

# Robert Swotinsky, MD, MPH

21 Raymond Road

Sudbury, MA 01776

978-337-4479 ph, 267-295-8542 f

[swotinsky@comcast.net](mailto:swotinsky@comcast.net), [www.occ-doc.net](http://www.occ-doc.net)



---

## EMPLOYMENT

- 2013 - current*     **Consultant, Occupational Medicine.** Clinical and non-clinical services including:
- Occupational health and addiction medicine clinical services.
  - Independent medical evaluations for insurers, state agencies, and others.
  - Consulting physician for insurers with regard to impairment, drug and alcohol use, and other issues.
  - Medical review officer (workplace drug test interpretation) services.
  - Litigation support services.
- 1998 - 2013*     **Occupational Medicine Physician,** Reliant Medical Group, Worcester MA.
- Occupational medicine physician at Reliant Medical Group, a large group practice. From 1999 through 2010, Chair of the department, directing 5 occupational health clinic sites and physician and nursing staff on-site at several corporations. Provided injury care, physical examinations, and related clinical services for employees in central Massachusetts.
  - Medical Review Officer and manager of drug and alcohol testing programs encompassing more than 8000 tests/year
- 1995 - 1998*     **Director of Occupational and Environmental Medicine Services,** Boston University Medical Center, Boston MA.
- Director of the Occupational Medicine Residency Program.
  - Director of employee health services for Boston University Medical Center.
  - Director of an occupational health clinic that served the City of Boston and over two hundred other employers in the Boston area.
  - Direct supervisor of the division's 10 employees.
- 1987 - 1995*     **Senior Clinical Associate,** Washington Occupational Health Associates, Inc., Washington DC.
- Development and management of national medical programs for employers.
  - Consultation to corporations and individuals regarding a broad range of occupational and environmental health issues.
  - Production and negotiation of bids, proposals, and contracts.
  - Expert testimony.
  - Disability evaluations, screening examinations, and treatment of workplace injuries and of general internal medicine patients.

---

## **EDUCATION**

1985 to 1987 Residency in Occupational Medicine, University of Southern California.  
1987 M.P.H., Epidemiology; UCLA, National Research Award Traineeship.  
1984 to 1985 Intern, Department of Medicine; Hartford Hospital, Connecticut.  
1984 M.D., Vanderbilt University  
1980 B.S., Chemical Engineering; B.S., Life Sciences; Massachusetts  
Institute of Technology.

---

## **CURRENT MEDICAL LICENSES**

Massachusetts - 80808  
New Hampshire - 17354

---

## **CERTIFICATIONS**

- American Board of Preventive Medicine (Occupational Medicine)
- Medical Review Officer (MROCC)
- Certified Medical Examiner, FMCSA. 6781813845
- Certified to prescribed buprenorphine (HHS/DEA)

---

## **HOSPITAL APPOINTMENT**

Consulting Staff, Milford Regional Medical Center; Milford, MA

---

## **ACADEMIC APPOINTMENT**

Assistant Professor, School of Medicine, University of Massachusetts

---

## **SCHOLARSHIPS, HONORS & AWARDS**

- 1980 - Tau Beta Pi (Engineering Honor Society)
- 1985 - National Research Service Award Traineeship
- 1992 - Fellow, American College of Occupational and Environmental Medicine.
- 1999 - Award of Leadership Recognition, American College of Occupational and  
Environmental Medicine
- 2018 - Health Achievement in Occupational Medicine Award, American College of  
Occupational and Environmental Medicine.

## PROFESSIONAL ORGANIZATIONS, APPOINTMENTS

Metropolitan Washington College of Occupational Medicine

- President-Elect, 1994-95
- Board of Directors, 1992-1995
- Delegate to ACOEM, 1992 - 1994

New England College of Occupational and Environmental Medicine, 1995 -current

- Board of Directors, 1997-99

American College of Occupational and Environmental Medicine

- Board of Directors, 1995-99
- Associate Chairman, Council for Scientific Affairs, 1997-99
- Media Spokesperson, 1993-99
- Chairman, Internal Affairs Reference Committee, 1993-94
- Founding member and organizer of the MRO Section, 1994
- Membership and Membership Award Committee, 1994-96
- Committee to Review Creation of Certifying Bodies in Occupational and Environmental Competence, 1994-95

Manuscript reviewer

- *Journal of Occupational and Environmental Medicine*, 1998 - ongoing
- *Journal of Addiction Medicine*, 2013 - ongoing
- *Drug Testing & Analysis*, 2013 - ongoing

RTI International (formerly MROCC)

- MRO Certification Examination Writing Committee, 1992 - ongoing

---

## SELECTED RESEARCH & CONSULTING ACTIVITIES

2019 - **Joseph Emma & Associates; Avon, MA.** Supervise DOT physical ongoing exams performed by advanced practitioners.

2018 - **Fiat Chrysler Automobiles; Detroit, MI.** Review drug test results for ongoing this auto manufacturer.

2015 - **Advantage Drug Testing; Burlington, MA.** Supervise DOT physical ongoing exams performed by advanced practitioners. Review steroid test results for law enforcement client.

2014 - **Concentra; Massachusetts and New Hampshire.** "As needed" ongoing coverage for vacations, illness, etc., at occupational health clinics. ~6-8 shifts/month.

- 2013 - ongoing*    **Lincoln Financial Group (formerly Liberty Mutual Insurance). Omaha, NE.** Review medical records re: disability claims. Discuss cases with treating physicians and with claims managers. Submit reports for use in determining claims status.
- 2013 - ongoing*    **Independent Medical Examinations.** Contracted individually and through vendors (e.g., ISG, Dane Street, MES Solutions, Network Medical Review, MCMC, etc.) to examine people, review their medical records, and respond to the clients' questions. These exams are performed in Worcester and Milford, MA.
- 1992 - ongoing*    **Contributing Author, MRO Certification Examination.** Have served on a panel of six experts who created and have kept current the certification examination offered to physicians by the Medical Review Officer Certification Council.
- 2009 - ongoing*    **Assistant Professor, University of Massachusetts Medical School.** Taught courses at UMass Medical School and hosted preventive medicine residents during their rotations at Reliant Medical Group.
- 1998 - ongoing*    **Fleet Safety Services, Inc. Worcester, MA.** Review drug test results for this Massachusetts-based third party administrator.
- 1998 - ongoing*    **Public Employee Retirement Administration Commission. Boston, MA.** Appointed by the Commonwealth of Massachusetts to perform fitness-for-duty evaluations of police, fire, and other state employees who have applied for, or have already been granted, disability retirement.
- 1999 - ongoing*    **Author, *Medical Review Officer Manual*.** Commissioned by the Medical Review Officer Certification Council to write a procedures manual for physicians who provide workplace drug and alcohol testing services. "The book is well written and easy to use...Dr. Swotinsky is a recognized expert in the field, with a wealth of knowledge about drug testing. His expertise is invaluable and this manual brings that expertise to hand" [AOEC News]. The fifth edition was published in 2015.
- 1995 - ongoing*    **Medical Review Officer, Corporate Health Resources, Inc. Rockville, MD.** Reviewed workplace drug test results and advised employer clients on behalf of this national third party administrator.
- 1995 - ongoing*    **Expert witness, multiple.** Retained by attorneys nationwide to review cases and provide expert testimony.

- 1994 - **Editor, *MRO Update*.** Founding Editor of this monthly newsletter on  
*ongoing* workplace drug and alcohol testing, the most widely subscribed  
newsletter of its kind. *MRO Update* is published by the American  
College of Occupational and Environmental Medicine.
- 2003 - **Impartial Medical Examiner, Department of Industrial Accidents,**  
*ongoing* **Commonwealth of Massachusetts.** Serve on a panel of physicians  
selected to evaluate employees with disputed workers' compensation  
claims.
- 2014 - **New Horizons; Brookline and Framingham, MA.** 2 days/week  
2019 treating opioid-dependent patients, including drug testing to monitor  
compliance.
- 2012 - **MRO Work Group, Substance Abuse and Mental Health Services**  
2017 **Administration.** Serve on advisory panel of 7 professionals to help the  
Substance Abuse and Mental Health Services Administration revise  
and develop new procedures for interpretation of workplace drug test  
results.
- 2012 - **Faculty member, Medical Examiner training course.** One of three  
2015 faculty members of a course given 15 times, mostly in New England,  
sponsored by the New England College of Occupational and Environ-  
mental Medicine for Medical Examiners. Attended by >1000 physicians  
and advanced practitioners preparing for certification to serve as Medi-  
cal Examiners for the Federal Motor Carrier Safety Administration.
- 2010 - **Aetna Insurance; Hartford, CT.** Reviewed medical records of covered  
2015 individuals who have filed disability claims. Conduct peer-to-peer con-  
sultations with treating physicians. Discuss cases with claim managers.  
Submit reports for use in determining claims status.
- 2013 - **Medical Examiner Refresher Training Panel, Federal Motor Carrier**  
2014 **Safety Administration.** Served on advisory panel of 9 health care pro-  
viders to help the Federal Motor Carrier Safety Administration develop  
refresher training for Medical Examiners.
- 2009 - **Work Group for the Federal Motor Carrier Safety Administration's**  
2010 **Office of Medical Programs.** One of 14 members of this advisory  
panel that helped improve the medical examination procedures for com-  
mercial motor vehicle drivers.
- 2009 - **Nypro, Inc. Clinton, MA.** Consulting occupational medical director for  
2012 this international plastics company.

- 2007 - **CME Program for Medical Review Officers.** Commissioned by  
2009 MROCC to write a series of three monographs and self-assessment exams for continuing medical education of medical review officers.
- 2006 **Federal Motor Carrier Safety Administration, Schedule II Medications Panel.** Appointed to panel of scientific experts to revise and develop federal standards for medication use by commercial motor vehicle operators.
- 2004 - **CME Program for Medical Review Officers.** Developed, on behalf of  
2005 ACOEM and MROCC, two continuing medical education programs for medical review officers.
- 2004 **CME Program for Commercial Motor Vehicle Medical Examiners.** Part of a team that helped develop, on behalf of ACOEM, a continuing medical education program for medical examiners of commercial motor vehicle drivers.
- 2004 **Physician Panel Member, National Institute on Occupational Safety and Health, Energy Employees Occupational Illness Compensation Program.** Appointed to review claim files of former employees of Department of Energy contractor employees who have applied for state workers' compensation benefits.
- 2002 - **Consulting Massachusetts Medical Director, United States Postal  
2009 Service.** Reviewed records of USPS employees who have filed claims for disability or other medical leave, are returning to work after extended illness, etc. Provided automatic external defibrillator training, assist with drug testing program, and provide other services as needed. Consultant on issues of medical policy and procedure.
- 1998 - **Medical Director, Waters Corporation.** On-site and consulting  
2007 services including policy development, review of disability claims, health and safety training, surveillance exams, and coordination of services provided by local medical providers in Massachusetts and out-of-state.
- 1997 - **Principal Investigator, Surveillance of Post-Exposure Events  
1998 Among Hospital Health Care Workers.** Received grant #200-97-0647 from the Centers for Disease Control and Prevention to collect and analyze data from blood exposure events at Boston Medical Center.
- 1996 - **Principal Investigator, Pilot Testing of the National Surveillance  
1998 System for Hospital Health Care Workers.** Received grant #200-96-0546 from the Centers for Disease Control and Prevention to help develop and test an employee health surveillance system and perform several research studies.

---

## PUBLICATIONS

- Contributing Author, Occupational Medicine Forum, *Journal of Occupational Medicine*: 1987-1995.
- Swotinsky RB: Heat Stress. *Occupational and Environmental Reporter*, 3: June 1989.
- Buckley JD, Robinson LL, Swotinsky RB, et al: Occupational Exposures of Parents of Children with Acute Nonlymphocytic Leukemia, *Cancer Research*:49:4030-37, 1989.
- Swotinsky RB, Chase KC: Health Effects of Exposure to Ammonia. *American Journal of Industrial Medicine*: 17:515-21, 1990.
- Swotinsky RB, Chase KC: The Medical Review Officer. *Journal of Occupational Medicine*: 32:1003-8, 1990.
- Swotinsky RB (ed): *The Medical Review Officer's Guide to Drug Testing*. New York: Van Nostrand Reinhold, 1992.
- Swotinsky RB, Beatey JJ: Urine Collection Procedures, In: Swotinsky RB (ed), *The Medical Review Officer's Guide to Drug Testing*. New York: Van Nostrand Reinhold, 1992.
- Swotinsky RB: The Medical Review Officer Function, In: Swotinsky RB (ed), *The Medical Review Officer's Guide to Drug Testing*. New York: Van Nostrand Reinhold, 1992.
- Judge W, Swotinsky RB: Risk Management Strategies, In: Swotinsky RB (ed), *The Medical Review Officer's Guide to Drug Testing*. New York: Van Nostrand Reinhold, 1992.
- Swotinsky RB: Case Studies, In: Swotinsky RB (ed), *The Medical Review Officer's Guide to Drug Testing*. New York: Van Nostrand Reinhold, 1992.
- Paul D, Jones F, Swotinsky RB, et al: Model Contract for Occupational Health and Safety Services. *ACOEM Report*, November 1993.
- Swotinsky RB (ed), *MRO Update*. Chicago: ACOEM, 1994 - current.
- Swotinsky RB: Letter to the Editor: Code of Ethics. *AOEC News*, 7(2):1996.
- Contributing Author, Recommended library for occupational and environmental physicians, *Journal of Occupational and Environmental Medicine*, 39:469-80, 1997.
- Steger K, Swotinsky R, Snyder S, Craven D. Recent experience with post-exposure prophylaxis with combination anti-retrovirals for occupational exposure to HIV. (abstract and poster). Infectious Diseases Society of America 35th Annual Meeting, San Francisco CA, 1997. See also *Clin Infect Dis*. 1997;25:444.
- Swotinsky RB. MRO Case studies illustrate variations in interpretation. *Forensic Urine Drug Testing*, September 1998:2-3.
- Swotinsky R, Steger K, Sulis C, Snyder S, Craven D. Occupational exposure to HIV: Experience at a tertiary care center, *Journal of Occupational and Environmental Medicine*, 40(12):1102-1109, 1998.
- Swotinsky RB. Confidentiality and commercial motor vehicle driver exams. *CDME Review*, July/August 2001.
- Swotinsky RB. Drug and alcohol testing in the transportation industry. In: Hartenbaum N (ed), *Clinics in Occupational and Environmental Medicine*, 2:1; 2002.
- Hartenbaum N, Holland M, Osbahr A, Riba M, Swotinsky R. Expert Panel Commentary and Recommendations: Licit Schedule II Drug Use and Commercial Motor Vehicle Driver Safety. Washington, DC: U.S. Department of Transportation : Federal Motor Carrier Safety Administration; December 9, 2006.

- Swotinsky RB. Prescription opiates and CMV operation. *CDME Review*. Chicago; ACOEM. Winter 2007.
- Swotinsky RB. *How to Collect Workplace Drug Test Specimens*. Schaumburg, IL: MROCC, 2007.
- Swotinsky RB. *Alternative Specimens for Workplace Drug Testing*. Schaumburg, IL: MROCC, 2008.
- Swotinsky RB. *Workplace Testing for Prescription Drugs*. Schaumburg, IL: MROCC, 2009.
- Swotinsky RB, Smith DS. *Medical Review Officer Manual*, Beverly, MA: OEM Press, 1999 (1<sup>st</sup> ed), 2002 (2<sup>nd</sup> ed), 2006 (3<sup>rd</sup> ed), 2010 (4<sup>th</sup> ed)..
- Swotinsky, RB. Letter to the Editor: Opioids and Safety-Sensitive Work. *Journal of Occupational and Environmental Medicine*. 2014;56:e133.
- Swotinsky RB. *Medical Review Officer Manual, 5<sup>th</sup> Ed*. Beverly, MA: OEM Press. 2015.

---

## **PRESENTATIONS**

- “Asbestos: Regulations and Health Effects.” Southeastern Electric Exchange - Alexandria VA, 1988
- Faculty and Moderator, Medical Review Officer Training Course: American College of Occupational and Environmental Medicine - Courses given throughout the United States and Canada, 1990-2009.
- “The Medical Review Officer Role in DOT Drug Testing.” American Occupational Health Conference - Houston TX, 1990.
- “Workplace Drug Testing Programs.” Kentucky Medical Association Annual Meeting - Louisville KY, 1990.
- “The Medical Review Officer.” Kentucky Occupational Medical Association Annual Meeting - Louisville KY, 1990.
- “Drug Testing in the Pipeline Industries.” Buckeye Pipe Line Annual Meeting - Skytop PA, 1990.
- “The Physician's Role in Workplace Drug Testing Programs.” American College of Preventive Medicine Annual Meeting - Baltimore MD, 1991.
- “Drug Testing in the Workplace.” Semiconductor Safety Association Annual Meeting - Phoenix AZ, 1991.
- “Drug Testing in the Workplace”. Trade Waste Incineration, Chemical Waste Management - Sauget IL, 1991.
- Faculty, Medical Review Officer Training Course Update. American College of Occupational Medicine Meetings - San Francisco CA (1991), Dallas TX (1993), Denver CO (1994), Las Vegas NV (1995).
- “Medical Surveillance in the Petroleum Industry.” Buckeye Pipe Line Oil Spill School - Allentown PA, 1991.
- Session Organizer and Moderator, American Occupational Health Conference Scientific Session on Workplace Drug Testing Issues - Washington DC, 1992.
- “Medical Review Officer Duties and Responsibilities, Advanced Problem Solving for Medical Review Officers.” Florida Occupational and Environmental Medical Association Scientific Session - Miami Beach FL, 1993.



- "MRO Issues." Consolidation Conference on Federal Drug-Free Workplace Programs, Department of Health and Human Services - Washington DC, 1993.
- "Gearing Up for Drug and Alcohol Testing (film)." STA United, Inc. - Lincoln NE, 1994.
- "Medical Review Officer Update." Metropolitan Washington College of Occupational and Environmental Medicine Meeting - Bethesda MD, 1995.
- "The Medical Review Officer." Fourth Annual Workers' Compensation Defense and Occupational Medicine Seminar - San Francisco CA, 1995.
- "Medical Surveillance of Hazardous Waste/Emergency Response Workers." Fourth Annual Workers' Compensation Defense and Occupational Medicine Seminar - San Francisco CA, 1995.
- "Advanced Topics for the MRO." American Occupational Health Conference - Boston MA, 1998.
- "Workplace Drug and Alcohol Testing Update." New England College of Occupational and Environmental Health Annual Conference - Boston, MA, 1998.
- "Advanced Topics for the MRO." American Occupational Health Conference - New Orleans LA, 1999.
- "Workplace Drug and Alcohol Testing Update." Central Massachusetts Association of Occupational Health Nurses - Worcester MA, 1999.
- "A Forklift Operator on Methadone." Seminar, Harvard School of Public Health - Cambridge MA, 2000.
- "Methadone Case Study." Seminar, University of Massachusetts School of Medicine - Worcester MA, 2000.
- "Advanced Topics for the MRO." American Occupational Health Conference - Philadelphia PA, 2000.
- "Ask the Expert: Regulatory Issues." American Occupational Health Conference - Philadelphia PA, 2000.
- "Critical Overview of Various Methods of Drug & Alcohol Testing." Lewis Millender Annual Conference - Burlington MA, 2000.
- "Workplace Drug and Alcohol Testing Update." Region I Fitness for Duty and Access Authorization Conference - Portsmouth NH, 2000.
- "DOT Procedures Update." Lewis Millender Annual Conference - Danvers MA, 2001.
- "Advanced Topics for the MRO." American Occupational Health Conference - San Francisco CA, 2001.
- "Workplace Drug and Alcohol Testing Update." Lewis Millender Annual Conference - Newton MA, 2002.
- "MRO Controversies." American Occupational Health Conference - Chicago, IL, 2002.
- "Comprehensive Medical Evaluations of Public Safety Workers." Public Employee Retirement Administration Commission Conference - Amherst MA, 2002.
- "Drug Testing in the Workplace." Division of Occupational Medicine, U. Conn - Farmington CT, 2002.
- MRO case study presentation. New England College of Occupational and Environmental Medicine, Waltham, MA. 2003.
- "Drug and Alcohol Testing Update." 23rd Annual National Workers' Compensation and Occupational Medicine Seminar. Hyannis MA. 2003.
- "Drug and Alcohol Testing Update." Connecticut Occupational and Environmental Medicine Association. Hartford CT. 2003.
- "MRO Controversies." American Occupational Health Conference - Kansas City, MO. 2004.

- “Drug and Alcohol Testing Update.” 10<sup>th</sup> Annual Lewis Millender MD Conference - Newton, MA. 2004.
- “MRO Controversies.” American Occupational Health Conference - Washington, DC. 2005.
- “How to Work With Your MRO.” Web-based presentation on behalf of Quest Diagnostics Inc., May 25, 2005.
- “Workplace Drug and Alcohol Testing Update.” University of Connecticut Occupational and Environmental Medicine Colloquium - Farmington, CT. 2006.
- “Alternative Testing in the Workplace.” 26<sup>th</sup> Annual National Workers’ Compensation and Occupational Medicine Seminar. Hyannis MA. 2006.
- “Workplace Drug Testing and Alternative Specimens.” ORC Occupational Safety and Health Physicians Group. Washington DC. 2006.
- MRO case study presentation. Michigan Occupational and Environmental Medicine Annual Meeting. Traverse City, MI. 2006.
- “Workplace Testing for Prescription Drugs.” Drug Testing Advisory Board, Substance Abuse and Mental Health Services Administration. Rockville, MD. 2008
- “Alternative Specimens for Workplace Drug Testing.” Grand Rounds, Harvard School of Public Health. Cambridge, MA. 2008.
- “MRO Without a Net.” Keynote speaker at Society of Forensic Toxicologists’ Annual Meeting. Phoenix AZ. 2008.
- “Workplace Testing for Prescription Drugs.” New England College of Occupational and Environmental Medicine Annual Meeting. Bedford MA. 2008.
- “Workplace Drug and Alcohol Testing Update.” Web-based presentation on behalf of Ryan Associates, Inc. April 29, 2009.
- Prescription Drug Use: Implications for the Workplace. Central Massachusetts Chapter of the American Association of Occupational Health Nurses. Marlborough, MA. 2010.
- Workplace Testing for Prescription Drugs. Central States Occupational and Environmental Medicine Association Annual Meeting. Naperville IL. 2012.
- Workplace Testing for Prescription Drugs. Tennessee College of Occupational and Environmental Medicine Spring Meeting. Nashville TN. 2012.
- Medical Examiner Training Course Faculty, New England College of Occupational and Environmental Medicine. Hartford and Mystic, CT; Bangor, Bethel, and Portland, ME; Chicopee, Newton, and Springfield, MA; Tarrytown, NY. 2012 - 2015.
- Medical Review Officer and Substance Abuse Professional presentations. Federal Transit Administration 8<sup>th</sup> Annual Drug and Alcohol Program National Conference. Phoenix, AZ. 2013.
- Kingkade & Kelly Show. News Talk 770, CHQR. Calgary, Alberta. Interviewed about workplace drug testing. March 27, 2014.
- MRO Without a Net. University of Connecticut, Occupational Medicine Seminar. Hartford, CT. 2015.