

Elyse J Watkins, DHSc, MS, PA-C, DFAAPA, NCMP

**Education**

**Doctor of Health Science (DHSc)**

Certificate in Global Health 2016  
Nova Southeastern University, Ft. Lauderdale, FL

**Doctor of Philosophy (PhD) coursework**

Biological Anthropology 2012-2014  
Indiana University, Bloomington, IN

**Master of Science in Health Care Management**

California State University, Bakersfield, CA 2001  
\*Healthcare Management Student of the Year, 1997  
\*Thesis paper, *What Does Coccidioidomycosis Mean*, presented to Social Science Research Colloquium, Cal State Chico, 1997

**Bachelor of Science and Post-Baccalaureate Certificate, Physician Assistant**

George Washington University, Washington, DC 1993  
\*National Health Service Corps scholarship recipient, 1995  
\*Dean's List

**Bachelor of Arts in Anthropology and Sociology**

\*Minor in Studio Art 1990  
Virginia Commonwealth University, Richmond, VA

**Professional Work Experience - Academic**

**Associate Clinical Professor**

May 2024-

**Associate Chair**

Northeastern University  
Doctor of Medical Sciences  
Boston, Massachusetts

**Associate Professor**

2017-May 2024

University of Lynchburg

School of PA Medicine

Doctor of Medical Science (DMSc)

Lynchburg, Virginia

- Emergency Management and Global Health concentration lead
- Course director, Global Health (DMSc, online)
- Certificate creator, Global Health (DMSc, online)

- Course director and course creator, Clinical Issues in Infectious and Tropical Diseases (DMSc, online)
- Course director and course creator, Social and Behavioral Issues in Global Health (DMSc, online)
- Certificate creator, Epidemiology (DMSc, online)
  - Developed three courses for the certificate: Biostatistics, Epidemiology of Infectious Disease, and Epidemiology of Chronic Disease
- Certificate creator, Public Health (DMSc, online)
  - Developed three courses for the certificate: History of Public Health, Critical Topics in Public Health, and Biostatistics/Epidemiology
- Section director, Evidence-based Medicine (DMSc, online)
- Section director, Doctoral Project (DMSc, online)
- Lecturer, Reproductive Medicine for didactic year PA students (in-person)
- Lecturer, Reproductive Medicine, Endocrinology, and Professional Practice for end-of-year summatives and board review for PA students (in-person)
- Guest lecturer for Dr. David Freir's undergraduate biology class on The Treatment of Breast Cancer, Nov 3, 2021

Service to University

- Safe Space Ally (ongoing)
- Campus-wide Equity Advocate (ongoing)
- College of Medical Science/DMSc representative for the Student Scholar Showcase Committee, 2023

Service to Program/School

- Co-Chair, Search Committee
- Member, Curriculum Committee
- Member, Policies and Procedures Committee

**Assistant Professor**

August 2018- current

Florida State University

School of Physician Assistant Practice

College of Medicine

- Course director, Women's Health (online and in-person)
- Course director, Professional Development for the PA (online)
- Course co-director, Women's Health Supervised Clinical Experiences
  - Grade and provide formative feedback on students' weekly history and physical exam write-ups and first delivery reflection

**Adjunct Faculty**

2022-current

Emory and Henry University

Physician Assistant Program

- Director, Reproductive Medicine
- Director, Practice-based Learning and Improvement

**Adjunct Faculty**

Gardner-Webb University

Physician Assistant Program

- Course director, Evidence-based Medicine and Public Health Summer 2023

**Visiting Lecturer**

Sept 2020 – current

Elon University

Physician Assistant Program

- Course director, Women's Health

**Assistant Professor**

July 2014 – August 2018

High Point University

Department of Physician Assistant Studies

High Point, North Carolina

- Course director, Health Care Provider Communications (2015 & 2016)
- Course director, History and Physical Examination I, II, & III (2015 & 2016)
  - Lab instructor (2018)
- Course director, Health Care Ethics and Policy (2015, 2016, 2017)
- Course director, Pharmacology I, II, III (2016, 2017, 2018)
- Course director, Evidence-based Medicine I, III (2017)
- Course director, Master's Project (2017)
- Facilitator for problem-based learning (2017, 2018)

**Other academic activities:**

- Developed simulation and debriefing activities for didactic and clinical students on various obstetric topics, including normal labor and delivery and postpartum hemorrhage
- Assisted with the creation and delivery of formative and summative evaluations
- Evaluated students via LearningSpace on competencies with standardized patients
- Advised students during the didactic phase of the curriculum
- Participated in ARC-PA accreditation process

**Program committee activities:**

- Chair, Search Committee for Medical Education Specialist (2016 - 2017)
- Member, Principal Faculty Committee (2014 – 2018)
- Member, Admissions Committee (2016 – 2017)
- Member, Self-assessment Committee (2017-2018)

**University service:**

- Faculty Senate (2017- 2018)
- Pre-PA Club Faculty Advisor (2016 - 2018)
- Graduate Student Association Faculty Advisor (2016- 2018)
- GradFund Committee member (2016- 2018)
- Global Studies Committee member (2016-2017)
- Service Learning Committee member (2017-2018)

**Assistant Clinical Professor and Clinical Coordinator**

July 2012-June 2014

Indiana University Physician Assistant Program  
Indianapolis, Indiana

- Participated in ARC-PA accreditation process
- Member, Faculty Search Committee
- Member, Governance Committee
- Member, Admissions Committee
- Chair, Indiana Academy of Physician Assistants Clinical Education Committee
- Member, Indiana Academy of Physician Assistants Membership Committee
- Co-Instructor, Introduction to the PA Profession
- Instructor, Clinical Medicine: Respiratory, Endocrinology
- Course Director, Women's Health

**Professional Work Experience – Clinical**

**Physician Assistant**

2015- 2020

Wake Forest Baptist Health-Community Physicians  
Mocksville, NC

- Performed immediate care including suturing, splint placements, and assessment of primary care and emergency complaints in an urgent care located in a rural county
- Utilized Epic EMR

**Physician Assistant**

2007-2011

Advanced Women's Health Center, Bakersfield, CA

- Assessed and treated ob/gyn patients in a five provider office
- First assisted in cesarean sections and other gynecologic surgeries
- Performed routine gynecologic exams, new obstetric visits, and return OB visits
- Performed and interpreted NSTs in the office
- Performed various gynecologic office procedures such as IUS insertion and removal; colposcopy and biopsy; EMB; limited ultrasonography to assess fetal position and viability of early pregnancy; Implanon insertion and removal
- Managed peri- and post-menopausal patients with pharmaceutical and compounded hormone regimens
- Precepted physician assistant students from Stanford University

**Physician Assistant**

1999-2006; 3/12-7/12

Women's Care Center, Bakersfield, CA

- Assessed and treated ob/gyn patients in a three-provider office serving low income, indigent, and incarcerated patients
- Performed routine gynecologic exams, new obstetric visits, and return OB visits

- Performed various gynecologic office procedures such as IUS insertion and removal; Implanon insertion and removal; colposcopy and biopsy; EMB; urodynamics; limited ultrasonography to assess fetal position and viability of early pregnancy
- Managed menopausal patients with various hormone regimens including injectable, compounded, and traditional hormone therapies
- Actively participated in California state-funded Comprehensive Perinatal Services Program, a comprehensive patient education and referral program for low income pregnant patients
- Precepted physician assistant students from Western University, Stanford University, and UC Davis

**Physician Assistant**

1997-2000

Clinician's Medical Group, Bakersfield, CA (was a newly established office with physicians from Bakersfield Family Medical Center; see below)

- Assessed and treated patients across the lifespan in a multi-specialty medical office
- Performed various office procedures including skin lesion removals, biopsies, toenail removals, arthrocentesis, and immediate wound care and suturing
- Developed a mini-gynecology after-hours and weekend clinic

**Physician Assistant**

1995-1997

Bakersfield Family Medical Center, Bakersfield, CA

- Assessed and treated patients in an outpatient family practice office
- Assessed and treated patients in the Urgent Care Center during evening and weekend hours

**Physician Assistant**

1993-1995

National Health Services, Inc., Bakersfield, CA

- Assessed and treated patients across the lifespan in various rural health clinics serving low-income and indigent non-English speaking patients in a federally qualified health-professional shortage area
- Solo health care provider at a satellite clinic forty miles from Bakersfield

**Professional Affiliations**

- Distinguished Fellow – The American Academy of Physician Assistants
- Consortium of Universities in Global Health
- Physician Assistants for Global Health
- North Carolina Medical Society
- North Carolina Academy of Physician Assistants
- Piedmont Association of Physician Assistants
- Association of PA in Ob/Gyn
- The American College of Obstetricians and Gynecologists
- Physician Assistant Education Association

- California Academy of Physician Assistants member (expired)
- Indiana Academy of Physician Assistants member (expired)

### **Physician Assistant State Licenses**

- North Carolina (inactive)
- California (inactive)
- Indiana (inactive)
- New York (inactive)

### **Certifications/Licenses**

- Certificate in Climate Change and Human Health, Yale University School of Public Health, April 2024
- Certificate in Practical Improvement Science in Healthcare: A Roadmap for Getting Results. Harvard University, June 2023
- North American Menopause Society – Certified Menopause Practitioner, 2021
- BLS/ACLS (inactive)
- DEA license (current)
- Physician Assistant-Certified (active and current)

### **Service to Profession**

- President, North Carolina Academy of PAs (2021)
- Department Editor, Women's Health, *Journal of the American Academy of PAs* (September 2020 - current)
- Chair, Strategic Planning Committee, North Carolina Academy of PAs (2020)
- Member, Commission on Continuing Professional Development and Education, American Academy of PAs (2020 – 2022)
- American Academy of Physician Assistants Annual CME Conference Workshop Moderator (May 2020; conference cancelled due to COVID-19)
- North Carolina Academy of Physician Assistants Finance Committee (2020- 2022)
- North Carolina Academy of Physician Assistants Professional Development Review Panel Committee (2019 - 2022)
- North Carolina Academy of Physician Assistants Educational Development Panel (2016- 2022)
- North Carolina Academy of Physician Assistants Membership and Marketing Committee (2019 – 2022)
- Piedmont Association of PAs Vice President (2016 – 2019)
- American Academy of Physician Assistants Annual CME Conference Session Moderator (May 2019)
- North Carolina Medical Society Legislative Cabinet, invited member (September 2018 – current)

- Peer reviewer, North Carolina Academy of Physician Assistants Poster Session (2017)
- Item Writer, Rosh Review (September 2017)
- AAPA Delegate to the American College of Obstetricians and Gynecologists Facility Standards Task Force Development Committee (12/2017)
- Director-at-large, North Carolina Academy of Physician Assistants (2017- 2019)
- North Carolina Academy of Physician Assistants Nominating Committee, (2017 – 2019)
- North Carolina Medical Society Leadership Academy Scholar (2015-2016)
- Peer reviewer, *Journal of the American Academy of Physician Assistants* (2015-current)
- Piedmont Association of PAs Student Mentor (2015 - current)
- Committee member, AAPA's Health of the Population (2014-2015)
- Chair, CME Committee, Indiana Academy of Physician Assistants (2013 – 2014)
- Assistant Chair, Membership Committee, Indiana Academy of Physician Assistants (2013-2014)
- Testified at Indiana Senate hearing regarding HB 1099, March 2013, Indianapolis, IN

### **Service to Community**

- Founding Board Member, Stepping Stones for Global Development, a 501(c)3 organization (2022-)
- Volunteer, Community Home Care and Hospice (2022- current)
- Completed a medical mission to Ecuador and the Galapagos Islands (2023)
- Completed a medical mission to Oaxaca, Mexico with PA students (2020)
- Completed a medical mission to Nicaragua with PA students (2019)
- Supervised didactic year PA students at local community events where students provide blood pressure screenings and health education (2012 - 2018)
- Invited speaker for the High Point Boys and Girls Club on “Making Good Choices and Keeping Your Bodies Healthy by Not Using Drugs and Alcohol,” with a focus on risk of contracting STIs when under the influence of drugs and/or alcohol. (3/2016)
- Volunteer, World Relief High Point Anti-Human Trafficking and Refugee Center (2014-2016)
- Faculty participant, UNC Teen Pregnancy Prevention (2015)
- Participant, 2015 & 2016 Martin Luther King, Jr. Day of Service
- Member, Leadership Committee, Promoting Smoke-free Pregnancies in Indiana, 2013-2014
- Participant, Methodist Hospital’s Day of Service, Indianapolis, IN, 2013
- Team leader, American Cancer Society’s Relay for Life, Bakersfield, CA, 2010
- Completed a medical mission trip to Tanzania, Africa, 2010
- Completed a medical mission trip to Guatemala, 1998

### **Professional Growth Conference Attendance**

- Psychopharmacology, Harvard University, 4/21
- Psychiatric Disorders in Women: Diagnostic and Treatment Considerations Across the Female Lifespan, Massachusetts General Hospital, 3/21
- American Academy of PAs Leadership and Advocacy Summit, March 2021 (Virtual)
- American Academy of PAs Leadership and Advocacy Summit, March 2020
- Developing Sound Multiple-Choice Questions, High Point University, June 2017
- Pharmacology Review, May 2016
- Medical Ethics Symposium, Wake Forest University, Spring 2015

### **Invited Speaking Engagements**

- Wake Forest University, “Global Maternal Morbidity and Mortality,” (7/22)
- Wake Forest University, “Travel Medicine,” (3/23)
- Association of PAs in Ob/Gyn, “Maternal Mortality and Morbidity,” (6/21)
- Piedmont Association of PAs, “Menopause for the Primary Care PA,” (6/21)
- Virginia Academy of PAs, “Care of the Breast Cancer Survivor,” (7/21)
- Virginia Academy of PAs, “Update on the Management of Menopause,” (7/21)
- North Carolina Academy of PAs, “Psychedelics in Medicine: An Update,” (8/21)
- North Carolina Academy of PAs, “Creativity and Medicine,” (11/21)
- American Academy of PAs Annual Conference, “Early Pregnancy Loss,” (5/21)
- American Academy of PAs Annual Conference, “Postpartum Hemorrhage,” (5/21)
- Campbell University PA Program, “Leadership,” (4/21)
- North Carolina Academy of PAs, “Breast Cancer Survivorship,” (2/21)
- North Carolina Academy of PAs, “Dyspareunia,” (2/21)
- PAs for Global Health, “Maternal Morbidity and Mortality: A Global Perspective,” (3/21)
- American Academy of PAs We are Family Winter CME, “Menopause,” (2/21)
- Virginia Academy of PAs Fall Conference, “Early Pregnancy Loss,” (11/20)
- Skin, Bones, Hearts, and Private Parts. Multiple sessions at four venues in 2020.
  - “Preterm Labor,” “Maternal Morbidity and Mortality,” “Ob/Gyn Emergencies,” “Hypertensive Disorders in Pregnancy,” and “Menopause.”
- Wake Forest University PA Program. “Travel Medicine.” (5/20)
- North Carolina Academy of Physician Assistants Annual Summer CME Conference, “Early Pregnancy Loss” and “Care of the Returning Traveler with Fever,” (8/20)
- North Carolina Academy of Physician Assistants Annual Winter CME Conference, “Ob/Gyn Emergencies” and “Ob/Gyn Pharmacology,” (2/20)
- Florida State University School of PA Practice Inaugural Graduation Keynote Speaker, (12/19)
- North Carolina Academy of Physician Assistants Women’s Health Conference, “Update on Screening Guidelines” and “Pelvic Pain,” (11/19)
- North Carolina Academy of Physician Assistants Summer Conference, “Travel Medicine” and “The Differential Diagnosis of Pelvic Pain,” (8/19)
- Georgia Academy of PAs Summer CME Conference, Women’s Health Track, (7/19)



- Topics included menopause/GUSM, hypertensive disorders in pregnancy, disorders of the uterus, update on breast cancer, and an IUS insertion workshop.
- American Academy of Physician Assistants Annual CME Conference, “Breast Cancer,” (5/19)
- Piedmont Association of PAs/Appalachian Association of PAs, “Update on Cervical Cancer Screening,” (4/19)
- Piedmont Association of PAs, “Guidelines Regarding Zika Testing for Reproductive-aged Women and Men,” (4/19)
- North Carolina Academy of PAs Winter CME and Board Review, “Reproductive Medicine Review,” (2/19)
- Tennessee Academy of PAs Fall CME Conference, “Disorders of the Uterus,” (10/18)
- North Carolina Academy of PAs, “Breast Cancer,” (8/18)
- American Academy of PAs, “Hypertensive Disorders in Pregnancy,” (5/18)
- Piedmont Association of PAs, “STI Update,” (1/18)
- North Carolina Academy of PAs Summer CME Conference, “Update on Menopause,” (8/17)
- New York State Society of PAs Fall CME Conference, “Hypertensive Disorders of Pregnancy,” Fall 2017.
- Tennessee Academy of PAs Fall CME Conference, “Menopause: Where are We Now?” Fall 2017
- South Carolina Academy of PAs Fall CME Conference, “Ob/Gyn Review,” Fall 2017
- Southeast Regional Chapter, American College of Obstetrics and Gynecology, “Utilization of APPs in Ob/Gyn” (7/17)
- Association of PAs in Obstetrics and Gynecology Webinar, “What’s New in Menopause?” (6/17)
- Montana Academy of PAs, Summer CME Conference, “Update on Gynecologic Screening” and “HPV and Pap Update” (6/17)
- North Carolina Academy of PAs Summer CME conference, “Reproductive Health” (8/17)
- Indiana Academy of PAs, Indiana Fall CME conference, “Reproductive Health” and “Dysfunctional Uterine Bleeding” (10/16)
- Piedmont Association of PAs, “Dysfunctional Uterine Bleeding” (4/16)
- North Carolina Academy of PAs Winter CME conference, “Reproductive Review” (2/16)
- North Carolina Academy of PAs Winter CME conference, “Reproductive Review” (2/15)
- NCAPA’s Summer CME conference, “HPV and the Pap” (8/15)
- Piedmont Association of PAs Winter CME conference, “HPV and Pap Testing: State of the Evidence” (10/14)

### **Scholarship/Publications**

Springer Publishing. Invited editor for multiple chapters and books on clinical medicine, 2022-current.

Connors A, **Watkins E**. Oral iron replacement vs IV iron treatment in bariatric surgery patients with anemia. *Journal of the American Academy of Physician Assistants*, 36(4):1-6. April 2023.

**Watkins E**. (ed). Obstetrics and Gynecology. *Physician Assistant Clinics*, 7(3). Elsevier; 2022: [https://doi.org/10.1016/S2405-7991\(22\)00036-6](https://doi.org/10.1016/S2405-7991(22)00036-6).

Steele AR, **Watkins E**. Breast cancer. In: Watkins, E, ed. *Physician Assistant Clinics*, 7(3). Elsevier; 2022:433-446.

Shaffron M, **Watkins E**. Behavioral health in obstetrics and gynecology. In: Watkins, E, ed. *Physician Assistant Clinics*, 7(3). Elsevier; 2022:465-476.

Weikel K, **Watkins E**. Gestational trophoblastic disease and neoplasia. In: Watkins, E, ed. *Physician Assistant Clinics*, 7(3). Elsevier; 2022:513-520.

Rodriguez M, **Watkins E**. Labor and delivery. In: Watkins, E, ed. *Physician Assistant Clinics*, 7(3). Elsevier; 2022:559-578.

Rolfs J, **Watkins E**. Non-invasive prenatal screening for fetal aneuploidy. *Clinical Advisor*. <https://www.clinicaladvisor.com/home/topics/ob-gyn-information-center/noninvasive-prenatal-screening-fetal-aneuploidy/> Published September 15, 2021.

**Watkins E**, Hass VM. Chapter 27: Pharmacotherapy related to women's health conditions. In: Luu, B, Kayingo, G, Hass, VM, eds. *Advanced Pharmacology for Prescribers*. New York: Springer Publishing; 2021:413-436.

Jackson T, **Watkins E**. Early pregnancy loss. *Journal of the American Academy of Physician Assistants*, 34(3):22-27. March 2021.

**Watkins, E**. Quick Recertification Series: Uterine Disorders. In: Bushardt RL, Colomb-Lippa DM, Klinger A, Reed H (eds). *The JAAPA QRS Review for PAs: Study Plan and Guide for PANCE and PANRE*. Lippincott Williams and Wilkins; 2021.

**Watkins, E**. Quick Recertification Series: Breast Cancer. In: Bushardt RL, Colomb-Lippa DM, Klinger A, Reed H (eds). *The JAAPA QRS Review for PAs: Study Plan and Guide for PANCE and PANRE*. Lippincott Williams and Wilkins; 2021.

**Watkins, E**. Quick Recertification Series: Dysfunctional Uterine Bleeding. In: Bushardt RL, Colomb-Lippa DM, Klinger A, Reed H (eds). *The JAAPA QRS Review for PAs: Study Plan and Guide for PANCE and PANRE*. Lippincott Williams and Wilkins; 2021.

**Watkins, E**. Quick Recertification Series: Hypertension Disorders in Pregnancy. In: Bushardt RL, Colomb-Lippa DM, Klinger A, Reed H (eds). *The JAAPA QRS Review for PAs: Study Plan and Guide for PANCE and PANRE*. Lippincott Williams and Wilkins; 2021.

Gajarawala S, Wells A, **Watkins E**, Rust B, Archambault M. Intrathecal hydromorphone as an analgesia option for gynecology patients. *Journal of the American Academy of Physician Assistants*, 33(8):33-37, August 2020.

**Watkins, E.** Mindful Practice: The overcoming. *Journal of the American Academy of Physician Assistants*, May 2020.

**Watkins, E.** Mindful Practice: Sisterhood. *Journal of the American Academy of Physician Assistants*, May 2020.

**Watkins, E** and Stem, K. Postpartum hemorrhage. *Journal of the American Academy of Physician Assistants*, 33(4):29-33, April 2020. doi: 10.1097/01.JAA.0000657164.11635.93

**Watkins, E.** *The Physician Assistant Student's Guide to the Clinical Year: OB-GYN*. New York: Springer Publishing; 2020.

**Watkins, E.** Overview of breast cancer. *Journal of the American Academy of Physician Assistants*, 32(10):13-17, October 2019. doi: 10.1097/01.JAA.0000580524.95733.3d.

**Watkins, E.** and Saldanha, C. Hypertensive disorders of pregnancy. *Journal of the American Academy of Physician Assistants*, 32(2):42-43, February 2019. doi:10.1097/01.JAA.0000552732.88186.84

**Watkins, E.** Abnormal uterine bleeding. *Journal of the American Academy of Physician Assistants* 31(9):47-48, September 2018. doi: 10.1097/01.JAA.0000544302.46201.43

**Watkins, E.** *Professional practice for PAs*. October 2018. CME4Life, Buffalo, NY.

**Watkins, E.** Menopause: The best years of our lives. *Physician Assistant Clinics*, 3(3): 373-383. July 2018. doi:<https://doi.org/10.1016/j.cpha.2018.02.006>

**Watkins, E.** and Guerrini, J. Procalcitonin-guided treatment of lower respiratory tract infections. *Journal of the American Academy of PAs*, 31(1):50-52, January 2018. doi: 10.1097/01.JAA.0000527711.69310.ae

**Watkins, E.,** Hellams, A., and Saldanha, C. The diagnosis and management of first trimester bleeding. *Journal of the American Academy of Physician Assistants*, 30(6):15-20, June 2017. doi: 10.1097/01.JAA.0000516341.64222.81

**Watkins, E.,** and Lim, S., (2016). Post-Women's Health Initiative: Where are we now? Submitted to *JAAPA* Fall 2016 and accepted for online-only publication.

**Watkins, E.** and Archambault, M. Understanding the new pregnancy and lactation drug labeling. *Journal of the American Academy of Physician Assistants*, 29(2): 50-52, February 2016. doi: 10.1097/01.JAA.0000475474.25004.cf

