



**James Q. Simmons**

DNP, MSN, RN, BJMC, AGACNP-BC

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## BIOGRAPHY

Dr. James Q. Simmons (he/him/his) is a Board-Certified Acute Care Nurse Practitioner, CEO and Founder of Simmons Medical & Media Consulting, and an influential medical expert recognized as a leading voice in the healthcare media conversation with frequent appearances on major platforms like NBC, FOX, Sirius XM, top-tier podcasts, and partnerships with leading social media influencers. He busts medical misinformation daily with his thriving online community of over 70,000 followers @DrJamesQSimmons.

He holds Doctorate in Nursing Practice, a MS in Nursing, and a BA in Journalism, and is a frequent guest-lecturer at UCLA and other institutions. As CEO, Dr. James specializes in organizational transformation, media training, and workforce development for healthcare organizations. An acclaimed speaker, his authentic, accessible style resonates powerfully with diverse audiences, particularly within LGBTQ+, Black, and marginalized communities seeking trusted healthcare guidance.

As a former competitive athlete with multiple national titles, his enthusiasm extends to coaching and sports media. Featured in Beyoncé's "Break My Soul Hive Certified" video, Dr. James has served as a CDC Ambassador and is dedicated to health equity through his work with APAIT, Black Queer Town Hall, and more.

## EDUCATION

### DOCTOR OF NURSING PRACTICE

*University of California - Los Angeles*

June 2020

### MASTER OF SCIENCE IN NURSING

*University of Illinois - Chicago*

May 2014

### BACHELOR OF ARTS IN BROADCAST JOURNALISM

*Drake University*

May 2000

## AWARDS

*Public Health Champion Award, Reach LA - 2024*

*Sharp Cutting Edge National Leadership Award -*

*American Association of Nurse Practitioners, 2023*

*Creative Communication Award, Sigma Theta Tau Honors Society, 2023*

*Department of Nursing Science Outstanding Master's Student Award, 2014 & Chancellor's Service & Leadership Award, 2012*

## PUBLICATIONS/DISSERTATION

**The\_InstaPrEP\_Project: A Social Marketing Intervention on Instagram to Increase Oral HIV Prophylaxis in Black Men Who Have Sex With Men (June 2020)**

**Narcolepsy: An Overview of Diagnosis and Treatment. Consultant 360. (July 2015)**

**Effective management of ARDS. The Nurse Practitioner. (October 2014)**

## ADVANCED PRACTICE & REGISTERED NURSING LICENSURE

**CA Advanced Practice Registered Nurse**

**CA Nurse Practitioner Furnishing**

**CA Registered Nursing**

**Federal DEA**

**Medicare Certified**

**(all available upon request)**

## CERTIFICATIONS

**Adult Gerontology / Acute Care Nurse Practitioner (AGACNP)**

**Advance Cardiac Life Support (ACLS)**

**Basic Life Support (BLS/CPR)**

## **Chief Executive Officer & Founder**

Simmons Medical & Media Consulting

December 2014 – Present

Los Angeles, CA

- Pioneering multimedia medical expert with frequent appearances across local, regional, national, and international major media outlets, top-tier podcasts, and strategic partnerships with leading social media influencers
- Oversee comprehensive media training programs for healthcare professionals across television, radio, social media, podcast, live streaming, and all digital media platforms
- Execute high-impact keynote speaking engagements for corporate clients including Nike, Shimano, Blackline, Cooley, Davis Elen, and others
- Command national and international medical and nursing conference stages as both keynote speaker and master of ceremonies
- Consult on the architecture and deployment of multimedia health communication strategies for healthcare organizations, leveraging evidence-based methodologies to optimize patient education and community outreach initiatives
- Developed and launched "Code Blue You" professional development training series, addressing nurse burnout, building resilience, and strategic career advancement for healthcare professionals
- Lead organizational diversity, equity, and inclusion consulting engagements, with specialized expertise in LGBTQ+ healthcare competency, HIV education, treatment, and prevention, and culturally responsive care delivery
- Provide expert consultation on crisis communication and media relations strategies for healthcare organizations during public health emergencies and policy changes affecting patient care
- Leverage proprietary doctoral research to drive innovation in public health education and behavioral change through social media, emerging technology, and artificial intelligence applications in healthcare communication
- Oversee strategic healthcare consulting operations specializing in organizational transformation, academic program optimization, employee development initiatives, and workforce resilience strategies for nursing organizations, universities, hospitals, clinics, and non-profit healthcare entities

## **NURSE PRACTITIONER EXPERIENCE**

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### **Hospital Privileging**

**St. Francis Hospital Medical Center, Lynwood, CA, March 2015 - Present**

UCLA Ronald Reagan Medical Center, Los Angeles, CA, January 2019 – March 2021

Centinela Hospital Medical Center, Inglewood, CA, December 2014 - March 2020

Adventist Health Glendale, Glendale, CA, January 2018 - August 2019

California Hospital Medical Center, Los Angeles, CA, February 2015 - February 2019

### **Hospitalist Nurse Practitioner**

Epic Medical Group

St. Francis Medical Center & One Health Medical Clinic

August 2019 – Present

Lynwood, CA

- Perform comprehensive health histories and physical examinations, assess, diagnose, and independently manage acute and chronic illnesses for up to 25 ICU, telemetry, and medical/surgical patients daily
- Independently manage Emergency Department on-call panel admissions for a 12-hour period two times per week
- Manage the development and execution of patient care plans with all members of the interdisciplinary health care team, facilitating timely safe patient discharges
- Prescribe medications and advanced therapeutic interventions often in critical, life threatening situations
- Order and interpret laboratory and imaging studies
- Initiate health promotion, disease prevention, health education, and counseling for patients and families. Continuous evidence based education to colleagues and staff
- Assess, educate, and provide referrals for patients, families, and caregivers upon discharge
- Precept Adult Gerontology/Acute Care NP and MD/DO medical students each semester

### **Acute Care Nurse Practitioner**

UCLA Ronald Reagan Medical Center

January 2019 – April 2021

Los Angeles, CA

- Perform comprehensive health histories and physical examinations, assess, diagnose, and independently manage acute and chronic illnesses for patients admitted from the Emergency Department to the Internal Medicine Observation Unit
- Manage the development and execution of patient care plans with all members of the interdisciplinary health care team
- Prescribe medications and advanced therapeutic interventions for the acute and chronic illnesses of patients in the unit
- Order and interpret laboratory and imaging studies
- Initiate health promotion, disease prevention, health education, and counseling for patients and families
- Assess, educate, and provide referrals for patients, families, and caregivers upon discharge
- Provide continuous evidence-based practice education for colleagues, staff, and patients

## **Clinical Lead Nurse Practitioner**

Adventist Health Glendale

January 2018 – February 2019

Glendale, CA

- Manage the development, training, and daily clinical responsibilities of the Nurse Practitioner Hospitalist team, including safe and timely admissions, implementing current evidence-based best practices, efficient patient throughput and early discharge, development of ongoing hospital-wide education initiatives, participation in hospital task forces, and improving patient satisfaction
- Collaborate with Medical Director and Chief Medical Officer to exceed national average quarterly metrics, including reducing patient mortality and morbidity, reducing days over expected length of stay, improving case mix index through appropriate documentation, and achieving excellent HCAHPS scores
- Manage daily staffing matrix to facilitate effective and efficient mix of skill level and experience to ensure safest possible patient care outcomes
- Develop patient care policies and procedures based on the most clinically appropriate, evidence-based practice guidelines
- Perform comprehensive health histories and physical examinations, assess, diagnose, and independently manage acute and chronic illnesses for up to 20 ICU, telemetry, and medical/surgical level patients daily
- Manage the development and execution of patient care plans with all members of the interdisciplinary health care team
- Prescribe medications and advanced therapeutic interventions often in critical, life threatening situations
- Order and interpret laboratory and imaging studies
- Initiate health promotion, disease prevention, health education, and counseling for patients and families
- Assess, educate, and provide referrals for patients, families, and caregivers upon discharge

## **Hospitalist Nurse Practitioner**

Centinela, California, and St. Francis Hospital Medical Centers

December 2014 – March 2020

Los Angeles, CA

- Perform comprehensive health histories and physical examinations, assess, diagnose, and independently manage acute and chronic illnesses for up to 25 ICU, telemetry, and medical/surgical patients daily
- Independently manage Emergency Department on-call panel admissions for a 12-hour period two times per week
- Manage the development and execution of patient care plans with all members of the interdisciplinary health care team, facilitating timely safe patient discharges
- Prescribe medications and advanced therapeutic interventions often in critical, life threatening situations
- Order and interpret laboratory and imaging studies
- Initiate health promotion, disease prevention, health education, and counseling for patients and families. Continuous evidence based education to colleagues and staff
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- Precept Adult Gerontology/Acute Care NP and MD/DO medical students each semester

## REGISTERED NURSE / EMT EXPERIENCE

### **Medical Staffing Network**

Registered Nurse – Various area Emergency Departments

December 2013 to December 2014

Chicago, IL

### **Ascension Health Resurrection Medical Center**

Registered Nurse – Emergency Department

July 2011 to July 2013

Chicago, IL

- Demonstrate expert, evidence-based clinical nursing skills for critically ill patients presenting as a result of motor vehicle incidents, stroke, cardiac arrest, respiratory arrest, head injuries, acute psychological disorders, drug and alcohol intoxication, sepsis and other life-threatening emergencies with sound decision making to save patient's lives.
- Initiate cardiac and respiratory arrest ACLS protocols, execute defibrillation and bedside external cardiac pacemaker, assist with urgent intubation and appropriate management of ventilator dependent patients, assist with central line insertion, assist with chest tube insertion and post insertion management, initiate sepsis protocols, establish peripheral intravenous access, orthopedic injury splinting, safely execute multiple complex medication administrations simultaneously, EKG interpretation and other vital Emergency Department skills.
- Use interpersonal communication strengths to facilitate understanding of complex medical situations with patients and their families, providing empathy and support during times of pain, stress, grief and death.
- Co-chair of Emergency Department Research and Practice Committee

### **Saint Anthony Hospital**

Emergency Room Technician/EMT

December 2010 to July 2011

Chicago, IL

- Assess walk-in patients in a triage setting and assign an ESI severity, obtaining blood samples for laboratory analysis, placing patients on cardiac monitoring as needed, inserting Foley catheters, obtaining and documenting vital signs, applying simple dressings, splints and posterior stabilization molds, and other needs as assigned by nursing and medical staff.

# BROADCASTING, COMMUNICATIONS, & MARKETING EXPERIENCE

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## **PepsiCo**

Communications Manager

October 2007 to December 2009

Chicago, IL

- Lead execution of internal communications strategic plan for new SAP Travel and Expense management tools, supporting 99 percent completion of milestone targets on time and within budget.
- Researched, drafted content and presented monthly communications regarding overall SAP project implementation to all PepsiCo Chicago business units
- Oversaw integration of new digital media into the core communications strategy

## **PepsiCo**

Senior Project Coordinator

January 2006 to October 2007

Chicago, IL

- Lead execution of internal communications strategic plan for new SAP Travel and Expense management tools, supporting 99 percent completion of milestone targets on time and within budget.
- Researched, drafted content and presented monthly communications regarding overall SAP project implementation to all PepsiCo Chicago business units
- Oversaw integration of new digital media into the core communications strategy

## **Chicago Games Inc. (Federation of Gay Games)**

Sports & Events Marketing Manager

September 2004 to January 2006

Chicago, IL

Co-managed global sports/events marketing campaign for Gay Games VII - Chicago, meeting overall registration goals Q4 2004 through Q4 2005. Coordinated development and implementation of all Gay Games VII global marketing initiatives, including special event planning, vendor management, sponsor relations and budget forecasting

## **MSDSonline**

Account Executive

September 2001 to September 2004

Chicago, IL

Partnered with COO/Founder on sales projects and financial reporting for Board of Directors and venture capital firms. 200 percent personal closed sale increase in Q4 2001; "Most Consistent Salesperson" award winner.

## **Des Moines Radio Group**

Promotions & Marketing Manager

March 2000 to May 2001

Des Moines, IA

Oversaw all external marketing for KIOA & KLTN, worked with local media such as the Des Moines Register and KCCI News Channel 8 in collaborative cross-promotions to increase listenership and advertising revenue. Negotiated and oversaw execution of the first-ever exclusive radio partnership with the Des Moines Home and Garden Show.

## **MULTIMEDIA HEALTH EXPERT, SPEAKING, & VOLUNTEER EXPERIENCE**

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- Guest medical expert appearing frequently on outlets like NBC, FOX, CBS, ABC, KTLA, Sirius XM, Yahoo!, Loveline, Channel Q, DASH Radio and dozens of podcasts and strategic social media influencers.
- Keynote Speaker, Nike, UCLA, Shimano, Pri-Med, Blackline, AltaMed, LACC, (full list available upon request)
- Clinical Ambassador, CDC's "Let's Stop HIV Together" Program, 2020 – 2025
- Advisory Board, APAIT - an organization serving Los Angeles' LGBTQ community at risk for or living with HIV and homelessness, 2019 - Present
- Advisory Board, Black Queer Town Hall - an organization led by Peppermint and Bob the Drag Queen committed to celebrating Black queer excellence by supporting and cultivating community, sharing knowledge, and uplifting voices. 2022 - Present
- ANA-California LGBTQIA+ Task Force, 2024 - Present
- Black Queer Creative Summit, GLAAD, 2023
- Media and Community Engagement Consultant, UCLA Center for HIV Infection, Prevention, and Treatment Services (CHIPTS), 2021 - 2024
- Co-host of Drop The Subject, a nationally syndicated talk radio program on the largest LGBTQ+ streaming network, Channel Q (Audacy)(2020)
- Social Media Fellow, NMAC/US Conference on AIDS, 2019 & 2020
- Guest Lecturer, UCLA School of Nursing Masters Entry Clinical Nurse Program
- Adjunct Lecturer, Acute Care Nurse Practitioner program, University of Illinois-Chicago College of Nursing
- Featured in a national television, radio and print advertising campaign for the National Council of State Boards of Nursing