

- 5/2021, 5/2022 Outstanding Clinical Preceptor and Outstanding Pre-Clinical Instructor, MCOM Physician Assistant Program
- 6/2020 Attending of the Year: Generalist, Tampa, Pediatric Residency
- 5/2020 Acceptance into the Association of Pediatric Program Directors (APPD) Leadership in Educational Academic Development (LEAD) National Professional Development Cohort 9 for AY 2021-2022. Competitive selection process for a professional development year long course that enhances national mentorship, connections, educational, and leadership scholarship.
- 5/2020 Outstanding Clinical Preceptor, MCOM Physician Assistant Program
- 11/2019 Bonus Salary Award for MCOM Office of Education Quality and Quantity of Educational Efforts and Bonus Clinical Production for AY 2018 – 2019
- 6/2019 Outstanding Clinical Preceptor, MCOM Physician Assistant Program
- 10/2018 Bonus Salary Award for Assistance with Physician Assistant Didactics and Clerkship, University of South Florida Office of Education
- 5/2011 Medical College of Georgia, Children’s Health Discovery Institute Elected Researcher
- 5/2008 Best Presentation on ADHD, Senior Genetics at University of Georgia, Augusta

ACADEMIC APPOINTMENTS

- 2018-present Associate Program Director, Pediatric Residency
University of South Florida, Tampa, FL
- 2018-present Assistant Professor of Pediatrics
University of South Florida, Department of Pediatrics, Tampa, FL
- 2018-present Pediatric Didactic Course Director, Physician Assistant Program
University of South Florida, Department of Pediatrics, Tampa, FL
- 2018-2022 Pediatric Clerkship Director, Physician Assistant Program
University of South Florida, Tampa, FL
- 2017-2018 Chief Resident/Clinical Instructor, Department of Pediatrics
University of South Florida, Tampa, FL

PROFESSIONAL MEMBERSHIPS

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| 2017-present | Fellow of the American Academy of Pediatrics |
| 2017-present | Association of Pediatric Program Directors |
| 2014-2017 | Member of the American Academy of Pediatrics, 2014 – 2017
Florida Chapter of the American Academy of Pediatrics, 2014 – present |

CONTINUING EDUCATION

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| 10/2021 | Cognitive Behavioral Therapy for Anxiety in Pediatric Primary Care. REACH program through University of Arkansas Medical Sciences. Virtual. 8 contact hours. Training on accurate screening, diagnosis, and treatment including psychotherapy for Pediatric Anxiety within the Primary Care Office. |
| 1/2020 | Associate Program Director Bootcamp: University of South Florida informational workshop on introduction to graduate medical education. 4 hours. |
| 11/2019 | Integrated Mental Health. Wellcare-sponsored community event on effective implementation of integrated mental health and primary care in pediatrics. 3 hours. |
| 10/4-6/2019 | Mini-Fellowship: Patient-Centered Mental Health in Pediatric Primary Care. REACH program through University of Arkansas Medical Sciences. Skokie, IL. 16.25 contact hours. Training on diagnosis and management of pediatric depression, anxiety, mood disorders, ADHD, and aggression. |
| 2/27-31/2019 | Virginia Mason Institute Lean Training, University of South Florida College of Medicine, Tampa, FL. 22 contact hours. Training on streamlining the outpatient clinic for more efficient and effective delivery of patient care. Goals included increasing patient satisfaction, speed and consistency of care delivery and follow-up tasks. |

TEACHING

Undergraduate Medical Education

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|--------------|--|
| 2018-2019 | <i>PAS 6041: Physical Diagnosis II Guest Lecturer</i> , 50 students, two lectures on the pediatric physical exam, newborn through adolescent. |
| 12/2018 | Pediatric Interest Group lunch and learn. 10 students, first and second years with USF where we discussed the field of pediatrics and how to get a pediatric residency position. |
| 2017-present | University of South Florida, Physician Assistant Program |

PAS 6033: Clinical Medicine III Didactics Course Director, 50 students, 18 lectures including gastroenterology, vaccines, preventive medicine, exam review. Organize guest speakers and mentor residents on developing lectures for the students. Organize problem case-based learnings with the students.

2017-present *PAS 6400: Pediatric Medicine Clerkship Director, 4-5 students per 5 week rotation, 9 rotations during the year, 1 student 5 days a week. I give the orientation, formal note feedback, and an exam review the week before the test.*

2017-present University of South Florida, Morsani College of Medicine
Primary Care Clerkship (BCC 7184), 1-2 students per ½ day, 5-6 students/wk

2017-2019 *BMS6925.001.710M18, Doctoring 1 Preceptor, 7-10 students*

2017-2018 *Maternal-Newborn Pediatrics Clerkship (BCC 7185) Bimonthly Medical Student Lectures (newborn exam, fetal cardiology, inpatient pediatrics, pulmonology, genitourinary, HEENT, gastroenterology), 10 students per lecture*

2017-2018 *Primary Care Clerkship (BCC 7184) Monthly Medical Student Lectures (pulmonology, genitourinary, HEENT, gastroenterology), 20 students per lecture*

Graduate Medical Education

2017-present *Associate Program Director, University of South Florida, Department of Pediatrics Residency, 12 residents/year, 36 residents total*

2017-present *Inpatient Pediatric Ward Preceptor (1-4 wks/year), 2-3 residents*

2017-present *Pediatrics Acute Clinic preceptor, 3-4 residents/½ day, 2-3 half days/week*

2017-present *Attend and review weekly resident case conferences with feedback*

Resident Lectures

2018 - current Various lectures during Academic Half Day: pediatric nutrition, vaccines, dental jeopardy, ear-nose-throat infections, behavioral and developmental issues, car seat safety, board review lectures on American Board of Pediatrics topics.
40 residents, 30 hours of lecture, yearly.

7/2018-current *Annual Interactive Lectures on personal finances for the first and second year trainees*

20 residents, 2 hours, twice yearly

- 7/2018 – current *Annual Interactive Lecture* on graduating resident finances, transition to attending finances, post-graduate loan management.
12 residents, 2 hours, yearly.
- 5/2017 Case Conference: Essential Oils: the evidence for and against them.
Presented at Johns Hopkins All Children’s Hospital.
15 residents, 10 students, 1 hour.
- 9/2016 Case Conference: Hypertensive Urgency in a Young Male. Presented
at Tampa General Hospital.
4 faculty, 15 residents, 10 students, 1 hour.
- 9/2016 Case Conference: Recurrent GBS Infection in a Newborn. Presented at
Johns Hopkins All Children’s Hospital.
15 residents, 10 students, 1 hour.
- 4/2015 Case Conference: Optic Neuritis in a Young Male. Presented at Tampa
General Hospital
4 faculty, 15 residents, 10 students, 1 hour.

Mentorship, Supervisory

- 2020-2021 Authorship and editing of multiple facilitator guides on various mental
health topics with pediatric residents, psychiatry residents, and psychology
interns.
- 5/2020 Editing of multiple pediatric diagnostic schemas and illness scripts with
multiple different residents for the New England Journal Healer
Diagnostic Program.
- 12/2019 Faculty Mentor for Capstone Project with MSIV Tabitha D’Souza on
“Behavioral Training for Pediatric Residents”
- 12/2018 Wrote an article for Advances in Pediatrics with three residents, published
2019

INNOVATIONS IN TEACHING

Florida Chapter of the American Academic of Pediatrics: Early Career Physician Corner’s “Ask Abby” feature. Multiple Q&A articles on common issues surrounding supporting a pediatrician within 10 years of their training graduation. Published monthly within the Chapter’s Newsletter.

PAS 6033 Clinical Medicine III lecture development and mentorship with multiple residents on topics such as adolescent medicine, gastroenterology, cardiology, pulmonary, vaccines, newborns, etc.

Development and mentorship of several illness schemas and scripts within pediatric vomiting such as GERD, celiac disease, foreign body ingestion, etc with pediatric residents. Scripts and schemas are for the New England Journal Healer online diagnostic dilemma program.

CURRICULUM DESIGN AND INNOVATION

- 4/2022 “Leadership and Communication Workshop for Rising Chief Residents and Fellows.” University of South Florida Graduate Medical Education. A full day workshop for chief residents from USF on leadership styles, conflict resolution, communication, and personality styles. Created, organized, and given myself. 40 chief residents in attendance. Annual workshop.
- 1/2020, 11/2021 Interdisciplinary workshop: Facilitator Guides to Teach Pediatric Mental Health. Developed and organized a three hour workshop on complicated ADHD, depression, anxiety, and trauma-informed care in conjunction with Pediatric Psychiatry and Psychology faculty. 14 faculty and 3 ARNPs in attendance.
- 7/2020, 7/2021 Workshop for Rising Pediatric Chief residents. Organized and developed a 3 hour workshop on Myers-Briggs personality types, emotional intelligence, conflict management, effective teamwork, leadership, and personal wellness. 2 Johns Hopkins All Children’s Pediatric chiefs, 2 USF Pediatric chiefs, 2 JHACH and 3 USF faculty in attendance.
- 7/2019-present Annual full day workshop for third and fourth year residents on Career Development. Plan and coordinate a full day workshop including personal finances (loan repayment, insurance need, retirement planning), career development with guest speakers, leadership, and conflict resolution for our most senior residents who are preparing for fellowship applications or job search. 15-18 residents, 3-5 faculty in attendance annually.
- 7/2019-present General Outpatient Pediatrics Evidence-based Medicine Journal Club. Started a monthly EBM article review for the Division of General Pediatrics where we review 1-2 EBM articles and discuss best practices. I help arrange who will present each month and routinely present articles.
- 7/2017-present Resident Wellness Initiative. Created and implemented a “Harry Potter” themed wellness competition between the residents to draw attention to self-care

PEER REVIEWED PUBLICATIONS

1. Vivar J, Desrosiers F, Salome G, **Plant R**. *The Clash of Culture and Medicine: is Chiari 1 a Curse?* In press, *The Florida Pediatrician*, publication date Summer 2022, pages 19-22.
3. Cho S, Murphy M, **Plant R**. *Parenting Support for Health Care Workers during the COVID-19 Pandemic: An Institutional Survey and Resources*. Consultant 2021.

4. Duncanson L, **Plant R**. *Poor Growth in an 8-month-old Infant: Don't Forget the Kidneys!* The Florida Pediatrician Summer 2021, pages 17-19.
5. Engel E, Howard A, **Plant R**, Siraj S, Straub D, Dabrow S. *Adapting Pediatric Residency Education During the COVID-19 Pandemic, A Novel Approach*. The Florida Pediatrician Winter 2020, pages 14-17.

INVITED REVIEWS

1. Agazzi H, Dickinson S, **Plant R**. *HOT DOCS: Innovative Behavioral Management Training for Pediatric Residents*. In Advances in Pediatrics. In press, volume 69, 2022.
2. **Plant R**, Dinh L, Argo S, Shah M. *The Essentials of Essential Oils*. In Advances in Pediatrics. Volume 66, 2019, 66:111-122. doi:10.1016/j.yapd.2019.03.005.

RESEARCH

Co- Investigator: **R Plant**

Assessment of Primary Care Perspectives on Biologic use in Severe Allergic Asthma Management. University of South Florida, Tampa, Fl. July 2022- current.

Primary Investigator: **R Plant**

Multicenter study: Facilitator Guides to Increase Faculty Knowledge and Comfort with Pediatric Mental Health Concerns. Pilot completed at University of South Florida, Tampa, Fl. August 2021- current.

OTHER SCHOLARLY ACTIVITY

I and my colleagues are preparing a series of publications for submission to the Yale Pediatric Primary Care Curriculum in the fall of 2022. A facilitator's guide to teaching Mental Health within the General Pediatric Clinic.

1. Patel K, Burke H, Dickinson S, **Plant R**. *Attention-Deficit/Hyperactivity Disorder and Oppositional Defiant Disorder: Management, Side Effects, and Nutritional Supplements*.
2. Burke H, Patel K, Dickinson S, **Plant R**. *Attention-Deficit/Hyperactivity Disorder: Side Effects and Switching Medication*.
3. Allen D, **Plant R**, Newhall L. *Major Depressive Disorder: Diagnosis and Treatment in General Pediatric Practices*.
4. Burke H, Dickinson S, **Plant R**. *Management of Suicidality in the Child and Adolescent Population*.
5. Lafnitzegger A, Dickinson S, **Plant R**. *Anxiety Disorders in Pediatrics: Screening and Diagnosis*.
6. Lafnitzegger A, Dickinson S, **Plant R**. *Anxiety Disorders in Pediatrics: Pharmacotherapy and Therapy*.

PLATFORM PRESENTATIONS and INVITED LECTURES

CURRICULUM VITAE
R. Meredith Plant, M.D.

- 5/2022 Association of Pediatric Program Directors National Meeting: **R Plant**. Facilitator Guides to Increase Faculty Knowledge and Comfort with Pediatric Mental Health Concerns. San Diego, CA.
- 5/2022 Association of Pediatric Program Directors National Meeting. **Plant R**, Lafnitzegger A, Newhall L, Stock S. Don't Lose Your Mind – Mental Health Curriculum for General Pediatrics 90 minute Workshop. San Diego, CA.
- 5/2022 USF Department of Pediatrics Grand Rounds: Sudhi S, Hernandez A, Bordelon R, Smart L, **Plant R**. Improving Child Passenger Safety Education at USF Resident Clinics. Presented by Sudhi, Hernandez, and Bordelon.
- 12/2020 Work-Life Balance: a Podcast for the Florida Chapter of the American Academy of Pediatrics Trainee Tips. **R Plant**, J Morrison.
<https://www.youtube.com/watch?v=1uUeNKwr-NU&list=PLru0n3DwGdngfMep2ik6q5fsN-SpvMvut&index=6&t=9s>
- 5/2020 USF Department of Pediatrics Grand Rounds: Reynolds R, Melvin M, Agazzi H, Dabrow S, **Plant R**. HOT DOCS: A Power Packed Punch of Behavioral Management Teaching for Residents. Presented by Reynolds R. Tampa General Hospital, Tampa, FL.
- 5/2019 Hillsborough County Public Health Forum Panel on Vaccines. D Bergamo, K Liller, J Morano, J Roberts, M Russ, **Plant R**, N Sauer, F Syed. Tampa, FL.
- 1/2019 Hillsborough County Pediatric Society: Essential Oils: a Few Truths, but Many Myths and Dangers. **Plant, R**. Tampa, FL.
- 5/2018 USF Department of Pediatrics Grand Rounds: Essential Oils: a Few Truths, but Many Myths and Dangers. **Plant, R**. Tampa General Hospital, Tampa, FL.

POSTER PRESENTATIONS

- 7/2022 Dickinson S, Agazzi H, **Plant R**. Promoting Interdisciplinary Behavioral Healthcare: Models for Training Resident Physicians. Presented at the American Psychological Association. Minneapolis, MN.
- 5/2022 Sudhi S, Hernandez A, Bordelon R, Smart L, **Plant R**. Improving Child Passenger Safety Education at USF Resident Clinics. Presented at the University of South Florida Research Day. Tampa, FL.
- 8/2021 Duncanson L, **Plant R**. Poor Growth in an 8-month-old Infant: Don't Forget the Kidneys! Presented at the Florida Chapter of the American

CURRICULUM VITAE
R. Meredith Plant, M.D.

Academy of Pediatrics Annual Medical Student Research Forum. Orlando, Fl.

- 5/2020 Reynolds R, Melvin M, Agazzi H, Dabrow S, **Plant R**. HOT DOCS: A Power Packed Punch of Behavioral Management Teaching for Residents. Accepted at Pediatric Academic Society, May 2020. Canceled due to COVID.
- 2/2020 Reynolds R, Melvin M, Agazzi H, Dabrow S, **Plant R**. HOT DOCS: A Power Packed Punch of Behavioral Management Teaching for Residents. Presented at the University of South Florida Research Day. Tampa, Fl.
- 3/2018 Nereim C, **Plant R**, Dabrow S. One Program's Journey to the Wizarding World of Wellness. Presented at Association for Pediatric Program Directors National spring meeting 2018. Atlanta, Ga.
- 5/2017 **Plant R**, Demoraes N, Butler S. Pediatric Resident Board Review: Innovative "Prep Pearls Page" for Topic of the Month. University of South Florida, Resident QI Workshop. May 2017. Tampa, Fl.
- 9/2011 **Plant R**, Mehta R. Cost of Hospitalization for Preterm and Low Birth Weight Infants Under Five Years of Age. Presented at the Medical College of Georgia Summer Scholars Research Event. May 2012. Augusta, Ga.

SPONSORED RESEARCH AND CONTRACTS

- 5/2018 USF Women's Health Seed Grant Recipient
Agency: PNC Bank
Title: "Behavioral Training for Mothers and Pediatric Residents: Does it Improve Managing Stressful Childhood Behaviors?"
P.I.: Rebecca M. Plant, M.D.
Total Cost for Project Period: \$15,000
Dates: 7/2018-6/2019

PROFESSIONAL SERVICE

- 9/2019 Speed Mentor for residents, Florida Chapter of the American Academy of Pediatrics state meeting
- 8/2011-5/2012 Co-President, Pediatric Interest Group
- 8/2011 Students for Community Involvement
- 7/2011 National Youth Leadership Forum on Medicine, Campus Assistant

COMMITTEES and BOARD MEMBERSHIPS

NATIONAL

2018-present New England Journal of Medicine Program Director Advisory Board

REGIONAL

2019-present Co-Chair Early Career Physician Committee, FCAAP

LOCAL

2019-present Integrated Behavioral Health Committee Member, USF Pediatrics

2018-2019 Self-study Committee for USF Pediatric Residency

2017-present USF Pediatric Residency Recruitment and Selection Committee

2017-present USF Pediatric Residency Clinical Competency Committee

2017-present USF Pediatric Residency Program Evaluation Committee

2017-present USF Resident Oversight Committee, Member

2012 HEAL: Health Equity and Access Leaders, Board Member

COMMUNITY SERVICE

5/2021, 2022 Cereal for Summer food drive at USF Clinics for Feeding Tampa Bay

7/2021 Back-to-school Health Fair at Plant City

8/2020 Back-to-school Health Fair at Blake High School

7/2020 ABC Action News Interview on Pediatrics and masks during COVID,
<https://www.abcactionnews.com/news/back-to-school/local-doctor-shares-tips-for-preparing-children-to-wear-masks-in-school>

7/2020 ABC Action News Interview on Pediatric patients and COVID,
<https://www.abcactionnews.com/news/coronavirus/health-department-reports-thousands-of-covid-19-cases-in-kids-local-doctors-warn-of-symptoms>

7/2020 WEDU Tampa PBS News Interview on Pediatrics and COVID,
<https://video.wedu.org/video/friday-july-17-2020-x8vdlw/>

3/2020 USF Health Facebook Live on Staying Healthy during COVID,
<https://www.facebook.com/325112621714/videos/322553778705710/>

7/2018 Back-to-school Health Fair at Bowers Whitley High School

- 2/2019, 8/2019 USF Health Facebook Live on Measles and Vaccination
<https://www.facebook.com/usfhealth/videos/288137798544886/>
- 2/2019 ABC News Interview: Vaccines and Religious Exemptions
<https://www.abcactionnews.com/news/state/religious-exemptions-for-vaccinations-in-question-following-measles-outbreak>
- 1/2019 USF Health Facebook Blog Interview on Essential Oils and children.
https://hscweb3.hsc.usf.edu/careblog/2019/02/01/essential-oils-for-children-friend-or-foe/?fbclid=IwAR0YBhi0kVM-ypG9GadhZ96YqXuf275i_Aa8ZJcfzsfN0Bs-vmh47LQbsS0
- 2017-present Annual Holiday Party for HealthPark Children
- 8/2017 Back-to-school Health Fair at Plant City, FL
- 2015-2016 Youth Group Leader. Christian City Church, Tampa FL, January
- 8/14-2018 Hospitality and Event Planning, Christian City Church
- 7/2014 Back-to-school Health Fair at HealthPark, Tampa, FL
- 3/2012 Fundraiser Organizer for Belle Terrace, HEAL
- 2011-2012 Host for Interviewing Medical Students, Augusta, Ga.
- 12/2011 Children's Medical Center HIV Christmas Party Volunteer, Augusta, Ga.
- 3/2011 Salvation Army Soup Kitchen, Augusta, Ga.
- 2/2011 Great Harvest Food Bank, Augusta, Ga.
- 1/2011 Anti-smoking Campaign Leader at a local middle school, Augusta, Ga.
- 12/2011 Holiday Cookie Decorating at the Ronald McDonald House, Augusta, Ga.
- 12/2017 Athens Regional Hospital Volunteer, Athens, Ga.
- 8/2006-5/2001 Athens-Clarke County Education Program Tutor, Athens, Ga.

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