



AUBURN UNIVERSITY
Harrison College of Pharmacy

HARRISON COLLEGE OF PHARMACY

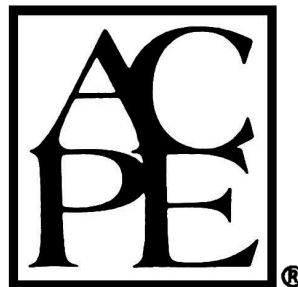


CONTINUING
EDUCATION

2026 Preceptor Development

Drs. Helmer, McDowell, and Ross

Sunday, October 11, 2026 at 1pm – 4:15pm CT via Zoom



PROGRAM OVERVIEW

This preceptor development program was developed to educate and assist preceptors with effective precepting techniques, understanding statutes and rules for preceptors in the state of AL and the use of AI. Engaging material will include interactive lectures and real-world examples. This program has been approved by the Alabama Board of Pharmacy for continuing education credit to meet Preceptor licensure requirements. The registration fee for this program is \$100. Following registration, participants will have access to course instructions, updates, presentations, webinar link, program evaluation, CE certificates and credits, etc. **This program is approved for 3.0 ACPE Contact Hours, .3 CEUs.** Once credit is awarded, transcripts will be available online within 24 hours on the learner's CPE Monitor profile at <http://nabp.pharmacy/>.

The Office of Professional Affairs strongly encourages each participant to check their profile online within 60 days of attendance to ensure credit has been awarded properly. ACPE will not accept CE submissions after 60 days from the live seminar date.

This program is not sponsored by an external organization, and no commercial support has been received for this activity.

TARGET AUDIENCE

This application-based program is intended for Pharmacists (ACPE).

LEARNING OBJECTIVES

1. Describe at least three ways pharmacists demonstrate leadership regardless of practice setting, position, or formal title.
2. Identify at least three opportunities within experiential education to intentionally foster leadership development in student pharmacists.
3. Discuss practical strategies preceptors can use to model and reinforce leadership behaviors such as initiative, communication, accountability, collaboration, and influence.
4. Identify at least one approach for continuing their own leadership development while serving as a preceptor and role model.
5. Select one leadership development strategy they can incorporate into a future experiential learning experience.
6. Describe the prevalence and impact of burnout among pharmacy preceptors
7. Identify individual and organizational factors that influence preceptor well-being and increase risk for burnout.
8. Apply evidence-informed strategies to prevent and manage burnout and promote well-being
9. Develop an individualized well-being plan to sustain professional fulfillment and reduce the risk of burnout.
10. Describe the prevalence and impact of burnout among pharmacy preceptors
11. Identify individual and organizational factors that influence preceptor well-being and increase risk for burnout.
12. Apply evidence-informed strategies to prevent and manage burnout and promote well-being
13. Develop an individualized well-being plan to sustain professional fulfillment and reduce the risk of burnout.

ACTIVITY COMPLETION REQUIREMENTS

To complete the steps for CE credit, each attendee will be required to access and review program materials located within the online course, attend the live Zoom webinar, enter the attendance code within the course that was provided at the conclusion of the program, complete the program evaluation within the online course, and claim credit within the course. Please contact hcopce@auburn.edu if you have any questions or needs related to this online CE program.

FACULTY DISCLOSURES

Programming in with AUHCOP is in any way involved, whether as sole provider or joint-providership, shall exhibit fair content balance, providing the audience with information of multiple perspectives from which to form a professional opinion. In addition, the fair balance will assure that information provided does not discuss a commercial product. Brand names of all products included in the content may be mentioned for identification purposes only. Presenters in any continuing education offering will acknowledge and disclose any affiliation with the provider and such information will be made available to the audience.

Faculty disclosures will also be included on an introductory slide during the presentation. Drs. Helmer, McDowell, and Ross, and others in control of content have no actual or potential conflict of interest in relation to this program.

ACCREDITATION INFORMATION

The Auburn University Harrison College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider for continuing pharmacy education; credits are recognized nationwide. The Universal Activity Number for this application-based program is **0001-0000-26-025-L04-P** and is intended for pharmacists.

No individuals in a position to control content for this activity have any relevant financial relationships to declare. There is no commercial support being received for this activity.

TECHNOLOGY REQUIREMENTS

Participants are encouraged to secure a direct connection for all webinar programming. Please arrange for access to a computer with stable internet connection and Zoom capabilities. This program will be conducted via Zoom and includes interactive components.

If you're a new participant, we have a quick start guide here: <https://aub.ie/zoomquickstart>.

PROGRAM AGENDA

1:00 - 1:05 pm Welcome

1:05 – 2:00 pm **Refill Before Empty: A prescription for Preceptor Well-Being – Robert Helmer**

The program will explore the causes, signs, and consequences of burnout among pharmacy preceptors and examine its impact on personal well-being, professional satisfaction, and learner experiences. Participants will learn practical, evidence-informed strategies to prevent and manage burnout, build resilience, and develop sustainable habits that support long-term effectiveness and fulfillment in the preceptor role.

2:00 – 3:00 pm **Beyond Compliance: Advancing Excellence in Experiential Education – Lena McDowell**

This continuing education session describes pharmacy law and regulatory expectations through the lens of real-world precepting. Designed for pharmacist preceptors, the session blends legal essentials with practical strategies to elevate experiential learning. Participants will review the Alabama Board of Pharmacy (ALBOP) rules regarding precepting externs and interns, as well as the college's requirements and expectations for preceptors. Through interactive discussion and scenario-based learning, attendees will leave with actionable tools to enhance their teaching impact and student engagement.

3:00 - 4:00 pm **Leaders Creating Leaders for Tomorrow: Leadership Development Through Experiential Education – Dean Leigh Ann Ross**

4:00 - 4:15 pm Q & A and Closing

PROGRAM FACULTY

Bobby Helmer is an Associate Clinical Professor at the Auburn University Harrison College of Pharmacy on the Mobile campus since 2012 and also serves as the Assistant Director of Experiential Programs. Prior to joining the Auburn faculty, he completed his PharmD at the South Carolina College of Pharmacy at MUSC in Charleston, SC, followed by a 24-month (PGY1/PGY2) residency in Pharmacotherapy at the University of Tennessee Medical Center in Knoxville, Tennessee. Dr. Helmer currently practices with the inpatient internal medicine services at the University of South Alabama University Hospital where he has precepted over 200 students and residents.

Lena McDowell is an Assistant Clinical Professor in the Department of Pharmacy Practice. Originally from Snowdown, Alabama, she received a Bachelor of Science degree in biomedical sciences from Auburn University and completed her Doctor of Pharmacy at the Harrison College of Pharmacy. Upon graduation, she completed an ASHP-accredited community pharmacy post-graduate year 1 (PGY-1) residency at the University of Mississippi School of Pharmacy in Oxford, Mississippi. Dr. McDowell serves as HCOP's Introductory Pharmacy Practice Experience (IPPE) Coordinator and oversees the college's five IPPEs: community, health and wellness, health-system, clinical, and population health. In her position, she teaches within the Practice Ready Curriculum in both the didactic and experiential settings. She serves as a preceptor for PGY-1 residents for a longitudinal experiential education rotation. Her primary areas of research and scholarship are focused on experiential education and community pharmacy practice transformation. Dr. McDowell is actively involved in several state, regional, and national pharmacy organizations, including the Alabama Pharmacy Association, Southeastern Pharmacy Experiential Education Consortium, and the American Association of Colleges of Pharmacy.

Leigh Ann Ross, Pharm.D., BCPS, FASHP, FCCP, FAPhA, FNAP was announced as Dean of the Harrison College of Pharmacy on May 3, 2023, taking over the role on July 1. She is the seventh Dean in the history of HCOP. In 2024, Dean Ross was selected as the first-ever Bell Endowed Chair in the college. The college's first endowed chair, it is named after Johnny H. Bell and Sue Tate Bell, both members of the Auburn University Class of 1970. A renowned pharmacy educator, practitioner, researcher, and administrator, Ross came to Auburn from the University of Mississippi, where she held multiple leadership roles, including associate dean for clinical affairs, director of the Center for Clinical and Translational Science and professor in the Department of Pharmacy Practice. A board-certified pharmacotherapy specialist, Ross has more than two decades of experience, including extensive advocacy for pharmacists in the expanding role of patient care, resulting in new pathways for pharmacists as health care leaders. With an emphasis on faculty development and advancing the college's research portfolio, Ross will work with stakeholders across the college to develop innovative curricula designed to promote clinical knowledge, advance translational research and strengthen pharmacist competencies. In 2017, she led the creation of the Center for Clinical and Translational Science in the School of Pharmacy's Research Institute of Pharmaceutical Sciences and currently serves as director. As director of CCTS, Ross led the center's efforts to foster patient-based clinical research and support collaborations designed to address healthcare issues. Comprised of three primary units, Ross oversaw the center's pre-clinical/translational, clinical research and community/population divisions. During its first five years, the center generated nearly \$5 million in extramural funding, including two National Institutes of Health Clinical and Translational Science Award partnerships with the University of Alabama-Birmingham and the Mississippi Center for Clinical and Translational Research, a collaboration that engages multiple institutions across the State. As an associate dean for clinical affairs, Ross provided strategic leadership to several initiatives designed to strengthen the School of Pharmacy's educational programs, research, outreach and service programs. In addition to establishing and leading the university's Pharmaceutical Care Clinics from 2000 through 2006, Ross developed curricular tools and opportunities for students to advance drug therapy management for diseases such as diabetes, dyslipidemia, anticoagulation, and asthma. As a result, the clinic received the Best Practice Award from the American Society of Health Systems Pharmacists in 2003. A staunch advocate for health care education and research, Ross completed a Congressional Fellowship in the Office of then-U.S. Senator Thad Cochran from 2006 to 2008, leading her to work with the University of Mississippi and University of Mississippi Medical Center governmental affairs teams to advance Federal and State legislative, policy, and regulatory issues. Ross is the immediate past president of the American College of Clinical Pharmacy and the former president of the Mississippi Pharmacists Association and the Mississippi Biotechnology Association. She previously served as a member of the ACCP Board of Regents, chair of the ACCP PAC Governing Council, chair of Pharmacotherapy Publications, Inc. Board of Directors, and chair of the American Association of Colleges of Pharmacy (AACCP) Section of Teachers of Pharmacy Practice. Ross is a fellow of the ACCP, American Society of Health-System Pharmacists (ASHP), American Pharmacists Association (APhA), and National Academies of Practice (NAP).

POST-GRADUATE EDUCATION ADVISORY COMMITTEE

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Members of the Post-Graduate Education Advisory Committee have completed a conflict-of-interest disclosure form and have no actual or potential conflicts of interest in relation to this program.