

**Ashley Helvig Coombe PhD, RN, CNE**  
Assistant Professor, Clinical Track  
Assistant Director, D-ABSN Program June 1, 2019  
Nell Hodgson Woodruff School of Nursing  
Emory University  
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**EDUCATION**

<b>Date</b>	<b>Degree</b>	<b>Institution</b>	<b>Specialty</b>
2012	PhD in Nursing	Georgia State University	Nursing Research
2007	Master's in Nursing (MSN)	University of West Georgia	Nursing Education
1992	Bachelor of Science in Nursing (BSN)	Medical College of Georgia	Nursing

**LICENSES & CERTIFICATIONS**

<b>Date</b>	<b>Type</b>	<b>License Number</b>
2019-Present	ATI Champion: Assessment Technologies Institute	
2014-Present	Certified Nurse Educator, National League of Nursing	
1992–Present	Registered Nurse, Georgia Board of Nursing	R107563

**HONORS AND AWARDS**

<b>Date</b>	<b>Honor or Award</b>	<b>Awarding Body</b>
2019	DABSN Faculty Award	DABSN Graduating Students
2017	Selected for participation in the Early Career Reviewer Program, Center for Scientific Review	National Institutes of Health
2017	Selected as Affiliate Investigator	Georgia Center for Diabetes Translation Research
2013	Nominee for the eighth annual Celebrating Nurses Awards	Atlanta Journal-Constitution
2010	Selected as the first nursing student member	Center for Behavioral Neuroscience, Georgia State University
1992	Inductee	Sigma Theta Tau International Nursing Honor Society

## PROFESSIONAL EXPERIENCE

<b>Dates</b>	<b>Title</b>	<b>Institution</b>
May 2018- Present	Assistant Director, Distance Accelerated BSN Program June 1, 2019-present; Assistant Professor, Clinical Track	Nell Hodgson Woodruff School of Nursing, Emory University
August 2014- June 2018	Assistant Professor, Tenure Track	Byrdine F. Lewis School of Nursing, Georgia State University
August 2012- July 2014	Assistant Professor, Tenure Track	Tanner Health System School of Nursing, University of West Georgia
August 2007- May 2012	Associate Professor	School of Nursing and Health Sciences, Gordon College
July, 2003-July 2009	Staff Nurse Charge Nurse May, 2005-July 2007 Staff Nurse, PRN July 2007-July 2009	Piedmont Fayette Hospital Fayetteville, GA
Feb., 2003- July, 2003	Clinical Manager, IV Team	Staff Builders Home Care
June, 1998- Feb., 2003	IV Nurse	Visiting Nurse Health System
April, 1995- June, 1998	Case manager	Central Home Health Care
July, 1992- April, 1995	Staff Nurse II	Egleston Children's Hospital

## SCHOLARSHIP: GRANTS AND OTHER FUNDING

### Research Grants Funded by External Agencies

Georgia Center for Diabetes Translation Research, Small Grant Award (GCDTR-03), (**Helvig, A.**,  
Faulkner, M., & Rogers, A.)

Project title: A Sleep Intervention (SLEEP-Extend) for Young Adults At-Risk for Type 2 Diabetes.

Funded By: Supported in part by NIDDK Grant number P30 DK 111024-01 (Narayan, V. K. M., PI), and  
in part by PHS Grant UL1TR000454 from the Clinical and Translational Science Award Program,  
National Institutes of Health, National Center for Advancing Translational Sciences.

Role: PI, 4% Effort

Awarded \$30,000

Funding Period: 4/2017-12/2019

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### Research Grants Funded Internally

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Byrdine F. Lewis School of Nursing and Health Professions Intramural grant program (**Helvig, A.**, Chasens, E., McCrory, M., & Clark, P)

Project Title: Impaired Sleep and Insulin Resistance Levels as Risk Factors in Young Adults.

Funded By: Byrdine F. Lewis School of Nursing and Health Professions, Georgia State University

Role: PI, XX% Effort N/A

Awarded \$7,000

Funding Period: 9/2015-7/2016

University of West Georgia, Internal Faculty Development Grant (**Helvig, A.**)

Project Title: Seizure and Behavioral Phenotyping of the Scn1a Mouse Model of Genetic Epilepsy with Febrile Seizures Plus

Funded By: University of West Georgia

Role: PI, XX% Effort N/N

Awarded \$8,196

Funding Period: 9/2013-7/2014

### SCHOLARSHIP: PUBLICATIONS

(Data-based denoted with \*, senior or first author with +, student or corresponding authors underlined)

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#### Peer-Reviewed Publications—Accepted or Under Review

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\*+**Coombe, A. H.**, Hayat, M. J., Faulkner, M. S., Rogers, A. E., Lee, J. & Clark, P. (2020). Preliminary evidence of insulin resistance in young adults with impaired sleep. *Journal of American College Health*. doi: 10.1080/07448481.2020.1819290

\*+**Coombe, A. H.**, Epps, F., Lee, J., Chen, M-L., Imes, C. C., & Chasens, E. R. (2019). Sleep and self-rated health in an aging workforce. *Workplace Health & Safety*. doi:10.1177/2165079919828748

\*Faulkner, M. S. & **Helvig, A.** (2018). Sleep quality and heart rate variability in adolescents with type 1 or type 2 diabetes. Abstract No. 811, published in *Diabetes*, Supplement.

Aycock, D. M., Hayat, M. J., **Helvig, A.**, Dunbar, S. B. & Clark, P. C. (2018). Essential considerations in developing attention control groups in behavioral research. *Research in Nursing & Health*, 41, 320-328. doi: 10.1002/nur.21870  
\*Noted as a top-cited article in recent history by RINAH

\*Lee, J., Spratling, R., & **Helvig, A.** (2017). Sleep characteristics in mothers of children with developmental disabilities. *Journal of Pediatric Health Care*, 32(1), e9-e18. doi: <https://doi.org/10.1016/j.pedhc.2017.08.002>

\*+**Helvig, A.**, Faulkner, M. S., Clark, P., Chasens, E., McCrory, M.A.,

Zhang, N., & Hayat, M.J. (2017). Impaired Sleep and Insulin Resistance in Young Adults (abstract). *Diabetes*, 66(Abstract Supplement 1), A226.

+**Helvig, A.**, Wade, S., & Eades, L. (2016). Rest and the associated benefits in restorative sleep: A concept analysis. *Journal of Advanced Nursing*, 72(1), 62-72.  
doi: 10.1111/jan.12807

\***Sawyer, N. T., Helvig, A.**, Makinson, C. D., Decker, M. J., Neigh, G.N., and Escayg, A. (2016). Dysfunction of the voltage-gated sodium channel *Scn1a* alters behavior, but not the seizure response to stress. *Genes, Brain, and Behavior*, 15(3), 335-47. doi: 10.1111/gbb.12281

\*+**Helvig, A.**, & Chasens, E. (2015). The association of sleep and Health in working men and women (abstract). *Sleep*, 38 (abstract supp).

+**Helvig, A.**, Minick, P., & Patrick, D. (2014). Post-operative Management of patients with obstructive sleep apnea: Implications for the medical-surgical nurse. *MEDSURG Nursing*, 23(3), 171-177.

+**Helvig, A.** & Decker, M. (2014). Omega 3 fatty acids and the brain: Implications for nursing practice. *British Journal of Neuroscience Nursing*, 10(1), 29-37.

\*+**Helvig, A.** & Minick, P. (2013). Adolescents and headaches: Maintaining control. *Pediatric Nursing*, 39(1), 19-26.

## **SCHOLARSHIP: PRESENTATIONS**

(Invited presentations denoted with ‡, podium presentations denoted with ^)

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### **International Presentations**

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^ **Helvig, A.**, Clark, P., Chasens, E., McCrory, M.A., Zhang, N., & Hayat, M.J. (2017). "Insulin Resistance in Young Adults with Impaired Sleep" (Podium). Sigma Theta Tau International Nursing Honor Society 44<sup>th</sup> Biennial Convention.

^ **Helvig, A.** & Decker, M. (2013). "A genetically-engineered model of Epilepsy facilitates new insights into patient behavior." Sigma Theta Tau International Nursing Honor Society 42<sup>nd</sup> Biennial Convention.

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### **National Presentations**

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^ **Coombe, A.**, Csaky, W., Haynes-Ferere, A., Tanner, T., & Woods, E. (2020). "Unique Use of an Unfolding Case Study in a One-Year Distance Accelerated BSN Program Evidence-Based Practice Course." National League of Nursing Educator Summit (Accepted for Presentation, September 2020)

**Coombe, A.**, Csaky, W., Haynes-Ferere, A., Tanner, T., & Woods, E. (2020). "Optimizing ATI Integration in a New One-Year Distance Accelerated BSN Program." Assessment Technologies Institute 2020 Summit.

Postponed due to COVID-19

**Helvig, A.,** Faulkner, M. S., Clark, P., Chasens, E., McCrory, M.A., Zhang, N., & Hayat, M.J. (2017). "Impaired Sleep and Insulin Resistance in Young Adults." American Diabetes Association 77<sup>th</sup> Scientific Sessions.

**Helvig, A. & Chasens, E.** (2015). "Sleep and self-rated health in middle-aged working men and women" Sleep 2015 conference.

**^Helvig, A.** (2015). "Sleep disruption, obesity and insulin resistance in African Americans." National Black Nurses' Association convention.

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### **State and Regional Presentations**

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**#^ Coombe, A., & Spratling, R.** (2018). "Posters: From Abstract to Presentation" Georgia Nursing Leadership Coalition Annual Conference.

**#^ Helvig, A.,** Faulkner, M., Rogers, A. (2017). "A Sleep Intervention (SLEEP-Extend) for Young Adults At-Risk for Type 2 Diabetes." Georgia Center for Diabetes Translational Research Symposium.

Wade, S., Eades, L. & **Helvig, A.,** (2016). "Rest and the associated benefits in restorative sleep." American Association of Nurse Practitioners national conference.

**^Helvig, A.,** Sawyer, N., Escayg, A. & Decker, M. (2015). "Examining Complementary Methods to Mitigate Hyperactive Behavior" (Podium and Poster). Southern Nursing Research Society annual conference.

**^Helvig, A.,** (2015). "A New Approach to Unfolding Case Studies." Georgia Association for Nursing Educators.

**^Helvig, A.,** Sawyer, N., Escayg, A. & Decker, M. (2013). "Seizure and Behavioral Phenotyping of the Scn1a Mouse Model of Genetic Epilepsy with Febrile Seizures Plus." Southern Nursing Research Society annual conference. Selected as one of the top student posters.

**^Helvig, A.,** Jackson, A., & Morgan, R. (2012). "Remediation Using the Nursing Process for Beginning Nursing Students." Georgia Association for Nursing Educators.

**Helvig, A., & Minick, P.** (2011). "Adolescents with Migraines: A Qualitative Study." Southern Nursing Research Society annual conference.

**Helvig, A.,** Keating, G. & Decker, M. (2011). "Protecting the

newborn's brain with Omega 3 fatty acids." Georgia Public Health Association conference.

**Helvig, A.,** Keating, G. & Decker, M. (2010). "Maternal dietary supplementation with Omega 3 confers neuroprotection to the newborn against hypoxia-induced neurochemical morbidity." Arrowhead Sleep Workshop, Lake Arrowhead, CA.

Crager, J., **Helvig, A.,** Horvath, P., Johnston, R., Morris, J., & Rodgers, G., Reilly, L. (2007). "NCLEX-RN Predictors." Southern Nursing Research Society annual conference.

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### Local Presentations

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#^ **Helvig, A.** (2018). "Using Biomarkers in Research." Georgia State University, Byrdine F. Lewis College of Nursing and Health Professions, School of Nursing PhD Intensives.

#^ **Helvig, A.** (2017). "Strategies for Teaching in the Clinical Setting." Lewis College of Nursing and Health Professions, School of Nursing Faculty Development Workshop.

#^ **Helvig, A.** (2017). "Strategies for Teaching." Lewis College of Nursing and Health Professions, School of Nursing Faculty Development Workshop.

^ **Helvig, A.,** (2014). "Use of Current Events as Unfolding Case Study." University of West Georgia Pedagogical Conference.

#^ **Helvig, A.,** (2013). "Current Nursing Research." Good Librations, University of West Georgia.

### TEACHING ACTIVITIES

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#### Courses Taught

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Semester, Year	Name of Course	Role
Fall 2018	NRSG 342D Evidence Based Nursing Practice	Course Coordinator (Developed for DABSN Program)
Fall 2018-Present	NRSG 344D Health Assessment	Course Coordinator (Developed for DABSN Program)
Spring and Fall 2019	NRSG 346D Acute and Chronic Care I	Course Coordinator (Developed for DABSN Program)
Spring 2019	NRSG 349D Social Responsibility and Bioethics	Course Coordinator (Developed for DABSN Program)

Spring 2019-Present	NRSG 437D Maternity and Reproductive Nursing	Course Coordinator (Developed for DABSN Program)
Fall 2019-Present	NRSG 341D Foundations of Nursing Practice	Course Coordinator (Developed for DABSN Program)
Summer 2020-Present	NRSG 435D Acute and Chronic Care II	Course Coordinator
Fall 2019-Present	NRSG 459D Capstone Seminar	Course Coordinator (Co-Developed for DABSN Program)

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### **PROFESSIONAL AND UNIVERSITY SERVICE ACTIVITIES**

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#### **National Service**

Dates	Name of Committee or Group	Role
2015-Present	<i>Journal of Advanced Nursing</i>	Reviewer
Spring 2016	9th World Congress on Prevention of Diabetes	Nursing representative for the Summit on prevention of prediabetes from Georgia State University
2020	National Council of State Boards of Nursing	Volunteer NCLEX Item Writer

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#### **Regional or Local Service**

Dates	Name of Committee or Group	Role
Spring 2019	Georgia Center for Diabetes Translational Research	Small Grant Reviewer
Summer 2017	SNRS Local Planning Committee for 2018 conference	Member
2018-Present	SNRS, Bylaws and Policy/Procedures Committee	Member

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#### **Emory University Service**

Dates	Name of Committee or Group	Role
Spring 2019-Present	Woodruff Health Educators Academy, Teaching and Learning Development Subcommittee	NHWSO representative

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**Nell Hodgson Woodruff School of Nursing Service**

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Dates	Name of Committee or Group	Role
Summer 2018	Planning committee for DABSN	Member
Fall 2018-Present	DABSN Testing and Evaluation Champion	
Fall 2018-Present	DABSN Curriculum	
Spring 2019-Present	Program Evaluation Committee	Member Co-Chair 2020

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**Memberships in Professional Organizations**

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Dates	Name of Committee or Group	Role
2020-Present	Georgia Association for Nursing Education	Member
2015-2017	Sleep Research Society	Member
2014-2017	American Nurses Association	Member
2010-2013, 2018	Georgia Association of Nurse Educators	Member
2007-Present	National League of Nursing	Member
2006-present	Southern Nursing Research Society	Member
1992-Present	Sigma Theta Tau Nursing Honor Society	Member