

Charles David Murr, MD, MBA

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Education and Training

East Carolina University, Greenville, NC
Family Medicine Residency, June 2005

Baylor College of Medicine, Houston, TX
Doctor of Medicine, May 2002

Rice University/Jones Graduate School of Management, Houston, TX
Master of Business Administration, May 2002

Baylor University, Waco, TX
Bachelor of Science, Chemistry, May 1997

Aquinas Institute of Theology/Ascension
Graduate Certificate in Executive Ministry Leadership Formation, January 2018

Wellcoaches
Core Coach Training Program for Health and Wellness Coaches, December 2012

Boston University
Online Program for Financial Planners, May 2008. (Passed Series 65 exam.)

Work Experience and Research

Blue Sparrow Wellness, Tulsa, OK
Physician/Cofounder, November 2021 - Present
Lifestyle Medicine holistic wellness coaching, covering nutrition, physical activity, stress management, sleep hygiene, and relational wellness.

Ascension St John, Tulsa, OK
Medical Director of Ambulatory Services, January 2020 - September 2021
In addition to core clinical duties (Physician, below), serve as Medical Director for Ambulatory Services for Ascension Medical Group (AMG). AMG is a multi-speciality group with approximately 600 clinicians, with multiple locations in northeast Oklahoma and southern Kansas. Duties primarily include oversight of family medicine, internal medicine, pediatrics, urgent care, pain management, and obstetrics-gynecology ambulatory clinics; involvement in review and implementation of clinical pathways; quality improvement and strategic planning for both local and national Ascension initiatives; clinician variance oversight; interview prospective physician and APP candidates; participate in budget forecasting and fiscal planning. Participated in implementation of new physician compensation plan. Remain active in urgent care administration (as described at Associate

Medical Director, below). Serve as Medical Director for Ascension St John Health System Associate & Occupational Health with clinical oversight for new employee onboarding, injury management, and drug testing programs. Serve at Medical Review Officer. Serve as Medical Director for Oklahoma Health Initiatives Accountable Care Organization, which had its first Medicare Shared Savings achievement in its history.

Associate Medical Director, August 2016 - December 2019

In addition to core clinical duties (Physician, below), served as Associate Medical Director for Urgent Care, Occupational Healthcare, and Associate Health Services. Developed education for clinic billing and coding; quality reviews of care; develop and implement policies and processes; develop guidelines for Associate workplace exposures; strategic planning; outreach to and work with local companies; provider education for Department of Transportation examinations; liaison to other departments; media interviews; served as Medical Review Officer; led a Patient Experience initiative exploring our Mission and Values; part of group that facilitated ground-up opening of two new clinics simultaneously.

Physician, October 2008 - December 2021

Providing quality health care and supervising physician assistants and nurse practitioners in a multi-site urgent care setting. Spectrum of patient care includes occupational health and work-related injury and conditions; acute illness, minor emergencies, and injuries; stabilization and management of transfer for significant emergent conditions; fracture evaluation and management; IV hydration; wound care including lacerations, burns, foreign bodies, and abscess management; pre-participation sports physicals and pre-employment physicals.

MedCenter, Tulsa, OK

Physician, February 2007 – February 2008

Providing quality health care and supervising physician assistants in a multi-site urgent care setting. Patient care included occupational health and work-related injury and conditions; acute illness, minor emergencies, and injuries; stabilization and management of transfer for significant emergent conditions; fracture evaluation and management; IV hydration; wound care including lacerations, burns, foreign bodies, and abscess management; pre-participation sports physicals.

Urgent Care of Green Country, Owasso, OK

Physician, October 2005 – June 2007

Providing quality health care in a multi-site urgent care setting. Patient care included occupational health and work-related injury and conditions; acute illness, minor emergencies, and injuries; stabilization and management of transfer for significant emergent conditions; fracture evaluation and management; IV hydration; wound care including lacerations, burns, foreign bodies, and abscess management; pre-participation sports physicals.

East Carolina University, Greenville, NC

Family Medicine Chief Resident, July 2004 – June 2005

Served as faculty-resident liaison; managed schedules for inpatient teams, labor and delivery, and clinics; active in resident recruitment, curriculum development, resident evaluations, and program strategic planning. Participated in American Academy of Family Physicians 2004 chief resident leadership development program.

Kelsey-Seybold Clinic, Houston, TX

Administrative Intern, Summer 2001

Developed protocol for and initiated implementation of an automated health maintenance system for a research study; evaluated the efficiency of gastroenterology and orthopedics referrals from primary care.

Phillips Petroleum Company, Bartlesville, OK

Rice University Action Learning Project Participant, Spring 2001

Analyzed past and current performance of Phillips Petroleum's Retirement Income Plan; developed computer model of expected performance of new asset allocations and made recommendations for future investment strategies that optimized the already-diversified portfolio assets as well as inclusion of other assets.

Baylor University, Waco, TX

Research Assistant, Fall 1996

Synthesized novel molecule for evaluation of anti-mitotic properties in leukemia cell lines.

Jeffers Cattle Company, Wagoner, OK

Ranch Hand, 1986-1993

Worked 300 head of cattle on 900 acres, with jobs including health maintenance, transportation, carpentry.

Committees and Special Projects

Ascension National Population Health Leadership Team

Part of multi-facility and interstate group developed to define long term goals for chronic disease and population health management. Involved determining best practices for patient and family access, clinical best practices and information sharing, overcoming information technology barriers, and defining leadership strategies.

Ascension St John Mission Integration Council (member) and Ascension Medical Group Mission Committee (chair)

Ascension Associate Health/Occupational Health Clinical Oversight Committee

Involved in a multi-departmental group convened to consider new associate on-boarding requirements, health and wellness, infection prevention, and injury management.

Ascension - St John Health System Opioid Reduction Committee

Member of multi-disciplinary group tasked with review strategies for multi-modal pain management and reduced opioid prescribing.

Ascension Medical Group - St John Clinical Business Systems Committee

Member of committee that regularly meets to review, develop, and implement improvements and new processes in clinic EHR

Ascension Medical Group - St John Clinician Well-being and Engagement Council

Group committed to improving the culture of wellness for clinicians

Ascension Medical Group - St John Clinical Practice Council

Member of council that reviews quality, safety, and efficiency for Ascension Medical Group providers

Ascension - St John Urgent Care and Occupational Healthcare Provider Council

Group of clinicians that addresses clinical issues, practice quality, provider lifestyle, and

functional improvements

Independent Physician Engagement - St John Health System/Ascension

Part of team investigating an approach to outreach and engagement to independent and affiliated physicians in various ministry markets within Ascension. Included pilot project, presentation to national executives, and proposal for broader implementation.

Health Information Systems Group member – ECU

Part of group evaluating improvements to electronic health record that is used by the large university-based multi-specialty medical practice where the family medicine residents train

Evidence Based Medicine Curriculum Committee member – ECU

Part of collaborative resident-faculty group that reviews and suggests content for resident EBM curriculum

Residency Recruitment Committee member – ECU

Reviewed applications of prospective residents and conducted interviews of applicants

Residency Curriculum Committee member – ECU

Part of collaborative resident-faculty group that reviews and suggests overall content for academic curriculum for resident training

Developed and facilitated an original collaborative project between ECU College of Business and the ECU Family Medicine Residency Program to evaluate the residency recruitment process. Provided guidance to a group of business students as they performed an in-depth review of the residency's recruitment history and current issues the program was facing with regard to procuring high-quality family medicine trainees.

Authored a community medicine project summary report on the current state of elementary and high school health education in North Carolina and U.S. Made recommendations that could be implemented at both the state and community level that would improve lay health education.

Team member for ECU Family Medicine outpatient clinic quality improvement project that developed and implemented a new narcotic-use contract with goals of improved patient compliance with medications as prescribed, decreased need for unexpected refills, optimized pain control, and patient consequences for non-adherence to contract given significance of and potential for abuse with narcotic prescription medications. Improvements in the process were made, including a standardized but customizable electronic record form and an alert to providers that a contract was in effect.

Presentations and Teaching

Your Healthy Heart - OK Safety Council, 2018

Interview regarding food-borne illness - Fast, Rebecca. "Safe Eating in the Heat." OKLAHOMA magazine, July 26, 2017.

Silica Medical Surveillance - OK Safety Council, 2017

Infections in the Workplace - OK Safety and Health Conference 2016

Issues of Drug Use in the Workplace - OK Safety and Health Conference 2016

Heat Related Illness, Prevention, and Management - OK Safety Council

Workplace Drug Testing - OK Safety and Health Conference 2014

Tools for Statistical Analysis – statistics and Evidence Based Medicine lecture

Burning Mouth Syndrome – Evidence Based Medicine conference

Basic Statistics Review – core lecture for new Family Medicine interns

Topical Treatments for Herpes Labialis – Evidence Based Medicine conference
Community and Hospital Acquired Pneumonia – core lecture series topic
Congenital Malformations – neonatal intensive care presentation for residents

Have served as a preceptor and mentor in various settings, including teaching medical residents, medical students, physician-assistant students, and nurse-practitioner students on inpatient services, in outpatient clinics, and with procedural skills workshops.

Created a series of handouts for fellow residents about basics of personal finance and investing.

Honors and Awards

Ascension St John Extra Mile Award (Medals for Mettle) for activities during COVID-19 pandemic
St John Urgent Care Values Award for Dedication, peer recognition
Ascension Medical Group Leadership Development and Formation program participant
Ascension Executive Ministry Leadership Formation program participant, Cohort XIII
Baylor College of Medicine - Presidential scholar; full tuition scholarship; DeBaKey Scholar
Rice University/Jones Graduate School of Management - Partial tuition scholarship
Baylor University - Summa Cum Laude; Mortar Board Honor Society; Phi Beta Kappa Honor Society; Alpha Epsilon Delta Pre-Med Honor Society Pre-Med Student of the Year; chemistry department tuition scholarship

Licensure and Certification

Medical License, State of Oklahoma
Medical License, State of Texas
Board Certified, American Board of Family Medicine
Drug Enforcement Agency
Oklahoma Bureau of Narcotics
Advanced Cardiac Life Support Provider
Pediatric Advanced Life Support Provider
Healthcare Provider Basic Life Support
Certified Medical Examiner - Federal Motor Carrier Safety Administration
Certified Medical Review Officer - Medical Review Officer Certification Council

Notable Continuing Medical Education

American Family Physician and *FPM* - American Academy of Family Physicians
American Board of Family Medicine Maintenance of Certification program
“Eleventh Annual Emergency Medicine Review in the Rural and Suburban Setting” - OSUCOM
Wellcoaches Health and Wellness coach training
Medical Review Officer Comprehensive Course
Medical Review Officer Update - ACOEM
Commercial Driver Medical Examiner Review - ACOEM
Institute for Functional Medicine Annual International Conference

Professional Societies

American Academy of Family Physicians - 2005 to present
Oklahoma Academy of Family Physicians - 2005 to present
Institute for Functional Medicine - 2019 to present

Activities and Community Involvement

Volunteer, LifeChurch Broken Arrow, door greeter
Volunteer Physician and medical student preceptor at OU Bedlam Clinic for underserved community
Developed and presented basic photography course for church members
Developed and coordinated "health fair" component for annual Block Party hosted by First Baptist Church of Rolling Hills
Volunteer, North Carolina Special Olympics Basketball Tournament
Volunteer, SuperKids Healthy for Life grade school health/fitness education
Volunteer, First Baptist Church of Houston child nursery
Judge, Uinta Meadows Elementary School Science Fair, Evanston, WY
Assisted with health education class for 5th and 6th grade in Mammoth Hot Springs, WY during family medicine elective
Judge, Baylor College of Medicine Science Fair
Vice President, Baylor University Tae Kwon Do Club
Volunteer, Providence Hospital, Waco, TX

Interests and Special Skills

Interest in Lifestyle, Integrative, and Functional Medicine paradigms and total health and wellness, including the role of physical activity and nutrition in prevention and management of disease.
Extensive document, spreadsheet, and presentation software skills in Microsoft, Google, and Apple products
Enjoy computing, photography, woodworking, hiking, shooting, hunting
2 trips to Boundary Waters Canoe Area, multi-day backcountry paddling
TriTulsa Olympic Triathlon, September 8, 2013
Lake Claremore Sprint Triathlon, August 18, 2013
Tulsa Zoo Run 5k, October 6, 2012
Tulsa Bicycle Club Fall Century 50mile ride, September 29, 2012
Susan G Komen 5k, September 15, 2012
Tulsa Run 5k, October 29, 2011
TriTulsa Sprint Triathlon, September 11, 2011