

Resume 12/31/15

Fred C. Quarnstrom, D.D.S.,

F.A.S.D.A., F.A.G.D., F.I.C.D., F.A.C.D., C.D.C.

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Family: Married 47 years, 2 grown children, 4 grandchildren

License: State of Washington

Education

Doctor of Dental Surgery School of Dentistry, University of Washington 1964

Residency in General Anesthesia, Washington Hospital Center, Washington D.C. 1966-7

Honors: Eagle Scout 1953; **Silver Beaver**, Boy Scouts 2011

Dean's List, University of Washington, 4 quarters 1958-60

Top 20 sophomores, University of Washington 1959-1960

Top 20 Dentists Puget Sound Consumers' Checkbook 2008

Fellowships, Certification and Diplomate:

Fellow in General Anesthesia, American Dental Society of Anesthesiology, 1980,

Fellow of the Academy of General Dentistry, 1984,

Fellow of the International College of Dentistry, 1989

Diplomate, American Dental Board of Anesthesiology, 1996 – retired 2010

Certified Dental Consultant, American Association of Dental Consultants 1999

Diplomate, National Board of Dental Anesthesiology 2002 - retired 2012

Fellow of the American College of Dentistry 2005

Professional Experience:

U. S. Naval Reserve 1960-1968 Active duty 1964-1966 3rd Marine Division, U. S. Naval Mobile Construction Battalion-10, Chu Lai, South Vietnam – May 7 1965 – Dec 12 1965 Dental Officer, people to people dentist

1st Year Medical Resident in Anesthesia - 1966-1967, Washington Hospital Center, Wash. D.C.

Private Practice of Dentistry, 1967 - Present

Faculty positions

Affiliate Assistant Professor, Department of Dental Public Health Sciences / Oral Health Sciences, School of Dentistry, University of Washington 1990-present,

Clinical Assistant Professor, Faculty of Dentistry - University of British Columbia – 1992- present

Continuing Education instructor, OHSU/U of Oregon Dental School 1971 – 2015

Clinical Research Associates – Clinical evaluator 1978-present

Dental Quality Assurance

Consultant,

ProWest (now Qualis) 1994-2007,

Zenith Administrators (now Zenith-American Solutions) 1994-present,

Epic 1994-1999,

Washington Employer Trust 1997-2009

Regence Blue Cross Blue Shield WA, OR, ID, UT, 2010–2012

Northwest Administrators 2011-2013

Owner/president Second Dental Opinion.com, a quality assurance company 2000-present

American Dental Association

Member National Fire Protection Association committee on medical gas piping 1998 - 2003

Member Committee H of Council on Continuing Education in anesthesia 2003

Champion – ADA - Evidence Based Dentistry 2008

Washington State Department of Health

Member, Washington State Board of Health, 1978-1979,

Subcommittee - anesthesia regulations - of the Washington State Dental

Disciplinary Board, 1989 and 2005-8

Dental Quality Assurance Commission – 2004 – 2008

Independent Expert Consultant-Served as an Independent Dental Examiner in Dentistry for Defense/Plaintiff Attorneys, 2005 – present – 45 cases.

Professional Experience (cont.)

Western Regional Examining Board 2008

Board of Directors – American Association of Dental Consultants – 2008-2013

Instructor – Health Care Provider Basic Life Support 2006-2014

Papers and other presentations at major meetings and research activities:

Author / coauthor of 56 journal articles and chapters

Author of 21 papers read at national and international meetings;

Presenter of 10 table clinics at regional and national dental meetings

Author - Two dental manuals, four chapters in dental books and one book.

Chapter in a dental anesthesia book on Electronic Dental Anesthesia

Chapter in Oral Surgery Book - Sedation of Dental Patients

Chapter in Manage Your Practice Well by Dianne Glasscoe Watterson MBA, Buying an established practice vs. starting from scratch p44-51 2010

Local Anesthesia for Dental Professionals, contributor to N2O chapter, Pearson Education Inc. Upper Saddle River NJ 2014

Produced and presented two videotape courses

Presenter webinars 2012-13 Dental emergency kits; Dental Insurance; oral conscious sedation

Featured speaker: 8 dental schools, 16 international, 9 national and 21 state meetings

Clinics and Courses Presented:

724 Continuing Dental Education Course presentations – nitrous oxide sedation - 251, electronic dental anesthesia -130, medical emergencies – 110, local anesthesia – oral sedation – 115, other courses - intravenous sedation, computers, quality reviews, dental materials

19 presentations on being a prudent dental consumer to Rotary and Lyons clubs

4 webinars - dental insurance – dental emergency kits – oral conscious sedation

US involvement in Vietnam - a personal experience including early history of Vietnam, early CIA and American involvement, the American War, Communism to Capitalism, a presentation to high schools.

Clinical Research: Nitrous Oxide Oxygen and Halcion Sedation - Electronic Dental Anesthesia - Crown Sensitivity, Dental Practice Management, Local Anesthesia.

Community Service

Founder YMCA Indian Guide program SE Seattle

Cub Scoutmaster, Assistant Scoutmaster, Japanese Baptist Church Troop 53

District Chairman Thunderbird District Boy Scouts, Chief Seattle Council

Candidate Washington State House of Representatives 37th district 1998

Volunteer Dentist Public Health Science's Longview Project 2001-2001

UW Palau, Am. Samoa, Smiles Forever Cochabamba, Bolivia 2011,

Board, Seattle Vocational Institute – Dental Assisting program 1999 – 2007

Board, Seattle Central Community College Dental Hygiene program 2003 – present

Rotary Rainier Valley Rotary Club 2003-2005; 2009- present - Secretary

Docent, Museum of Flight, Seattle WA 2010- present - representative to docent leadership council/chairman committee - tours for the blind.

Member, King County International Airport/Boeing Field Roundtable 2011-present

Volunteer Rainier Vista Boys and Girls Club MLK Ave., Fly to Learn 2012-present – top volunteer 2013
Bill Burton Legacy Award for dedication in creating great futures for our kids - 2015

Avocations

Flying – ratings - single engine land, commercial, instrument, Instrument Flight Instructor and glider 990+ hours pilot in command

FAA - FAA Team Services Provider 2015

Boating - sailing and power

Woodworking and Jewelry making - <http://faculty.washington.edu/quarn/hobbies.html>

Amateur Astronomy - including telescope making - award for the best first scope Table Mountain Star Party 1995 <http://faculty.washington.edu/quarn/eclip.html>

Docent – Museum of Flight, Seattle WA 2010- present over 1500 hours of volunteer work

