

CURRICULUM VITAE

JOHN STUART HUGHES, MD e-mail: office@hughesmedicalconsulting.com
4 W. Dry Creek Circle, #135 alt: drjohnshughes@gmail.com
Littleton, CO – 80120 Phone (303) 798-1210
Fax (303) 997-2147

Licensure, certification, and fellowship:

- Colorado licensed physician – continuous licensure from 1982: CO 24483, National Provider Identification (NPI) number: 1760484992.
- Level II Accreditation, Colorado Division of Workers' Compensation, expiration December 31, 2019.
- 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, past and present:

Federal Aviation Administration:	Senior Aviation Medical Examiner (current) HIMS Aviation Medical Sponsor
Federal Department of Transportation:	Certified Medical Examiner (current)
Nuclear Regulatory Commission:	Radiation Medical Examiner
Federal Department of Energy:	Site Occupational Medical Director
U.S. Navy:	Undersea / Submarine Medical Officer Diving Medical Officer

Professional appointments:

Hughes Medical Consulting - Littleton, Colorado
Littleton office address: 4 West Dry Creek Circle, Suite 135 – 80120

- FAA aviation medical examinations. Independent medical examinations.
Corporate medical direction. Medical case reviews. Workers' compensation care.

Academic appointments:

University of Colorado School of Medicine, in conjunction with the Colorado School of Public Health, Department of Environmental and Occupational Health

- Clinical Assistant Professor, September 2010 to present.

Rocky Vista University College of Osteopathic Medicine

- Adjunct Clinical Faculty; 2017.

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 - 2009
- Chairman of the ACOEM Physician Assistants section 1993 – 1995
- President, RMA 1999
- Secretary / Treasurer 1992-1999 and 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 through September 2013.
- Prescription Drugs of Abuse Committee; Founding chairperson, January 2014 to present.

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 2013 representing Colorado Medical Society.
- Instructor, Level II Certification Course – periodic
- Occupational medical specialty representative on advisory panel; chronic pain disorder and complex regional pain syndrome medical treatment guidelines – 2017.

University of Colorado Health Sciences Center – Occupational Medicine Residency Program

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

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 – Many climbs in North America include Denali (20,320ft) and Mt. McKinley North Peak in Alaska; - in 1976 and again during 1979; participated in successful rescue and medical care of high altitude pulmonary edema case on Danali in 1979.

Military arctic exercise – Navy SEAL Team 2: ski trek across Greenland 1983.

Swimming/Triathlon/Sports Medicine – Olympic Swimming Trials qualifier 1976 in 200 meter freestyle. Big 8 Conference champion 1650 yd freestyle 1975. Many subsequent competitive swims through 2005: that year was my ‘high water mark’ - ranked second in world masters swimming in the 400 and 1,500 meter freestyle distances for my age group. Sports medicine: medical advisor and ‘friend of athlete’ to Olympic bronze medal winner triathlete Susan Williams in Athens, Greece - August 2004. Similar role at 2012 Olympics in England with the U.S. Womens’ Rowing Team / Womens’ Eights gold medalist Taylor Ritzel. Ongoing sports medicine consultant, swimming instructor and volunteer.

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. Editor, medical sections of U.S. Navy Diving Manual under the Supervisor of Diving and Salvage 1988.

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 – Republic of Togo; Order of Mono. U.S. awards: 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 (last 10 years):

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.