

# Shawn Spooner, MD F A A F P, C A Q S M

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UnityPoint Clinic Sports Medicine and Concussion Center  
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## WORK EXPERIENCE

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### 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 Cmty; 2023-)

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

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### 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, CHINHAIE SOUTH KOREA**

**(2008-2010)**

- **Officer in Charge:**
- Single provider in an isolated Branch Health Clinic in South Korea
- Independent duty corpsman physician supervisor (BHC Chinhaie, USMC Camp Mujuk)
- Fleet Liaison medical officer (Commander Fleet Activities Chinhaie, 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 Chinhaie)
  - 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**

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**ACADEMIC AFFILIATIONS**

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**GRAND VIEW UNIVERSITY**

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

**DES MOINES UNIVERSITY**

- **Adjunct Assistant Professor of Family Medicine**

## EDUCATION

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<b>Physician Leadership Academy:</b> UnityPoint Health / AAPL	<b>(2015-2016)</b>
<b>Defense Veterans Brain Injury Center (DVBIC)</b> <ul style="list-style-type: none"><li>• Adjunctive concussion management education (pre-deployment)</li></ul>	<b>(2013)</b>
<b>Primary Care Sports Medicine Fellowship:</b> Naval Hospital Camp Pendleton	<b>(2010-2011)</b>
<b>Family Medicine Residency:</b> Naval Hospital Camp Pendleton <ul style="list-style-type: none"><li>• Chief Resident: 2007-2008<ul style="list-style-type: none"><li>○ Oversight of 36 family medicine residents</li></ul></li></ul>	<b>(2005-2008)</b>
<b>M.D. University of Iowa, Carver College of Medicine</b>	<b>(2001-2005)</b>
<b>Bachelor of Science, Exercise and Sports Science, Iowa State University</b> <ul style="list-style-type: none"><li>• Honors/Distinction</li></ul>	<b>(1997-2001)</b>

## PROFESSIONAL & COMMUNITY ACITIVITES

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### 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