



# HEATHER HAMMERSTEDT MD MPH

LIFESTYLE MEDICINE PHYSICIAN  
EMERGENCY MEDICINE PHYSICIAN

## SPECIALTIES

LIFESTYLE MEDICINE  
EMERGENCY MEDICINE  
GLOBAL HEALTH DEVELOPMENT

## CONTACT

(208) 914 3187  
BOISE, IDAHO

HEATHER@WHOLISTHEALTH.COM  
WWW.WHOLISTHEALTH.COM



## PROFILE

I AM AN EMERGENCY PHYSICIAN AND A LIFESTYLE MEDICINE PHYSICIAN. THEY MAY SEEM DISPARATE BUT THEY ARE CLOSER THAN YOU THINK. BOTH ROLES ALLOW ME TO CURATE POSITIVE IMPACTS ON MY PATIENTS. CONVENTIONAL LIFESAVING ACUTE CARE AND COUNSELING WHEN THEY ARE READY IN THE MOMENT TO HEAR IT AND MAKE BIG LIFE CHANGES. OR UNIQUE COACHING PROGRAMS FOR FOOD, WEIGHT, FITNESS, AND MINDFULNESS BEHAVIORAL CHANGE TO PREVENT AND REVERSE PREVENTABLE DISEASE AND CREATE EMOTIONAL AND PHYSICAL WELLNESS.

## EDUCATION

### AMERICAN COLLEGE OF LIFESTYLE MEDICINE

BOARD ELIGIBLE- EXAM OCT 25, 2018

- *Evidence-based lifestyle therapeutic approaches (whole food diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and other non-drug modalities) to prevent, treat, and reverse lifestyle-related chronic disease. Includes specialization in culinary medicine.*

### HARVARD UNIVERSITY SCHOOL OF PUBLIC HEALTH

MASTERS OF PUBLIC HEALTH, 2008

- *Concentration on population and international health, global health capacity and systems development.*

### HARVARD AFFILIATED EMERGENCY MEDICINE RESIDENCY

EMERGENCY MEDICINE SUBSPECIALTY, 2007

### TEMPLE UNIVERSITY SCHOOL OF MEDICINE

DOCTOR OF MEDICINE, 2004

### INSITUTE FOR INTEGRATIVE NUTRITION

HEALTH COACH, 2004

### BUCKNELL UNIVERSITY

BACHELOR OF SCIENCE, BIOCHEMISTRY, 1999



# HEATHER HAMMERSTEDT MD MPH

LIFESTYLE MEDICINE PHYSICIAN  
EMERGENCY MEDICINE PHYSICIAN

## WORK EXPERIENCE

### VITUIITY IDAHO (FORMERLY IDAHO EMERGENCY PHYSICIANS)

ATTENDING EMERGENCY PHYSICIAN, 2008 - PRESENT

- *Resuscitator, Traumatologist, Acute Care Physician*
- *Assistant Medical Director 2016-present*
- *Medical Director 2013-2015*
- *Sepsis Coordinator 2008-present*
- *Adjunct Faculty, University of Washington School of Medicine*
- *Adjunct Faculty & EM director, Family Medicine Residency of Idaho*
- *Legislative state lead, national legislative advocacy team member*
- *Clinical privileges: Saint Alphonsus Boise, Saint Alphonsus Nampa, Saint Alphonsus Ontario*

## WHOLIST

CEO, FOUNDER, 2018 - PRESENT

- *Lifestyle transformation and integrative care coordination company*
- *Specialization in proactive comprehensive health and wellness services and programs around weight, food, sleep, fitness, mindset*

## GLOBAL EMERGENCY CARE

EXECUTIVE DIRECTOR, CO-FOUNDER, 2007 - PRESENT

- *Emergency Medicine education, capacity and system development in Uganda*
- *Two year train the trainer program for advanced practitioners in emergency medicine, the first emergency medicine program in the country of Uganda*
- *System and capacity consulting for Ugandan Ministry of Health and regional universities*

## IDAHO CHAPTER, AMERICAN COLLEGE OF EMERGENCY PHYSICIANS

PRESIDENT, 2016 - PRESENT

## PRIOR WORK AFFILIATIONS

HARVARD FACULTY PHYSICIANS, BOSTON MA, 2007-2008

- *Beth Israel Deaconess Medical Center, St Vincents Hospital, Nashoba Valley Medical Center, Mt Auburn Hospital*

ELMORE MEDICAL CENTER, MOUNTAIN HOME ID, 2008-2009

WEST VALLEY MEDICAL CENTER, CALDWELL ID, 2009-2016

MERCY MEDICAL CENTER, ROSEBURG OR, 2017

BAY AREA HOSPITAL, COOS BAY OR, 2016



# HEATHER HAMMERSTEDT MD MPH

LIFESTYLE MEDICINE PHYSICIAN  
EMERGENCY MEDICINE PHYSICIAN

## LICENSURE AND CERTIFICATION

### AMERICAN BOARD OF LIFESTYLE MEDICINE

BOARD ELIGIBLE, CERTIFICATION EXAM OCTOBER 25, 2018

### AMERICAN BOARD OF EMERGENCY MEDICINE

BOARD CERTIFIED, 2008 - PRESENT

### AMERICAN COLLEGE OF EMERGENCY PHYSICIANS

FACULTY, 2010 - PRESENT

### THE BOARD OF REGISTRATION IN MEDICINE, IDAHO

FULL LICENSE, 2008 - PRESENT. LICENSE M10228

### THE BOARD OF REGISTRATION IN MEDICINE, OREGON

FULL LICENSE, 2016 - PRESENT. LICENSE MD177945

### THE MEDICAL BOARD OF CALIFORNIA

FULL LICENSE, 2016 - PRESENT. LICENSE C146668

## PUBLICATIONS

- Bitter C, Rice B, Periyanyagam U, Dreifuss B, Hammerstedt H, Nelson S, Bisanzo, M, Maling S, Chamberlain S. What resources are used in emergency departments in rural sub-Saharan Africa? A retrospective analysis of patient care in a district-level hospital in Uganda. *BMJ Open* 2018 February 27; 8:e019024.
- Hammerstedt H. "Pioneering Leadership: "It is Not Easy to be a Pioneer: but oh is it fascinating!" *FemInEM*. (December 2016)
- Rice B, Periyanyagam U, Chamberlain S, Dreifuss B, Hammerstedt H, Nelson S, Maling S, Bisanzo, M. Mortality in Children Under Five Receiving Nonphysician Clinician Emergency Care in Uganda. *Pediatrics*. 2016 March
- Stolz L, Muruganandan K, Bisanzo M, Sebikali M, Dreifuss B, Hammerstedt H, Nelson S, Nayabale I, Adhikari S, Shah S. Point-of-care ultrasound education for non-physician clinicians in a resource-limited emergency department. *Tropical Medicine and International Health*. 2015 April 14.
- Chamberlain S, Stolz U, Dreifuss B, Nelson SW, Hammerstedt H, et al. (2015) Mortality Related to Acute Illness and Injury in Rural Uganda: Task Shifting to Improve Outcomes. *PLoS ONE* 10(4): e0122559. doi:10.1371/journal.pone.0122559



# HEATHER HAMMERSTEDT MD MPH

LIFESTYLE MEDICINE PHYSICIAN  
EMERGENCY MEDICINE PHYSICIAN

## PUBLICATIONS (CONTINUED)

- Hammerstedt H, Maling S, Kasyaba R, Dreifuss B, Chamberlain S, Nelson S, Bisanzo M, Ezati I. Addressing World Health Assembly Resolution 60.22- A Pilot Project to Create Access to Acute Care Services in Uganda. *Annals of Emergency Medicine*, 2014 November.
- Terry B, Bisanzo M, McNamara M, Dreifuss B, Chamberlain S, Nelson S, Tiemeier K, Waters T, Hammerstedt H. Task shifting: Meeting the human resources needs for acute and emergency care in Africa. *African Journal of Emergency Medicine*. 2012 December; 2:4
- Periyanyagam U, Dreifuss B, Hammerstedt H, Chamberlain S, Nelson S, Bosco K, Pellone K, Bisanzo M. Acute care needs in a rural Sub-Saharan African Emergency Centre: A retrospective analysis. *African Journal of Emergency Medicine*. 2012 December; 2:4
- Bisanzo M, Nichols K, Hammerstedt H, Dreifuss B, Nelson S, Chamberlain S, Kyomugisha F, Noble A, Arthur A, Thomas S. Nurse-Administered Ketamine Sedation in an Emergency Department in Rural Uganda. *Annals of Emergency Medicine*. 2012 Apr;59(4):268-75
- Heather Hammerstedt, Stacey L Chamberlain, Sara W Nelson and Mark C Bisanzo. Alcohol-Related Hypoglycemia In Rural Uganda: Socioeconomic and Physiologic Contrasts *International Journal of Emergency Medicine* 2011, 4:5 (10 February 2011)
- Hammerstedt HS, Edlow JA, Cusick S. Emergency Department Presentations of Transverse Myelitis: Two Case Reports. *Ann Emerg Med*. 2005. Sep; 46(3):256-9
- Hammerstedt HS, Murray S, Kelly S. Chapter 1: Overview of the Emergency Department. Chapter 2: General Approach to the Emergency Medicine Patient. Chapter 3: Communicating Information. In: Roppolo LR, Rosen P, Davis D, Kelly S (eds). *Emergency Medicine Manual: A Concise Approach to the Evaluation and Management of Emergency Patients*. Philadelphia: Elsevier 2007

## REFERENCES

**ANDREW SOUTHARD MD-** VITUIITY IDAHO MEDICAL DIRECTOR, EMERGENCY PHYSICIAN  
ANDREW.SOUTHARD@VITUIITY.COM, (303) 915 5683

**JONATHON MILLER MD-** VITUIITY IDAHO EMERGENCY PHYSICIAN, IDAHO ACEP VICE PRESIDENT  
JONATHAN.MILLER@VITUIITY.COM, (205) 601 2397

**LEISA DEUTSCH MD-** NAVY DIVE PHYSICIAN, EMERGENCY PHYSICIAN, WHOLIST COACH  
LEISA@WHOLISTHEALTH.COM, (941) 376 8219

**BRAD DREIFUSS MD-** UNIV OF ARIZONA, EMERGENCY PHYSICIAN, GLOBAL EMERGENCY CARE  
BRAD@GLOBALEMERGENCYCARE.COM, (941) 376 8219