

DOUGLAS LONG
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PROFESSIONAL EXPERIENCE

REGISTERED NURSE

2011 - Present San Quentin Prison
2010 - 2011 CPMC Pediatric Emergency Department
2008 - 2010 Kaiser Permanente San Francisco/Richmond Emergency Department
Currently at San Quentin State Prison, also worked in a big city emergency department, participated in the introduction of a fully online documentation system, and precepted nursing students and paramedic interns.

INSTRUCTOR – ACLS, PALS, BLS

2006 - Present
The HealthSource in Santa Rosa
Taught ACLS, PALS, and BLS courses for Sonoma County's leading health education source.

**INSTRUCTOR – FIRST OFFENDER PROSTITUTION PROGRAM
aka JOHN'S SCHOOL**

2012 - Present
Teach a segment on sexual health to a class of individuals arrested for solicitation of sex.

ELECTION WORKER

1988 - Present
A Chief Inspector for elections in Marin County.

EMERGENCY DEPARTMENT TECHNICIAN/PHLEBOTOMIST

2006 - 2008
Kaiser Santa Rosa
ED Technician and phlebotomist in an 18-bed ED.

EMERGENCY MEDICAL TECHNICIAN

2006
St Joseph's Ambulance Service
EMT on an ambulance with backup 9-1-1 contract for Marin County, and San Francisco.

LECTURER

1994-2003
San Francisco State University, College of Business
Taught classes on transportation and logistics. Coordinator of the Marketing Internship Program.

INTERNATIONAL ELECTION SUPERVISOR

1997-2004
United Nations, Organization for Security and Cooperation in Europe
Supervisors or managed elections in conflict zones worldwide.
These were short term assignments ranging from two weeks to five months.

PRICING ANALYST

1992-1996

Orient Overseas Container Line

Developed pricing strategies for Hong Kong's premier containerized ocean shipping company.

INFANTRY OFFICER

1986-1989

U.S. Army

As a Lieutenant in the Infantry, served as Platoon Leader and Company Executive Officer.

EDUCATION

PhD, University of California, San Francisco, 2018

Napa Police Academy, 2005

MBA, San Francisco State University, 1992

BSN, Samuel Merritt College, 2008

BA, UC Berkeley, 1985.

LICENSES AND CERTIFICATIONS

Registered Nurse

Public Health Nurse

ACLS Instructor

PALS Instructor

BLS Instructor

PUBLICATIONS

Books:

Nursing Scope of Practice, Universal Publishers, 2021.

Nursing: Moving Forward, KDP, 2020.

International Logistics: Global Supply Chain Management, Kluwer, 2003.

Articles:

"Operation Provide Comfort", Solutions Magazine, Institute of Industrial Engineers, Georgia Tech, July 1997.

"Contingency Logistics", presented to the International Academy of Business Disciplines, Pittsburgh, PA, April, 1994.

"The Logistics of Famine Relief", Journal of Business Logistics, Council of Logistics Management, Spring 1994.

SPORTS

World Record, youngest person to bicycle solo across the United States, age 16.

Ironman Triathlon World Championship, Kona, Hawaii, 1995, finished 12 hours 48 minutes.

Ironman Australia, Forster-Tuncurry, Australia, 1999, finished (by pure chance) 12:47, one minute under the Hawaiian time.

Ironman Switzerland, I did my best time ever (12:38) in pouring rain. Just proves misery is good for you!

Ironman Brazil, didn't train much, but dragged in at 12:57. When you're exhausted to the point that your body cannot maintain core temperature, you go through feverish spells. What a way to get a biology lesson.

Peak Communism, member of a joint Soviet-American expedition on the highest summit in the Soviet Union, in what is now Tajikistan.

Other ascents:

Popocatepl, Mexico

Mount St. Helens, while still active

Denali, Alaska

Mt. Shasta, California

First ascent, Kindergarten Wall, Oahu, Hawaii

Also hold the record for the shortest fall ever to result in an injury serious enough to require admittance to the Yosemite Valley Medical Clinic. I dislocated my shoulder on a 2-foot fall about 500 feet up Royal Arches.

Certified Scuba Diver: Rescue, Nitrox and Drysuit.

Bicycled San Francisco-Tegucigalpa (Honduras), 1989; Nicaragua and Panama wouldn't give me a visa so I sold the bike and continued on bus to Ushuaia, in Tierra del Fuega the southernmost town in the world.

My family sailed a 35-foot sloop (Rasmus 35) in the Caribbean for one year, 1978/79.

30+ marathons, 5 triathlons, three 200-mile running relays