



## ABOUT DR. JAMES

Dr. James Q. Simmons (he/him/his) is a Board-Certified Acute Care Nurse Practitioner, CEO and Founder of Simmons Medical & Media Consulting, and a highly sought-after medical expert recognized for making complex health topics accessible and engaging for diverse audiences. With appearances on NBC, FOX, CBS, ABC, KTLA, Yahoo! Finance, Sirius XM, Loveline, DASH Radio, top-tier podcasts, and strategic partnerships with leading social media influencers, Dr. James is one of the most dynamic and influential voices in the healthcare media conversation today. He is also the creator of a thriving online community where followers connect with him directly on social media @DrJamesQSimmons.

# DR. JAMES Q. SIMMONS

*DNP, MSN, RN, AGACNP-BC, BJMC*

A prolific and in-demand speaker, Dr. James captivates audiences at conferences, retreats, and industry events with his impactful presentations on healthcare for the lay public, challenges and opportunities in nursing, wellness, burnout, mental health, professional development, technology & innovation, Black Health, and LGBTQIA+ advocacy. Known for his gift of simplifying complex health information into practical, actionable insights, Dr. James empowers both professional audiences and community groups alike. His expertise, charisma, and dedication make him a trusted and influential voice in the healthcare space, bridging the gap between medical knowledge and everyday understanding with energy and authenticity.

Dr. James holds a Doctorate of Nursing Practice from the University of California, Los Angeles where he also serves as a guest lecturer and research consultant, a Master of Science in Nursing from the University of Illinois-Chicago, and a Bachelor of Arts in Journalism and Mass Communications from Drake University. As CEO, Dr. James leads world-class media training for nurses and healthcare professionals, empowering them with the skills and confidence to excel in media and become trusted voices in the public sphere. He is also deeply committed to helping fellow nurses overcome burnout and revitalize their careers, and consults with healthcare organizations, universities, hospitals, clinics, and non-profit entities to drive positive change in the profession.

A lifelong athlete and sports enthusiast, Dr. James has played basketball, volleyball, flag football, and tennis at highly competitive levels. He's won national championships with the National Gay Basketball Association (NGBA), National Gay Flag Football League (NGFFL), and the North American Gay Volleyball Association (NAGVA), making him a true force on and off the court. At Division I Drake University he honed his skills on the practice squads for both the Men's and Women's basketball teams. His passion for sports extends to coaching middle and high school teams and co-directing national sports tournaments. Whether he's emulating Serena Williams' intensity on the tennis court, (attempting to) dominate the basketball court with his mid-range jumper, or cheering on his beloved Nebraska Cornhuskers, Pittsburgh Steelers, New York Knicks, or LA Sparks, Dr. James brings a unique blend of energy and expertise that is the perfect bridge between healthcare and sports media.

Dr. James appeared in Beyoncé's "Break My Soul Hive Certified" video and has received multiple professional accolades, including the Public Health Champion Award from Reach LA, the Sharp Cutting-Edge Award from the American Association of Nurse Practitioners, and the Creative Communication Award from Sigma Theta Tau among others. He served as a founding Clinical Ambassador for the CDC's "Let's Stop HIV Together" campaign until the programs dismantling by the Trump administration in 2025. Dr. James also serves proudly on the American Nurses Association California LGBTQIA+ Task Force and on several non-profit boards including APAIT, which focuses on health equity for vulnerable communities, and Black Queer Town Hall, an organization led by Miss Peppermint and Bob the Drag Queen that champions Black Queer excellence through community building and empowerment.



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