

# Jerald L. Cook, MD, MS, FACOEM

10425 Tierrasanta Blvd Ste 108  
San Diego, CA 92124  
Office 858-848-9052  
Fax 858-251-3041  
jcook@medfitconsulting.com



---

## OBJECTIVE

---

To provide expert services in the fields of occupational and environmental medicine, environmental toxicology, and preventive medicine. My clinical practice focus has been in occupational medicine, medical surveillance examinations, certification examinations, workers' compensation management, environmental health, toxicology, addiction medicine, mood and anxiety disorders, disability prevention and management, disability evaluations, general preventive medicine, public health and legal medicine. My industry focus is broad but has included nuclear power, firefighters, healthcare workers, police officers, veterinarians, public service, transportation, military and Veterans, warehousing and retail, environmental engineering, business services, and federal government. I am also trained in functional medicine where I work with clients interested in improving their total health, function and wellbeing. These clients range from those that have multiple symptoms and currently feel unwell and disabled to Ironman athletes seeking to improve their athletic performance and satisfaction in their achievements.

---

## EXPERIENCE

---

### **US Navy, Commander**

Senior Medical Officer, Occupational Health Department, Naval Medical Center San Diego, 2018-Present

- Primary full time position, providing occupational medicine services to federal employees and service members.
- Manage five occupational health clinics at military installations in San Diego.

Group Surgeon, Marine Air Control Group 38, 2016-2018

- Provided direct acute care, primary care, wellness screening and health counseling to active duty Marines and Sailors at least 80% of the time. Up to 20% of the time is administrative medical planning and reporting to Marine Corps leaders.
- Implemented Functional Medicine in military primary care clinic with chronically ill service members.
- Managed a decompression incident during a military flight affecting 47 service members requiring medical treatment for 39 and hyperbaric treatment for six while still meeting mission objectives.
- Faculty, Occupational Health Fundamentals Course for the Non-Occupational Medicine Physician, 2018
- Faculty, Occupational Health Fundamentals Course for Occupational Health Nurses and Technicians, 2018

Occupational Health Department Head, Naval Hospital Twentynine Palms, 2013-2016

- Sole provider in clinic providing occupational health services to 660 hospital staff and over 5,000 civilians and service members. Provided OSHA compliant medical surveillance examinations, FMCSA certification examinations, and managed federal workers' compensation injuries and illnesses.
- Responded as Public Health Emergency Officer to several incidents, and developed written policies for managing infectious diseases such as Ebola Virus, MERS-CoV, Measles Virus, and Zika Virus. Implemented this response plan with coordination of public health of three counties.
- Managed several mass environmental exposure incidents (blood, carbon fiber dust, halon, mold, and organic solvents). Process improvements included medical readiness process, annual TB screening (compliance increased from 60% to 95%), and reducing no-shows (reduced from 20% to 8%).

Occupational Medicine Division Head, Captain James A. Lovell Federal Health Care Center, 2011-2013

- Provided occupational health services to US Navy industrial employees and service members and VA hospital employees in two clinics, including medical surveillance, certification examinations, workers' compensation management, and health promotion and education.
- Evaluated multiple indoor air quality problems and two indoor lead incidents. Managed contact investigations for several active tuberculosis cases. Provided risk communication to Navy housing community on mold, and advised installation commander on condemning barracks for renovation due to mold. Performed 22 worksite evaluations. Developed and taught a running clinic for recruits that were failing boot camp because they could not pass the run with immediate results, and then turning the program into a train the trainer program for sustainment. Process improvements included medical readiness process, implementation of electronic health record at VA clinic, overhauled employee wellness visit to be consistent with USPSTF recommendations, and increasing clinic volume by 360% over two years.

Nurse Corps Officer, Naval Medical Center San Diego, 2002-2004

- Staff RN on medical and surgical wards. Deployed to Kuwait with Marine Corps Medical Battalion in 2003 to work as ward nurse and critical care nurse in the beginning of the Iraq War.

Nuclear Engineering Laboratory Technician, Five Fast Attack Submarines, 1989-1999

- Served onboard nuclear powered fast attack submarines as a nuclear power plant operator, operating the engine room, managing reactor plant chemistry and steam plant chemistry. Managed radiation health records and provided training regarding radiation health to crew. Supervised radiological controls during maintenance periods, and managed radiological waste.

#### **American Analytical Medical Services, Inc. (AAMS)**

Vice President/Chief Medical Officer, 2016-Present

- Provides nationwide quality medical services in areas of disability management, cost containment, utilization management, risk management, and remote healthcare.

- National network of Occupational and Environmental Medicine Physicians, and physicians in various specialties that provide patient care, Medical Director services, specialty examinations, second opinions and expert witness depending on the client's needs.
- Developed and provide Occupational Functional Medicine program for improved health and fitness of employees of companies as a benefit.

**Med Fit Consulting, Inc.**

President, 2011-Present

- Review peer review of medical records for CA DIR Independent Medical Review, Medical Board of California, long term disability claims, independent medical examinations, and other expert opinions as requested.
- Provide personal assessments for Veterans with disability appeals.
- Personalized care for functional medicine in collaboration with primary care providers to improve overall wellness.

**Premise Health**

Medical Director, Lowe's Health Center, 2014-Present

- Primary care and injury care of workers at onsite health clinic in regional distribution center.

**LICENSURE AND CERTIFICATIONS**

Current Unrestricted State License (Physician and Surgeon), California, A110724, Expires 12/31/2019

Board Certification, Occupational Medicine, ABPM, Expires 12/31/2021

Board Certification, Public Health and General Preventive Medicine, ABPM, Expires 12/31/2025

Registered Nurse, California, 609096, Expires 1/31/2020

Public Health Nurse, California, 66041, Expires 1/31/2020

Substance Abuse Professional (SAP), NAADAC, Expires 3/2021

Medical Review Officer (MRO), MROCC, 16-12005, Expires 10/23/2021

Appointed Expert Reviewer, The Medical Board of California, Expires 2/1/2018

Certified Independent Medical Examiner (CIME), ABIME, Expires 4/9/2021

Certified Medical Examiner, NRCME, National Registry Number 1366656604, Expires 5/24/2023

BLS, Expires 11/2019

ACLS, Expires 11/2019

Functional Movement Screening, Certified Level I since 2010

USA Triathlon, Certified Level I Coach 2012-2017

Road Runners Clubs of America, Certified Coach since 2014

Ironman Certified Coach, since 2015

---

## EDUCATION

---

University of Florida, College of Pharmacy, 2018-Current, Graduate studies in forensic toxicology

Occupational and Environmental Medicine Residency, University of California at Irvine, 2009-2011

University of California at Irvine, School of Medicine, 2009-2011, MS in Environmental Toxicology

Psychiatry Internship, Naval Medical Center San Diego, 2008-2009

Uniformed Services University of the Health Sciences, 2004-2008, MD

Point Loma Nazarene University, 1999-2002, BSN in Nursing, Minor: Psychology, Honors: Magna Cum Laude

Mesa College, 2000, AA in Liberal Arts

Mesa College, 1997-1998, AS in Biology

---

## PROFESSIONAL COURSES

---

Energy Advanced Practice Module, IFM, 2018

Hormone Advance Practice Module, IFM, 2018

Applying Functional Medicine in Clinical Practice (AFMCP), IFM, 2018

Substance Abuse Professional (SAP), NAADAC, 2018

Medical Review Officer (MRO) Course, ACOEM, 2012, 2016

ABIME Certification Review & AMA Guides 6th Edition Training Course, ABIME, 2016

Commercial Driver Medical Examiner, ACOEM, 2014

---

## MILITARY SERVICE SCHOOLS

---

Clinic Manager Course, Navy Medicine West, 2014

Immunization Program Leaders Course, Defense Health Administration Immunizations Branch, 2015

Radiation Health Indoctrination Course, Navy Undersea Medical Institute, 2015

Medical Effects of Ionizing Radiation Course, Armed Forces Radiobiology Research Institute, 2015

Risk Communication Course, Navy Marine Corps Public Health Center, 2014

Antiterrorism Officer Level II, Headquarters Marine Corps, 2014

Public Health Emergency Management (PHEM), Defense Medical Readiness Training Institute, 2013

Operational Emergency Medical Skills, 2005

Officer Indoctrination School, 2002

Navy Leadership School, 1998

Navy Dive School, 1994, Honor Graduate

Navy Nuclear Engineering Laboratory Technician School, 1991

Navy Nuclear Power Plant Operator School, 1991

Navy Nuclear Power School, 1990, Section Honor Graduate

Nuclear Field "A" School, 1989

---

## PUBLICATIONS, RESEARCH, PRESENTATIONS

---

Mancini S, Crotty AM, Cook J. Triage and treatment of mass casualty decompression sickness after depressurization at 6400 m. *Aerosp Med Hum Perform.* 2018; 89(11):1 – 4.

Author of book chapter sections, *The Occupational Provider and Workplace Interface, The Impaired Worker*, ACOEM Occ Health Guide, at editor, ACOEM Press

Online article: Genetic Influences in Toxicology: Smoking Might Be Worse For Some Than Others, 2018

Online article: Cocaine and Presumptive Testing, 2018

Online article: Forensic Science Scrutiny, 2018

Online article: Presumptive Testing, 2018

Online article: Fibromyalgia and Disability, 2018

Medical Reviewer for 25 Articles at Asbestos.com, 2018

Professional Lecture, Occupational Health and Workplace Interface, 26th Annual Joint Safety and Environmental Professional Development Symposium (PDS) 2018

Professional Lecture, The Impaired Worker, 26th Annual Joint Safety and Environmental Professional Development Symposium (PDS) 2018

Prepared Resolution for ACOEM House of Delegates on Endocrine Disruptors with Dr. Sarah Janssen and Dr. Rupali Das which was accepted without edit, Fall 2017

Professional Lecture, Communication Health Information, Armed Forces Operational Medicine Symposium, 2017

Professional Lecture, Strategies to Return to Work, Armed Forces Operational Medicine Symposium, 2017

Professional Lecture, Culture of Safety, Naval Hospital Twentynine Palms, 2016

CME Lecture, Motor Vehicle Operator Examinations, Naval Hospital Twentynine Palms, 2016

Co-author of book chapter, Agency Medical Examinations, Occupational Health in the Military, at publisher, Borden Institute

Professional Lecture, Immunizations in Occupational Medicine, UC Irvine, 2014

Cook, J.L. (2011). Pulmonary Lung Function in Food Flavoring Worker's (Master's thesis)

Environmental Toxicology Seminar, Synthetic Cannabinoids (Spice), UC Irvine, 2010

Environmental Toxicology Seminar, Ionizing Radiation from Nuclear Power Industry, UC Irvine, 2010

---

## PROFESSIONAL SOCIETIES

---

American College of Occupational and Environmental Medicine (ACOEM), Member since 2009

- 2018/2019 ACOEM Federal and Military Section Chair
- Federal and Military OEM section member since 2009
- Corporate Medicine section member since 2017
- Environmental Health section member since 2017
- Health and Productivity section member since 2017
- International section member since 2017
- Public Safety Medicine section member since 2017
- Transportation section member since 2017

Western Occupational and Environmental Medicine Association (WOEMA), Member since 2009

- 2016 WOEMA Newsletter Committee member and contributor
- 2017/2018 WOEMA representative to House of Delegates to ACOEM
- Planning committee member for 2018 Western Occupational Health Conference

American Academy of Clinical Toxicology (AACT), Member since 2013

American College of Preventive Medicine (ACPM), Member since 2014

American Society of Addiction Medicine (ASAM), Member since 2018

California Society of Addiction Medicine (CSAM), Member since 2018

---

## AWARDS AND SCHOLARSHIPS

---

Fellow of American College of Occupational and Environmental Medicine, 2018

Navy and Marine Corps Commendation Medal, (two awards), 2013, 2016

Introduction to Clinical Medicine III Distinguished Student, USUHS, 2006

Navy and Marine Corps Achievement Medal, 2003

Officer Indoctrination School Leadership Award, 2002

PLNU President's Scholarship, 1999-2002

Admiral Borda Scholarship, 1999-2002

Kaiser Permanente Scholarship, 2000-2002

Wolf Memorial Scholarship, 2000-2002

Quick Endowed Scholarship, 2000-2002

Scripps Healthcare Auxiliary Scholarship, 2000-2002

Raymond A. Tice Scholarship, 2001-2002

Reuben H. Fleet Memorial Scholarship, 2001-2002

Sigma Theta Tau Scholarship, 2001-2002

Nursing Alumni Scholarship, 2001-2002

American Association of Critical Care Nurses Scholarship, 2001-2002

Mark Hiepler Scholarship, 2001-2002

Navy Nurse Corps Association Scholarship, 2000-2001

Jean Wright-Elson Scholarship, 2000-2001

---

## ATHLETIC ACHEIVEMENTS

---

Ironman World Championships, 2010

USA Triathlon All American, 2008, 2009, 2010

USA Triathlon Honorable Mention, 2006, 2007, 2011

All Navy Triathlon, 2009, 2010