

# JOSEPH HUMMEL, MD

## PROFESSIONAL SUMMARY

Physician with over 14 years and 50,000 hours experience treating patients in various emergency department settings from 10k to 80k volume. Serve as Assistant Medical Director and Emergency Department Preference for fast paced, high-acuity facilities. Clinical and administrative expertise on patient satisfaction and flow metrics. Research and personal focus on patient wellness with avoidance of sick care medical model. Board Certified in Family Practice, conversant in medical Spanish. Thrice awarded Physician of the Year at current position in Emergency Medicine.

## EDUCATION

### Board Certified Family Medicine

#### Family Medicine Residency

Mayo Clinic - Mercy Family Practice Residency - Des Moines, IA & Rochester, MN, 2005

#### Medical Degree

University of North Carolina - Chapel Hill - Chapel Hill, NC, 2002

#### Bachelor of Science

Biology University of North Carolina- Chapel Hill - Chapel Hill, NC 1998

## WORK EXPERIENCE

**Founder; CMO** Prime MD Wellness and Aesthetics, PLLC ([www.primemdcenter.com](http://www.primemdcenter.com)) - 7/2012- **current**

- Developed and launched a new retainer physician business -a complete wellness center focusing on bio-identical hormone replacement, nutrition, exercise, stress management and full aesthetic program.
- Created and implemented all practice Operational Policies.
- Hosted multiple community-based lectures to educate target market.
- Developed relationships with patients and the community to establish long-term business growth.
- Supervising 2 Physician Assistants caring for independent senior living community clients providing full access family practice and urgent care
- Supervising and directing 3 clinical registered nurses providing aesthetic care and customized IV formulations at 3 locations
- Managing 7 ancillary staff in providing reception, clerical, and billing support for 4 clinical sites
- Paid speaker for multiple medical and dental societies on opioid management best practices and risk mitigation
- SBIR NIH grant application 2019: NAD+ to prevent brain aging
  - Primary outcome: Improvement / preservation on neurocognitive testing
  - Secondary outcomes: Reduction in neurocognitive biomarkers

**Advisor, Halo Health Concierge Doctors - Raleigh, NC**

- Developed wellness protocols for Halo Health concierge mobile primary care and wellness practice. Train clinical staff in wellness care, medical innovations and technologies for age management, anti-aging and aesthetics.

### **Assistant Medical Director; Emergency Department Physician**

Independent Contractor for ApolloMD – UNC Lenoir Hospital (70k volume), Kinston, NC 01/2017 - **current**

- Care for an average of 130 patients per week to correctly diagnose and treat a variety of emergency medical conditions, diseases, and injuries.
- Manage and coordinate activities of nurses and other medical staff in the Emergency Care Center as current interim medical director and previously as assistant medical director.
- Lead collaborative hospital administration and clinical staff teams in increasing efficiency in care delivery and through-put, managing patient grievances, and improving patient satisfaction.
- Lead Emergency Care Center in staff relations and retention.
- Participate on the Pharmaceutical and Therapeutic Committee to bring new cost-effective, clinically efficacious therapies and to eliminate redundant, dated therapies for the facility.

### **Clinical Principal Investigator; Physician collaborator**

YoungBlood Institute ([youngbloodinstitute.org](http://youngbloodinstitute.org)), 8/2016- **current**

- Physician investigator for non-for-profit clinical organization performing IRB approved studies utilizing heterochronic plasma exchange (HPE) and immunoglobulin therapy for: prevention / reversal of dementia and impact on anti-aging and biomarker reduction
- Collaboration, data collection, study protocol with principle, Mark Urdahl

### **Managing Partner and CFO**

H and H Construction Company of Sabula, Iowa. 03/2009 – **current**

- Manage contract negotiations, corporate regulations, staffing/payroll, and asset distribution for earthmoving company that operates in five Midwest states
- Providing site support and logistics for over \$12M in private and government contracts

### **Emergency Department Physician for Emergency Medical Consultants**

Providing emergency department medical care for multiple Texas Health Resource Hospital Facilities in the Dallas-Fort Worth Metroplex, 04/2014 - 8/2017

### **Interim Medical Director; Assistant Medical Director; Emergency Department Physician**

Independent Contractor for ApolloMD - Nash Hospital (70k volume), Rocky Mount, NC 06/2006 - 07/2013

### **Emergency Department Physician**

Schumacher Group - Sampson Regional Medical Center (30k volume), Clinton, NC 06/2009 - 11/2012

- Appropriately diagnosed and treated a variety of emergencies, diseases, and injuries in an emergency department setting on an as needed basis.

### **Emergency Department Physician**

Physician Phoenix Physicians - Mariah Parham Medical Center (45k volume), Henderson, NC 05/2006 - 07/2008

- Appropriately diagnosed and treated a variety of emergencies, diseases and injuries in an emergency department setting.
- Delivered medical services to 100 patients per week.

### **Emergency Department Physician**

Health Management Association, Inc. - Franklin Regional Medical Center (35k volume), Louisburg, NC  
05/2006 - 07/2007

- Appropriately diagnosed and treated a variety of emergencies, diseases, and injuries in an emergency department setting on an as needed basis.

### **Family Practice Physician**

Health Management Associates, Inc. - Heritage Family Care, Wake Forest, NC 05/2005 - 06/2006

- Delivered general medical and continuity of care services to 150 patients per week in suburban family practice setting.
- Advised and educated patients regarding medications, diet, and effective disease prevention methods.
- Conducted physical examinations to provide information needed for admission to school, consideration for jobs, and eligibility for insurance / disability coverage.

### **Emergency Department Physician**

Acute Care, Inc. / EmCare - Multiple rural hospital sites- Iowa 07/2003 - 06/2005

- Appropriately diagnosed and treated a variety of emergencies, diseases, and injuries in Emergency Department setting
- Provided solo coverage to multiple small rural hospital Emergency Departments, volume 10k to 25k

### **CERTIFICATIONS**

- Active physician's license in the states of North Carolina and Texas
- Certified, **American Board of Family Medicine**, 2005 – *current*
- Certified, **ACLS**
- Certified, **PALS**
- Certified, **ATLS**

### **HONORS AND AFFILIATIONS**

- **Medical Director of *Touched by Hope***, an open community program sponsored by Hope Lutheran Church to provide social support and medical care to those in need, 2011 - *current*
- **Speaking Member of Marriage Ministry**, Hope Lutheran Church, 2011- *current*
- **Patient Satisfaction Guru**, Nash Hospital, 2007-*current*
- **Thales Academy Husky Parent Volunteer**, volunteers for weekly lunch sitting for students, manager of campus clean up committee, sponsor and coordinator of Field Day, 2010 – *current*
- **Physician of the Year**, Nash Hospital, 2009 *and* 2012
- **Resident of the Year**, Mayo Clinic- Mercy Family Practice Residency, 2005
- **Salber-Phillips Award on Aging**, for providing an academic center model of continuity of care for high-utilization indigent adults, University of North Carolina- Chapel Hill, 2002
- **Atlantic Coast Conference Student-Athlete of the Year**, Wrestling, 1998
- **Scholar Athlete of the Year**, University of North Carolina- Chapel Hill, 1998
- **Sam Barnes Award for Non-Scholarship Athlete**, University of North Carolina- Chapel Hill, 1998