

CURRICULUM VITAE

JOHN STUART HUGHES, MD

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Born in Reno, Nevada August 21, 1953

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CV revised April 3, 2012

Licensure, Certification, and Fellowship:

- Colorado licensed physician – continuous licensure from 1982.
- Level II Accreditation, Colorado Division of Workers' Compensation
- Board Certification: American Board of Preventive Medicine / Occupational Medicine - January 26, 1988 #22175
- Fellow, American College of Occupational and Environmental Medicine, April 28, 1988

Additional Medical Qualifications:

Federal Aviation Administration:
Nuclear Regulatory Commission:
U.S. Navy:

Senior Aviation Medical Examiner
Radiation Medical Examiner
Undersea / Submarine Medical Officer
Diving Medical Officer

Colorado Division of Workers'
Compensation:

Level II – Full Accreditation

Professional Appointments:

Hughes Medical Consulting - Littleton, Colorado

Littleton office address: 20 West Dry Creek Circle, Suite 300 – Zip 80120

FAA examinations. Independent medical examinations. Corporate medical direction. Medical case reviews.

CenturaHealth Centers for Occupational Medicine – Littleton, Colorado

Evaluation and treatment of work-related injuries and illnesses, DOT examinations.

National Renewable Energy Laboratory – U.S. Department of Energy, Golden, Colorado

Site Occupational Medical Director – worksite surveys, physical examinations, surveillance examinations, and workers' compensation case management.

Colorado Division of Workers' Compensation – Subsequent Injury Fund

Occupational medical consultant.

Academic Appointments:

University of Colorado Health Sciences Center – School of Medicine

Assistant Clinical Professor in the Department of Family Medicine, May 1994 to present.

Assistant Clinical Professor in the Department of Preventive Medicine and Biometrics.

Board and Committee Involvement:

Rocky Mountain Academy of Occupational and Environmental Medicine (RMA)
American College of Occupational and Environmental Medicine (ACOEM)

RMA Delegate to ACOEM 1992 – 1996, and from 2006 - present
Chairman of the ACOEM Physician Assistants section 1993 – 1995
President, RMA 1999
Secretary / Treasurer 2000 - present

Colorado Medical Society

Workers' Compensation and Personal Injury Advisory Committee, member beginning in 1991, was chair of the committee from 1993 until 2003. Resumed the position of chairperson June 2005.

Colorado Division of Workers' Compensation

Psychiatry task force – 1992 to 1998
Independent medical exam task force – 1993 – 1994

Cumulative Trauma Disorder task force – 1995 to 1998
Medical Care Advisory Committee – member from 1998 to 2003 representing
Colorado Medical Society.
Member, Medical Advisory Panel 2006 – present
Instructor, Level II Certification Course - periodic

University of Colorado Health Sciences Center – Occupational Medicine Residency
Program

Residency Advisory Committee – Member, from 2001 to present
Chair, April 2006 to November 2011

Mountain and Plains Education and Research Center – Member, External Advisory
Panel, 2006 to September 2010.

Graduate Education:

U.S. Air Force Academy 1971 – 1973	Transfer, completed 2 years
University of Colorado 1973 – 1976	BA
University of Colorado School of Medicine 1976 – 1980	MD

Postgraduate Education:

The American Board of Preventive Medicine / Occupational Medicine certified the combined military-civilian training program completed by Dr Hughes as a “residency-equivalent” training program in 1987. Specific components of Dr Hughes’ post-graduate training follow:

Post Graduate Year 1:

Basic surgery internship, Portsmouth Naval Hospital in Portsmouth, Virginia.
June 1980 to June 1981. This was a rotating internship with emphasis in
orthopedics, general surgery, emergency care, and surgical subspecialties.

Post Graduate Years 2 – 3:

The military portion:

June 1981 to December 1981 – Attended training in radiation, submarine and
diving medicine. Based at the Naval Undersea Medical Institute in Groton,
Connecticut. This program contained three components: The first was a didactic
program in Navy occupational and submarine medicine. The second part was
diving and diving medicine training in Panama City, Florida – a 12 week course
of instruction held at the Navy School of Diving and Salvage. The third portion of

this training program was back in Connecticut. It was a didactic course in radiation medicine with a certification by the Nuclear Regulatory Commission to be a radiation medical examiner.

Dr Hughes then proceeded with military medicine thesis and research work toward completion of his diving medicine and undersea medicine qualifications. From September 1982 until October 1982 he conducted 4 weeks of research in acclimatization to decompression stress at the Naval Submarine Research Laboratory in Groton, Connecticut. He conducted an additional 4 weeks of research there from June 1982 through July 1982. He was later required to complete two week practical training programs in submarine medicine and also in submarine underway operations before becoming eligible for the Navy undersea medicine specialty designation. Dr Hughes had a unique career in the Navy with the Mobile Diving and Salvage Unit and SEAL teams that continued on reserve status until his transfer to the Fleet Hospital in 1996.

The non-military portion:

Dr Hughes began his basic science year in Preventive Medicine at the University of Colorado School of Medicine during September 1984, completing the basic science training and passing the comprehensive examinations by November 1985. This program was the basic science portion of the MSPH program. Clinical training was conducted for four months at the National Jewish Center for Respiratory Disease and Immunology under elective credits.

Contributory Assignments, Awards, and Experience:

Mountaineering – successful climbs include Denali 1976, 1979; participated in successful rescue and medical care of high altitude pulmonary edema case 1979.

Military arctic exercise – Navy SEAL ski trek across Greenland 1983.

Swimming/Triathlon – Olympic Trials qualifier 1976 in 200 meter freestyle. Big 8 Conference champion 1650 yd freestyle 1975. Many subsequent competitive swims through 2005: then ranked second in world masters swimming in the 400 and 1,500 meter freestyle distances. Triathlon sports medicine experience - medical advisor to Olympic bronze medal winner triathlete Susan Williams in Athens, Greece - August 2004. Continued to compete in various triathlons.

Ongoing sports medicine consultant, swimming instructor and volunteer. Anticipates attending 2012 Olympics in England with the U.S. Womens' Rowing Team, and Womens' Eights member Taylor Ritzel.

Diving Medicine – Assigned to U.S. Navy Mobile Diving and Salvage Unit 1982 – 1984; world-wide deployment in the Atlantic, Caribbean, and Mediterranean regions - treated many diving-related injuries and illnesses.

Military Humanitarian Missions – Assigned to U.S. Navy Fleet Hospital Minneapolis - Medical civic assistance mission to Thailand 1997, served as

Officer in Charge of medical civic assistance in West Africa to Togo in 2002 and Ghana in 2003. There were many travel medicine issues with these deployments. Military Awards with Citations – Meritorious Service Medal with Gold Star in lieu of second award, Navy Commendation Medal with Gold Star in lieu of second award, Navy Achievement Medal.

Civilian Awards – 5280 Magazine “Doctor of the Year” for specialty, October 2005, and again October 2007. Professionals in Workers Compensation “Primary Physician of the Year” 2005 and again 2008.

Publications:

Author “Effectiveness Review – Limited scope Investigation Report: The June 11, 2007 Protective Force Fatality at Savannah River Site; October 2008; internal publication U.S. Department of Energy.

Author “Swimming for Fitness, Cold Weather Training, and High Altitude Training” chapters, in U.S. Navy SEAL Team Physical Fitness Manual, second edition, published 2010 through the Uniformed Services University of the Health Sciences, F. Edward Hebert School for Medicine in Bethesda, Maryland.

Author “Occupational Medicine Profession” chapter, in MZ Balge, GR Krieger (ed) Occupational Health and Safety, 3d Edition, 2000 National Safety Council, U.S.A.