



James Q. Simmons

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BIOGRAPHY

Dr. James Simmons (he/him/his) is a Board Certified Acute Care Nurse Practitioner, frontline healthcare provider, and passionate on-air medical personality.

Dr. James continues to emerge as one of the most sought-after voices at the intersection of the LGBTQ+ and Black communities. He is also the brains and heart behind the vibrant online community Ask The NP! (@askthenp)

As seen and heard on KTLA, NBC, FOX, CBS, ABC, Yahoo!, Scripps News, The Young Turks, KROQ, Sirius XM, Loveline, DASH Radio and countless more, his combination of extensive multimedia experience, real, relatable, and reliable approach, and more than 12 years of hospital-based critical care practice make Dr. James one of the most innovative voices changing the way we talk about healthcare today.

Dr. James was recently featured in Beyoncé's "Break My Soul Hive Certified" video, is the 2023 recipient of the prestigious Sharp Cutting Edge Award from AANP and the 2023 Creative Communication Award from Sigma Theta Tau, he is a founding Clinical Ambassador for the CDC's "Let's Stop HIV Together" campaign, Advisory Board Chair for APAIT (apaitonline.org), and Board Member of Black Queer Town Hall (blackqueertownhall.org).

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

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 Dual Board Certification (AG/ACNP)

Advance Cardiac Life Support (ACLS)

Pediatric Advanced Life Support (PALS)

Basic Life Support (BLS/CPR)

NURSE PRACTITIONER EXPERIENCE

Hospital Privileging

St. Francis Hospital Medical Center, Lynwood, CA, March 2017 - Present

UCLA Ronald Reagan Medical Center, Los Angeles, CA, January 2019 – April 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
- 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

REGISTERED NURSE / EMT EXPERIENCE

Medical Staffing Network

Registered Nurse – Various area Emergency Departments

December 2013 to December 2014

Chicago, IL

AMITA 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

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 & KLTI, 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

- Guest medical appearing several times per week on outlets like NBC, FOX, CBS, ABC, KTLA, Sirius XM, Yahoo!, Loveline, Channel Q, DASH Radio and more
- Co-host of Drop The Subject, a nationally syndicated talk radio program on the largest LGBTQ+ streaming network, Channel Q (Audacy)(2020)
- Clinical Ambassador, CDC's "Let's Stop HIV Together" Program, 2020 – Present
- Chair, Advisory Board, APAIT - an organization service Los Angeles LGBTQ youth 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
- Black Queer Creative Summit Invitee, GLAAD, 2023
- Media and Community Engagement Consultant, UCLA Center for HIV Infection, Prevention, and Treatment Services (CHIPTS), 2021 - present
- 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
- Keynote Speaker, LATCC Nursing Graduation
- Featured in a national television, radio and print advertising campaign for the National Council of State Boards of Nursing
- Graduate Representative, Urban Health Program College of Nursing Student Association,
- Panelist and keynote speaker, Inter-professional Healthcare Career Workshop
- Delegate, 3rd Annual Minority Health in the Midwest Conference, UIC
- Mentor, UIC College of Nursing Graduate Entry Program
- Volunteer, Urban Health Program Health Professions Conference, UIC
- Volunteer, UIC Urban Health Program at-risk youth outreach
- Member, UIC College of Nursing Urban Health Program
- Chicagoland Chapter of the American Red Cross Disaster Action Team
- American Red Cross evacuation and housing efforts during Central Iowa flooding
- United Methodist Church disaster response efforts in Mound City, MO, including evacuation, rescue, housing and rebuilding efforts