

**Wake Forest University School of Medicine**

Curriculum Vitae

NAME: Rachel Zimmer, RN, DNP, NP-C

CURRENT ACADEMIC TITLE: Instructor, Non Tenured  
Department of Internal Medicine  
Section of Gerontology and Geriatric Medicine  
Sticht Center for Healthy Aging and Alzheimer's  
Prevention  
Instructor, Cross Appointment  
Department of FaithHealth (10%)  
Department of Population Health (10%)

ADDRESS: Department of Internal Medicine  
Section of Gerontology and Geriatric Medicine  
Wake Forest School of Medicine  
Medical Center Boulevard  
Winston Salem, North Carolina 27157  
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EDUCATION:

8/2007-6/2009	University of North Carolina at Greensboro Greensboro, North Carolina Bachelors of Science in Nursing Chancellors and Deans List Scholarship from Oncology Nurses Society
8/2009-12/2012	University of North Carolina at Greensboro Greensboro, North Carolina Masters of Nursing Science Adult/Gerontological Nurse Practitioner Scholarship from North Carolina Masters Scholars Scholarship from Kulynych Foundation Thesis topic: Role of Healing Touch in Pain Management
8/2014-7/2016	East Carolina University Greenville, North Carolina Doctor of Nursing Practice Phi Kappa Phi Dissertation: Establishment of a free health clinic in

North Carolina  
Dr. Michelle Skipper, DNP. Advisor

PROFESSIONAL LICENSURE:

2012-present	Adult and Gerontological Nurse Practitioner American Association of Nurse Practitioners North Carolina Board of Nursing NPI # 1679813240 DEA # MB2840571
2005-present	Registered Nurse North Carolina Board of Nursing License # 201398

ACADEMIC APPOINTMENTS:

2016-present	Instructor Department of Gerontology and Geriatrics Wake Forest Baptist Medical Center Winston Salem, North Carolina Co-director Geriatric House Call Program
2016-present	Instructor, Cross Appointment Department of FaithHealth Wake Forest Baptist Medical Center Winston Salem, North Carolina Leader of free clinic initiatives regionally

EMPLOYMENT:

2005-2013	Registered Nurse Department of Oncology, Bone Marrow Transplant Wake Forest Baptist Hospital Winston Salem, North Carolina Oncology Certified Nurse Charge Nurse
2013-present	Adult/Gerontological Nurse Practitioner Department of Gerontology and Geriatrics Wake Forest Baptist Medical Center Winston Salem, North Carolina

INSTITUTIONAL SERVICE:

COMMITTEES:

Wake Forest School of Medicine

2017-present	CME Committee Hospitalwide Committee, active member
2016-present	Chair Advanced Practice Provider's (APP) Onboarding Committee to improve the onboarding of APPs within the institution
2016	Health Professional Institute Committee
2015-present	Advanced Practice Providers Advisory Council
2015-present	Fellow Competency Committee Section on Gerontology
2015-2017	Chair Free Clinic Leader Committee
2015-2016	STAT Committee for improvement of employee experience based on Pulse Survey; Representative for APPs

PROFESSIONAL MEMBERSHIPS AND SERVICE:

2017-present	Sticht Center for Healthy Aging and Alzheimer's Prevention (CHAAP)
2015-present	American Gerontological Society Reviewer for 2018 AGS presentations
2014-present	North Carolina Nurses Association Doctor of Nursing Practice Committee Gerontological Nurse Practitioner Committee
2014-present	American Nurses Association
2012-present	American Association of Nurse Practitioners

HONORS AND AWARDS:

2016	Certificate of Recognition for Grace Free Clinic
2015	Phi Kappa Phi, East Carolina University

2008	Nurse Excellence Award, North Carolina Nurses Association
2007-2009	Chancellors and Deans List, University of North Carolina at Greensboro

#### PROFESSIONAL INTERESTS:

Personal clinical interests include an interest in expanding services to the underserved of local communities, both by improving the efficiencies of current systems in place (free clinic networks) and by expanding services through mobile clinic models. Also have practical research interest in the effect that services provided has on health outcomes of the underserved populations. I am co-director of the Geriatrics Primary Care House Call program and help improve upon this model of care by increasing the types of services provided at home, improving quality of care in the home setting, as well as improving the delivery models of care. Educationally, I have interest in teaching as adjunct faculty in a University level nursing program, with a focus on geriatric content.

#### RESEARCH:

2015-2017	Principal Investigator, The Development of a Free Health Care Clinic in Forsyth County
2015-2016	Study Team, A Pragmatic Trial for COMprehensive Post-Acute Stroke Services (COMPASS) Pamela Duncan, Principal Investigator Section on Neurology PCORI Grant funded
2014-2016	Study Clinician, PACE study Suzanne Craft, PhD, Principal Investigator Section on Gerontology
2014-2016	Study team, A4 study Suzanne Craft, PhD, Principal Investigator Section on Gerontology
2014-2016	Study Team, ADPPR Suzanne Craft, PhD, Principal Investigator Section on Gerontology

#### GRANT PROPOSALS:

2017	Mobile Clinic for Underserved Community CTSI Pilot Grant, Principal Investigator
2017	Home-Based Primary Care in Underserved Community

CTSI Pilot Grant, Co-Principal Investigator

FUNDED GRANTS

2017

2018

CTSI Mentor Academy Recipient  
CTSI Grant

PRESENTATIONS:

2017

Interdisciplinary Team Approaches to Home Based Primary Care  
Gerontology Fellows Core Conference  
Wake Forest Baptist Health

2017

Speaker: Free Clinic Development, Lessons Learned, Next Steps  
North Carolina Nurses Association Nurse Practitioner Symposium  
Asheville, North Carolina

2016

Establishment of a Free Clinic in North Carolina  
Doctors of Nursing Practice National Conference

2016

Establishment of a Free Clinic in Forsyth County  
North Carolina Nurses Association

2016

Free Medical Clinics and the Uninsured  
FaithHealth Regional Conference

2016

House Calls  
Fellows Core Conference  
Wake Forest Baptist Medical Center

2016

Patient Centered Care  
Eric Nielson Geriatrics Symposium

2013

Caregiver Burden  
Eric Nielson Geriatrics Symposium

INVITED PRESENTATIONS:

2018

Differentiating Dementia Types with Key Questions  
Nurse Practitioner Symposium, NCNA

April 9-11

2018 Leadership  
NCNA Northwest Region event, Boone, NC  
July 17

2018 Expanding Role of Nurse Practitioners in Home Based Primary  
Care for Dementia Patients  
AANP National Conference, Denver Colorado  
July 26

#### PUBLIC OUTREACH:

2017 The Shalom Project  
Provide medical and nursing care to the underserved

2017 El Buen Health Fair Outreach  
Represented Gerontology Section and Free Clinic Care

2017 Medical Provider for FaithHealth two day retreat providing  
executive physicals, health education for local African American  
clergy in underserved communities

#### INNOVATIONS:

2017 Advanced Practice Provider Onboarding Curriculum, monthly  
Local at Wake Forest Baptist Hospital, Human Resources  
Participant surveys to measure success and quality of program

2016-present Development of mobile clinic model for uninsured in  
Partnership with School Health Alliance, WF Medical School, and  
Population Health, Wake Forest Baptist Hospital  
Regional impact

2015-2016 Development of free clinic model of care for uninsured  
Partnership with New Light Missionary Baptist Church  
Regional impact

#### BIBLIOGRAPHY:

##### Peer Reviewed Journal Articles Published:

2017 Zimmer, R. & Yang, M. (2018). Growing Role of Home-Based

Primary Care for Individuals with Dementia. The Journal for Nurse Practitioners. DOI: 10.1016/j.nurpra.2017.11.019

Peer Reviewed Journal Articles Submitted:

2017	Making the Case for a Mobile Clinic to Serve the Vulnerable in a North Carolina County Journal of Health Disparities Research and Practice
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Miscellaneous Journal Articles Published:

2017	Zimmer, R. (2017). Spotlighting the Nurses who Care for the Vulnerable through Mobile Health Clinics in North Carolina Tar Heel Nurse
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Abstracts/Scientific Exhibits/Presentations at National Meetings:

2017	Patient and Caregiver Perceptions of Home Based Primary Care Poster Presentation Gerontological Advanced Practice Nurses Association, October
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2017	Patient and Caregiver Perceptions of Home Based Primary Care Poster Presentation American Academy of Home Care Medicine Conference, October
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2016	Establishment of a Free Clinic in North Carolina Doctors of Nursing Practice National Conference
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MENTORING RELATIONSHIPS:

2017	Jennifer Rogers, South University
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2017	Bolowa Olagoke, University of North Carolina at Greensboro Nurse Practitioner Student
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2016	Brandi Davenport, University of North Carolina at Chapel Hill Nurse Practitioner Student
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2016	Brandi Rudin, University of North Carolina at Greensboro Nurse Practitioner Student
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2015-2016	Emma Denny, University of North Carolina at Chapel Hill Nurse Practitioner Student
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2015 Penny Phleglar, University of North Carolina at Greensboro  
Nurse Practitioner Student

PUBLIC OUTREACH:

2017 Media appearance for Advanced Practice Providers at Wake Forest

2017 Media appearance for Why is Research Important?  
Creative Communications, Wake Forest Baptist Health

COMMUNITY ACTIVITIES AND SERVICE:

2016-2017 Chair Mental Health Ad Hoc Committee

2016-2017 Chair Free Clinic Leader Committee

2015-2016 Clinical Director of Grace Free Clinic  
Provide medical care to uninsured and underinsured

2014-present Community engagement meetings with leaders in underserved  
communities to examine opportunities for partnership for better  
health of local populations

2010-present Christmas for the City Outreach