC Steering Committee 2000 - 2001

Balance and Bones. Osteoporosis Rehabilitation Program. Discussion of medications for osteoporosis. Rehabilitation Department, Spartanburg Regional Healthcare System. November 14, 2000

Chronic Disease Management Workshop: Hypertension. Co-sponsored by the American Heart Association and State Health Plan Prevention Partners. Spartanburg Technical College, Spartanburg, SC. May 16, 2000

Bipolar Support Group: discussion of psychotropic medications. Mental Health Center, Spartanburg, SC. March 20, 2000

Women's Expo 2000, Health, Humor, & Hormones. Spartanburg, SC Chairperson, Steering Committee 1999 - 2000

Women's Expo '99, Health, Humor, & Hormones. Spartanburg, SC Steering Committee 1998 -1999

Women's Expo '98, Health, Humor, & Hormones. Spartanburg, SC Steering Committee 1997-1998

Asthma Camp for Children. Spartanburg, SC. Organizing Committee & Volunteer. October 24-26, 1997

Women's Expo '97, Health, Humor, & Hormones. Spartanburg, SC Steering Committee 1996 - 1997

Volunteer pharmacist, St. Luke's Free Medical Clinic. Spartanburg, SC 1992 - 2004

**Miscellaneous**

*Prescriber's Letter* and *Pharmacist's Letter*. Therapeutic Research Center. Topic selection and Recommendations Board member. 2013 - 2018.

National Board of Osteopathic Medical Examiners – COMLEX USA Level 1 Item Writing Workshop. Chicago, Ill. August 6 - 7, 2015.

National Board of Osteopathic Medical Examiners - Completion of item-writing course and recognition as a skilled item writer. September 2012.

YOGAlicious, LLC. Spartanburg, SC. Registered Yoga Teacher (Yoga Alliance) and Co-Owner, 2006 - 2018.

Dynamic Medical Information System ([www.DynamicMedical.com](http://www.DynamicMedical.com)). Editorial Board, Reviewer. 2003 - 2015.

National Faculty for the Core Content Review of Family Medicine. Bloomfield, CT. 2001 - 2003.