

Kristen Peros Helmick, M.D., FACP

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Dr. Helmick is a board certified Internal Medicine physician with over 17 years of experience directing and providing care in both high-acuity hospital medicine and rural outpatient settings in West Virginia. Dr. Helmick has held numerous responsible leadership roles in academic medicine, having served as the Program Director for the largest residency program for one of the most prominent healthcare systems in the state. Dr. Helmick is continually recognized as a leader by her peers, and as a compassionate, caring and competent physician by her patients.

Medical License, West Virginia # 22951, Active, ABIM Board Certified, MOC Enrolled

Employment Experiences

Insurance Utilization, State Medical Director

Elevance Health, West Virginia Unicare Medicaid

Elevance Health, formerly known as Anthem Inc., has a workforce of nearly 100,000 employees and serves more than 117 million individuals, focusing on enhancing the overall health of humanity through a variety of health insurance plans and strategic health initiatives. UniCare WV, one of the state's top Medicaid plans, active since 2003, serves over 195,000 Medicaid and CHIP beneficiaries, providing essential health benefits helping individuals live their best life.

- **Medical Director WV, Utilization Management** March 2023-Present
 - **Utilization Review:** Conduct daily reviews and appeals to ensure appropriate use of Medicaid resources, maintaining compliance with state and federal regulations.
 - **Policy Development:** Support and contribute to the formulation and implementation of policies to optimize Medicaid service delivery and ensure adherence to utilization standards.
 - **Stakeholder Engagement:** Collaborate with healthcare providers via peer-peers, government agencies, and other stakeholders both internal and external to improve Medicaid program efficiency and beneficiary satisfaction.

Graduate Medical Education, Program Director Experience, Leadership Role

CAMC Institute of Academic Medicine - Internal Medicine Department - West Virginia University - Charleston Division

During the 8½ years I've been involved in GME, the program has truly grown. Our residency complement increased by over 18% and our faculty almost doubled. The program also added two new fellowships in Cardiology and Pulmonary Critical Care whose PD's I work with closely. The experience of leading and adapting the residency program to the challenges of the pandemic was also a growth experience for our team.

- **Program Director of Internal Medicine Residency** 2018-2023
 - Ensure compliance with ACGME governance for Internal Medicine Residency requirements
 - Ensure supervision, compliance, and advancement in skills of 38 internal medicine resident physicians
 - Lead and guide 10 core internal medicine faculty to ensure active participation in the educational model for our internal medicine residency
 - Lead and organize numerous committees, initiatives and innovation within the department'
 - Active role in recruitment, retention of residents, faculty
 - Creation of initial content for entire web page, recruitment video, annual graduation video

- **Associate Program Director Internal Medicine Residency** Jan 2016-Jun 2018
 - Second in command to assist the Program Director in above initiatives

- **Medical Director of WVU Physicians of Charleston Internal Medicine** 2014-2017
 - Served as a liaison between clinic staff and Internal Medicine department to ensure their concerns were addressed
 - Worked with WVUPC Health Information Management team to create paths to meet patient and insurance requirements for annual medicare wellness visits and transition of care templates.

- **Assistant Professor of Internal Medicine** July 2014- Mar 2023
 - Supervise and educate internal medicine residents and medical students on the inpatient and ambulatory patient care services
 - Inpatient services require supervision of 1 senior resident, 2 intern residents, 2 third year medical students and frequently a 4th year medical student acting intern while providing active patient care for an average of 16 patients with acute need hospitalized patients.
 - Ambulatory clinic I supervise 4 resident or intern physicians providing care up to 20 patients during a half day of clinic.

Outpatient Rural Healthcare Provider Experience

Southern WV Health Systems, Lincoln Primary Care

This experience highlighted the limited care and resources that are available to patients in our more rural WV communities.

- **Outpatient Primary Care Physician** 2013-2014
 - Outpatient primary care physician in a Federally Qualified Health Center.
 - 30 patient encounters per day, 4 days a week
 - Primarily a rural and medically disadvantaged patient population

Charleston Area Medical Center, Hospitalist

I enjoyed the complex, multi-disciplinary team-based care that this role provided. I thrive on great communication and collaboration with other providers in directing patient care. CAMC is one of the largest health systems in our state.

- **Internal Medicine Physician, CAMC Hospitalist Program** 2008-2013
 - Served as a core member of the launch team in the early years of the program.
 - Served 5 years as a full-time hospitalist, working seven days on, 12-hour shifts, seven days off.
- **Manage High-volume, High-acuity Patient Load**
 - 20 patient encounters per day
 - work within team to balance admissions, discharges, rounds
 - manage complex patient concerns and courses of care
- **Deliver Quality Patient Care and Responsible Performance**
- **Contribute to Organizational & Program Advancement**
 - Internal Medicine Peer Review Committee (2010-2013)
 - Hospitalist Education Committee (2013)

Full-Time Internal Medicine Residency, CAMC, Charleston, WV

- CAMC Resident Physician
2005-2008
 - CAMC is an 850-bed tertiary care health care system with major affiliations with West Virginia University and the West Virginia School of Osteopathic Medicine.
 - Recognized for Exceptional Outpatient Care
 - 2007 Outpatient Resident of the Year
 - 2008 Outpatient Resident of the Year

Education

Graduate School, M.D.	Undergraduate, B.S Biology
West Virginia University School of Medicine Morgantown, West Virginia August 2001 – May 2005 3 rd and 4 th years at WVU Charleston Division	Alderson-Broaddus College Philippi, West Virginia August 1997 to May 2001 B.S. Biology, Magna Cum Laude

Physician Board Certification

- Longitudinal Knowledge Assessment, enrolled First Quarter 2022
- Re-certification, 2 year, 2018, participating in MOC
- ABIM Initial Certification, Internal Medicine, 2008

Hospital & University Committee Appointments

- WV Cancer Coalition Roundtable, Member, 2023- Present
- Comprehensive Cancer Control Advisory Committee, Member 2023-Present
- Charleston Women in Medicine Committee, Core Council Member, 2019-2023
- IM Residency Wellness Committee: 2018 - 2023
- CAMC P&T (Pharmacy & Therapeutics) Committee: 2018- 2019
- WVU School of Medicine CME Committee: 2017 - Present
- Resident Wellness Committee for WVU Charleston Division (2016 - 2023)
- Resident Recruitment Committee for WVU Charleston Division (2016 – 2023)
- Quality Reporting Committee Member for WVU Physicians of Charleston (2016- 2018)
- WV State ACP Council Member 2016 - Present
- Clinical Competency Committee- 2014 - 2023
 - Chair – January 2016 - 2022
- Hospitalist Education Committee - 2013
 - CAMC Hospitalist Division
- CAMC Internal Medicine Peer Review Committee 2010—2013
- School of Medicine Dean Selection Committee - Voting Member 2004

Professional and Society Memberships

- Fellow of the American College of Physicians (FACP), 2017
- Alliance for Academic Internal Medicine, Member, 2016 – 2023
- American College of Physicians, Member 2002- Present
- Society of Hospital Medicine, Member 2008-2014
- American Medical Student Association, Member 2001-2005

American College of Physicians Activities

- ACP Well Being Champion: 2018- Present
- West Virginia State ACP Council 2015 - Present
- WVU-CAMC Internal Medicine Resident Jeopardy Coach (2015-2018)
 - Selected and practiced with the Jeopardy team.
 - Prepared Jeopardy board for state ACP competition
- Thieves Market Moderator (2016- 2022)
 - WV State ACP Conference

- 2017 State ACP Conference Planning Committee Chair
- WV State ACP Annual Meeting Attendance- 2012, (2014- Present)

Residency Honors and Awards

- 2022 WV ACP Chapter Leadership Award
 - Honor for members, fellows and masters of ACP who have demonstrated by their example and conduct, an abiding commitment to excellence in medical care, education, research or service to their community, their chapter and ACP.
- 2018 WV ACP Laureate Award.
 - Honor for Fellows or Masters of the College who have demonstrated by their example and conduct and an abiding commitment to excellence in medical care, education or research and in service to their community, their Chapter and the ACP.
- 2008 Outpatient Resident of the year
 - WVU-CAMC Internal Medicine Residency
- 2007 Outpatient Resident of the year
 - WVU-CAMC Internal Medicine Residency

Undergraduate Academic Honors

- **Outstanding Senior Award- 2001**
 - Alderson Broaddus College - awarded annually to one graduating senior. Selected by campus faculty and administration.
- **Epsilon Tau Eta Sigma Alumni Academic and Citizenship Award. 2001**
 - Alderson Broaddus College
 - Annual award based on citizenship, character, scholarship and service
- **Silver Key Honor Society- 2000-2001**
 - Alderson Broaddus College
 - College junior and senior level honor society. Membership based on academic performance, citizenship, character, and significant contribution to college life
- **Student Government Association Student Leadership Award 2000 and 2001**
 - Alderson Broaddus College
 - Annual award voted on by the SGA members who they feel contributed significantly in guidance of the association

Hospital and Office-Based Graduate Medical Education Activities

- **Medical Student Interactions:**
 - Academy of Advisors: Advisor to 3-4 MS3 annually.
 - Rotation Advisor: Current occasionally; 2016-2019 Frequent

- MS4 Interview Preparation: Conduct Mock Interviews and give advice on their answers/ body language.
- Teaching: Daily teaching rounds on inpatient medicine service.
- Observed H&Ps: Observe and give feedback to medical students on H&P skills
- **Inpatient Attending:**
 - I supervise resident teams with a senior resident, two interns, two medical students, and a pharmacy resident. I do 12+ weeks of inpatient medicine a year. We do 'chalk talk' or short topics and purposeful learning the art of physical exam.
- **Outpatient Attending**
 - I supervise residents providing care in ambulatory clinic setting.
- **Ambulatory Education:**
 - I implemented and monitor resident usage of the John Hopkins ambulatory curriculum
- **Jeopardy Coach**
 - For 3 years, selected & trained our jeopardy team to represent the WVU-CAMC campus at the state Jeopardy competition. I also created a unique jeopardy board for the state ACP competition. (2015-2018)
- **Resident Wellness**
 - I reinstated a resident wellness committee in 2018. The committee has initiated several courses of action to address wellbeing within the department.
- **IM War Room Facilitator**
 - New monthly meeting within the IM department to encourage research and scholarly activity. It allows us to highlight current department or campus wide projects and align interested parties to work on new projects. (Aug 2019- Present)
- **Other Institutions / Office-based**
 - I supervised nurse practitioner students in an ambulatory setting 2013-2014.

_ Medical Lectures, Presentations, Publications and Research _

_ Publications _

- Publication: An Atypical Presentation of Extrapulmonary Sarcoidosis. Muhammad Shabbir Rawala, Amna Saleem Ahmed, Kristen Helmick. 25 June 2020. Hindawi Case Reports in Rheumatology; Volume 2020; Article ID 8840245; 6 pages
 - <https://doi.org/10.1155/2020/8840245>
- Medscape Highlight: Opioid use in Clostridium Difficile Infection is Associated with Severe Disease and Prolonged Hospitalization, Monica Chowdhry, Mustafa Bhaty, Ashley Huggett, Andrea Stark, Ahmad Khan, Suzanne Kemper, Shailendra Singh, Brittain McJunkin, Kristen Helmick.
 - DOI: [https://doi.org/10.1016/S0016-5085\(18\)31666-4](https://doi.org/10.1016/S0016-5085(18)31666-4)
- Publication: A Rare Case of Cyclical Hemothorax: Thoracic Endometriosis Syndrome, Muhammad Shabbir Rawala, Muhammad Farhan Khaliq, Muhammad Asif Iqbal, S. Tahira Shah Naqvi, Kinaan Farhan,

Andrew Myers, and Kristen Helmick. 19, Aug 2018. Hidawi Case Reports in Pulmonology; Volume 2018; Article ID 9830797.

- DOI: <https://doi.org/10.1155/2018/9830797>
- Publication: “OST Risk Index with Forearm Densitometry”; Journal of Clinical Densitometry; Pfister, A., Helmick, K.; October–December, 2008; Volume 11, Issue 4, Pages 590–591.
 - DOI: <http://dx.doi.org/10.1016/j.jocd.2008.02.008>
- Book Chapter: Pending publication with L.C. Bell press: Touchstone Series, Internal Medicine and Internal Medicine for the Physician Assistant. 2016.
 - Chapter 5: Kidney and Prostate
 - Approach to Selected Presentations:
 - Approach to Constipation
 - Approach to Diarrhea

Posters

- Searls, Lauren DO; Helmick, Kristen MD; “Pancreaticopleural fistula: A case of severe respiratory distress”; American College Gastroenterology 2021 Conference; October 2021 (Accepted).
- Khadija Naseem, MD; Kristen Helmick, MD; “Look closely: a case highlighting the importance of physical exam”; American College of Physicians, West Virginia Chapter Annual Meeting (2020); Roanoke, WV, USA (Accepted)
- Don’t Judge a Book by its Cover: A Case of CVA Presenting as an Acute Personality Change. Bhagat, Abhishek MD; Cline, Ross MD, Helmick, Kristen MD. WV State ACP Conference. October 2016.
- Social Determinants of Health: Observations of Patients. Cline, Garred DO; Hodel, Misty RN; Kemper, Suzanne MPH; Helmick, Kristen MD. CAMC Research Day. April 2016.
- Lupus Presenting as Chronic Diarrhea Complicated by Acute Alveolar Hemorrhage. Justice, C. Matt MD; Kemp, Sara DO. Nazha, Hani MD; Helmick, Kristen MD. WV State ACP Conference. October 2015.
- A Rare Case of Cyclical Hemothorax: Thoracic Endometriosis Syndrome. Rawala, Muhammad MD; Myers, Andrew MD; Helmick, Kristen MD. WV State ACP Conference. October 2015.
- Rare Case of Extra Pulmonary Sarcoidosis. Jayachandrudu, Vinay MD; Chunchulu, Srivani MD; Helmick, Kristen MD; Dhakal, Bishnu MD; WV State ACP Conference October 2014/ CAMC Research Day April 2015.

Medical Research

- Usual Opioid doses does not adversely affect the course of healthcare-associated *Clostridioides difficile* infection. Chowdhry, M; Hade, D; Kemper, S; Helmick, K; Kawsara, M, Huggett, A; Stark, A; Khan, A; Shah, M; Bhaty, M; Farooq, J; Singh, S; McJunkin, Brittain MD. Pain Manag. 2021 Mar; 11(2):151-157. doi: 10.2217/pmt-2020-0066. Epub 2020 Dec 22. PMID: 33350354; DOI: [10.2217/pmt-2020-0066](https://doi.org/10.2217/pmt-2020-0066)
- Survey of Health Care Disparities in the CAMC Internal Medicine Outpatient Care Center. A survey to assess the social disparities within our patient population. 2015- 2016.

- Dragonfly Survey, 2000. This field-based study provided a tri-county survey of the species of dragonflies within the area.
- C.A.R.D.I.A.C. Project, 1999. A long-standing study providing cholesterol screening to fifth grade students, allowing early intervention of unhealthy lifestyle habits.

Departmental Presentations

- Departmental Lectures: WVU/CAMC Internal Medicine Residency
 - “Severe Hypothyroidism”- January 2015
 - “Chronic Kidney Disease for the Internist”- January 2015
 - “Dizziness”- February 2015
 - “Coumadin for the Internist: A Review of The Chest Guidelines for Anticoagulation”- April 2015
 - “Cirrhosis”- August 2015
 - “Dizziness” – Three case review- March 2016, Nov 2017, July 2019
 - “Pancytopenia” - February 2016
 - “Approach to the Unknown Rash”- Nov. 2015, Sept. 2016, Apr. 2017
 - “Anemia”- 2016, 2017, 2018, September 2019, 2021
 - “Syncope”- 2018, 2019, 2020

Undergraduate Research Activities

- C.A.R.D.I.A.C. Project, 1999. This on-going study provides cholesterol screening to fifth grade students, which allows early intervention of unhealthy lifestyle habits.
- Kristen Peros. Survey of dragonflies (Odonata: Anisoptera) of Barbour, Taylor, Upshur Counties, West Virginia. West Virginia Academy of Science 76th Annual Meeting, West Liberty, WV, April 2001. Oral Presentation.

Prior Organizational Memberships

- SOM Dean Selection Committee - Voting Member 2004
- American Medical Student Association Member 2001- 2005
- Student Government Association President 2000-2001, Vice President 1999-2000
- Zeta Alpha Gamma 1997-2001, Vice President 2000-2000

Personal Information

- Married to my amazing husband since 2006 and are blessed with a son and daughter. Interests include reading, adventures with my family, cooking, and a variety of outdoor activities.

