

Monique S. Nugent, MD, MPH: Seasoned Hospitalist, Author, and Speaker Committed to Empowering Patients, Families, and Caregivers

Leading the Way in Patient Advocacy and Healthcare Navigation



New York City, New York Jun 18, 2025 ([Issuewire.com](https://www.issuewire.com)) - Monique S. Nugent, MD, MPH, a board-certified hospitalist, author, and sought-after healthcare speaker, is making significant strides in patient advocacy and healthcare navigation. With a wealth of frontline experience and a passion for improving patient experiences in hospitals, Dr. Nugent is committed to ensuring that patients and their families feel empowered and informed throughout their medical journeys.

She served as the Associate Director for the Division of Hospital Medicine at South Shore Hospital in Weymouth, Massachusetts, where Dr. Nugent dedicated her career to enhancing the quality of care for all patients, with a particular focus on medically vulnerable populations. "A hospitalization is often wrought with difficult news and decisions; it is my honor to care for patients at these times. I enjoy working with a care team to deliver high-quality care. Above all, I try to foster sincere relationships with patients, focusing on what is most important to each person," she states.

Dr. Nugent's academic journey began at Emory University, where she earned a Bachelor of Science Degree in Neurobiology and Behavior in 2002. Her commitment to medicine and community health continued at Loma Linda University School of Medicine, where she obtained her Doctor of Medicine Degree and served as Class President while engaging in various student interest groups. Following her medical education, she completed her residency in internal medicine at Loma Linda University Medical Center, culminating her training as Chief Resident.

Her pursuit of knowledge did not stop there. Dr. Nugent was selected for the prestigious Mongan Commonwealth Fund Fellowship in Minority Health Policy at Harvard Medical School. This fellowship allowed her to further her understanding of healthcare policy while earning a Master of Public Health Degree in Health Policy and Management. Her practicum focused on value-based purchasing in post-acute care settings, equipping her with insights critical for improving patient care.

Dr. Nugent is not just a clinician; she is an advocate for her patients and a thought leader in healthcare. She is a member of the Society of Hospital Medicine and is board-certified by the American Board of Internal Medicine, which underscores her commitment to excellence in her field. In addition to her clinical practice, Dr. Nugent actively participates in community service, supporting organizations like DOVE in Quincy, MA, and Wellsprings in Weymouth.

As an author, Dr. Nugent has penned "Prescription for Admission: A Doctor's Guide for Navigating the Hospital, Advocating for Yourself, and Having a Better Hospitalization." This essential guide demystifies the hospital experience, providing invaluable insights for patients, caregivers, and healthcare professionals alike. The book serves as a resource for understanding complex medical processes and advocating for one's health.

In addition to her writing, Dr. Nugent is a dynamic speaker, engaging audiences at conferences and educational events. Her presentations cover a range of topics, including:

- Navigating the Hospital System: Empowering patients and families with essential knowledge about what to expect during hospital stays.
- The Future of Hospital Medicine: Discussing the latest trends, challenges, and innovations shaping hospital-based healthcare.
- Workplace Wellness for Healthcare Providers: Addressing the critical issues of burnout and mental health in high-stress medical environments.

Having practiced across various hospital settings nationwide, Dr. Nugent understands the frustrations patients often face in navigating the healthcare system. She continues to enjoy her inpatient practice, where she emphasizes the importance of patient preparedness and active participation in their care. Her unique blend of clinical expertise, public health knowledge, and policy insight positions her as a leader in advocating for meaningful changes in healthcare.

Dr. Nugent's mission is to make healthcare more accessible, understandable, and effective for everyone. Through her book, public speaking engagements, and contributions to medical education, she is dedicated to empowering both patients and providers to make informed decisions regarding their health.

Outside of her professional commitments, Dr. Nugent is a devoted mother of three and enjoys cooking and collecting cookbooks in her Boston-area home. She finds joy in traveling and visiting art museums, especially when she can share these experiences with her daughters.

Learn More about Dr. Monique S. Nugent:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/85023744-Monique-Nugent-Internist>, through South Shore Health, <https://www.southshorehealth.org/find-a-doctor/monique-s-nugent> or through her website, <https://drmoniquenugent.com/>

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