

Shawn Spooner, MD FAAFP, CAQSM



UnityPoint Clinic Sports Medicine and Concussion Center
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WORK EXPERIENCE

UNITYPOINT CLINIC

UnityPoint Clinic Sports Medicine and Concussion Center: **(2013-Present)**

- **Clinic Physician Site Lead:** Clinical dyad leading 16 provider, 56 staff practice.
- **“Director”:** UnityPoint Clinic Multidisciplinary Concussion Management Program
- Growing Primary Care Sports Medicine brand and service line within UnityPoint Clinic
- Consistently achieving excellence in quality metrics and patient experience
- Precept DMU Medical Students, Lutheran Family Medicine and Blank Pediatric residents

Physician Governance Council (PGC): **(2016-2021)**

Regional Provider Council (RPC): **(2015-2020) (2024-Present)**

Physician Leadership Academy (PLA): **(2015-2016 Class)**

Values and Standards of Behavior Task Force

Cultural Advisory Council (CAC) **(2017-2024)**

Provider Engagement Team (PET) **(2017 – Present)**

UPC Board Finance Committee **(2018 – 2019)**

UPC Clinical Quality Assurance Committee **(2018 – Present) (Co-Chair Pt Exp Sub Cmt; 2023-)**

UPH Venture Investment/Innovation Committee/Innovation Fellowship **(2019)**

UNITED STATES NAVY

CONCUSSION RESTORATION CARE CENTER **(2012-2013)**
(Camp Leatherneck Afghanistan)

- **Officer in Charge:**
- Senior physician leader overseeing clinical and administration activities
- Oversight of 16 clinical and support staff, forward combat support clinic
- Evaluation and treatment guidance for combat concussive and MSK injuries
- Development of regional PI improvement initiatives to improve diagnosis, management and tracking of traumatic head injuries in theater
- Administration of local research efforts in regards to CRCC activities

JAMES A LOVELL, FEDERAL HEALTH CARE CENTER (FHCC)**(2011-2013)**

- **Senior Medical Officer:** “USS Tranquility” (Naval Recruit Training Center)
- Senior physician overseeing clinical activities for a clinic system of 36 providers
- **Division Officer:** Sports Medicine
- Oversight of staff and clinic operations for Sports Medicine and Physical Therapy

Chairman: Executive Committee of the Medical Staff (ECOMS)

- Responsible for policy execution and directives for FHCC and affiliate clinics

NAVAL BRANCH HEALTH CLINIC, CHINHAE SOUTH KOREA**(2008-2010)**

- **Officer in Charge:**
- Single provider in an isolated Branch Health Clinic in South Korea
- Independent duty corpsman physician supervisor (BHC Chinhae, USMC Camp Mujuk)
- Fleet Liaison medical officer (Commander Fleet Activities Chinhae, US Forces Korea)
 - Medical Evacuation Coordinator
- Public Health Emergency officer (PHEO)
- Controlled Substance Coordinator
- Pharmacy manager / medical officer (i.e. the pharmacist)
- Overseas screening and Exceptional Family Member Program coordinator
- Chemical, Biological, Radiation, Nuclear (CBRN) installation response team representative
- Environmental management committee representative
- Radiation health medical officer
- **Medical Planner** (Commander Fleet Activities Chinhae)
 - Medical Contingency Coordinator
 - Installation Medical Planner (Regional Military Exercises)
 - Medical coordination assist; recovery of Cheonan Sinking event

IOWA STATE UNIVERSITY**(2000-2001)**

- **Exercise Clinic and Biochemistry lab (Lab Assistant)**
 - ELISA, lab analysis, stress testing, data collection

DES MOINES UNIVERSITY**(2000)**

- **Research Assistant**
 - Grant proposal preparation

IOWA STATE UNIVERSITY**(1997-1999)**

- **Sports Medicine and Physical Therapy Clinic , Physical Therapy Aid**

ACADEMIC AFFILIATIONS**GRAND VIEW UNIVERSITY**

- **Medical Director: Grand View University, Masters in Athletic Training (MAT) program**

DES MOINES UNIVERSITY

- **Adjunct Assistant Professor of Family Medicine**

EDUCATION

Physician Leadership Academy: UnityPoint Health / AAPL	(2015-2016)
Defense Veterans Brain Injury Center (DVBIC)	(2013)
• Adjunctive concussion management education (pre-deployment)	
Primary Care Sports Medicine Fellowship: Naval Hospital Camp Pendleton	(2010-2011)
Family Medicine Residency: Naval Hospital Camp Pendleton	(2005-2008)
• Chief Resident: 2007-2008	
○ Oversight of 36 family medicine residents	
M.D. University of Iowa, Carver College of Medicine	(2001-2005)
Bachelor of Science, Exercise and Sports Science, Iowa State University	(1997-2001)
• Honors/Distinction	

PROFESSIONAL & COMMUNITY ACTIVITIES

PROFESSIONAL CERTIFICATIONS & AFFILIATIONS

- American Board of Family Medicine: 2008- Current
 - Certificate of Added Qualification: Sports Medicine: 2012- Current
- American Academy of Family Physicians
- American Medical Society for Sports Medicine
- International Brain Injury Association
- North American Brain Injury Society
- Sports Medicine Advisory Committee (Iowa): 2024 - Current
- License, Medicine and Surgery, State of Iowa (#37237)
- US Cycling Coach (Level 3)

COMMUNITY SERVICE, COVERAGE, AND AFFILIATIONS

- Team physician: Chow's Gymnastics
- Team physician: Grand View University
- Team physician: Des Moines Derby Brats
- Team physician: Johnston High School
- Team Coverage: Des Moines Buccaneers
- USAG Nationals/Championships Coverage: 2018, 2022

ADDITIONAL TRAINING/COLLABORATIVE PROGRAMS

- Pain Reprocessing Therapy (Pain Reprocessing Therapy Center): 2024
- ESports Medicine Certified (ESports Medicine Health and Performance Institute): 2023
- Cognitive Behavioral Therapy for Insomnia (CBT-I): 2022
- International Congress on Athlete Brain Health: 2019
- Battlefield Acupuncture Course, USN: 2013
- Musculoskeletal Ultrasound Course, AMSSM: 2011/2016
- Functional Movement Screen Certified (Part 1 & 2), USN: 2010
- Advanced Team Physician Course, ACSM: 2010
- Public Health Emergency Officer Course, USN: 2008
- FEMA courses: IS-00100.HC, IS-00700, IS-00200HC: 2008
- CBRN Senior Leader's Workshop, 2008 / CBRN Installation Protection Program: 2008
- Collaborative Institutional Training Initiative Course: 2007/2011
- Combat Casualty Care Course: 2005
- Naval Officer Indoctrination School: 2001

REASEARCH AND MANUSCRIPT PUBLICATIONS

- Spooner SP, Tyner SD, Sowers C, Tsao J, Stuessi K. Utility of a Sports Medicine Model in Military Combat Concussion and Musculoskeletal Restoration Care. *The Journal of Military Medicine*, 2014 Nov; 179(11):1319–1324
- Spooner SP, Rastle M, Elmore KO. Maternal Depression Screening During Prenatal and Postpartum Care at a Navy and Marine Corps Military Treatment Facility. *The Journal of Military Medicine*, 2012 Oct; 177(10):1208-11.
- Costanzo ES, Lutgendorf SK, Kohut ML, Nisly N, Rozeboom K, Spooner S, Benda J, McElhaney J. Mood and Cytokine Response to Influenza Virus in Older Adults. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences* 59:1328-1333 (2004).
- Devlin et al. "Detection of recovery from battlefield concussion: utility of the Automated Neurocognitive Assessment Metrics (ANAM) and Defense Automated Neurobehavioral Assessment (DANA)" (*Pending publication*)
- Melanie A. Mason, James Geiselman, Shawn Spooner: Accelerated Neurodegenerative Decline Following a Mild Traumatic Brain Injury: A Case Report. (*Pending publication*)

Recent Talks/Lectures:

- Sports Related Concussions (Green Cty Med Center) 2024
- UPH Mid-Winter Medical Conference (HI) 2024
 - AI in healthcare
 - Evaluation of dizziness in primary care
- UnityPoint Health CME Webinar 2023
 - Complex Concussion Management
- Des Moines University Grand Rounds 2020, 2023
 - Concussion Management
- Blank Children's Hospital Grand Rounds 2022
 - Complex Concussion Management

- Iowa Osteopathic Medical Association 2022
 - Complex Concussion Management
- UPH Mid-Winter Medical Conference (HI) 2022
 - Complex Concussion Management
- Iowa Osteopathic Medical Association 2021
 - Concussion Management
- Iowa Osteopathic Medical Association 2020
 - Primary care orthopedics
- Iowa Association for Justice Annual Convention 2020
 - Medical Aspects of Traumatic Brain Injury
- UPH Mid-Winter Medical Conference (HI) 2019
 - Concussion Management
 - PRP/Biologic Injections
- Iowa Academy of Family Physicians annual conference 2019
 - Concussion Management.
- Iowa Physician Assistant Society 2019
 - Common Apophyseal and Physeal Injuries

US NAVY AWARDS AND QUALIFICATIONS

- Fleet Marine Force (FMF) (Earned Warfare Designation)
- Navy Commendation Medal (Gold Star) (2)
- Navy Achievement Medal (Gold Star) (2)
- National Defense Service Medal
- Global War on Terrorism Service Medal
- Korean Defense Service Medal
- Navy Overseas Service Medal
- Afghanistan Campaign Medal
- United Nations Medal