

Brent A. Reinheimer, MD: Nocturnist, Medical Educator, And Best-Selling Author Reflects On Service And Resilience

Retired Internal Medicine Physician and Creator of the Widely Used USMLE Step 1 Recall Study Guide Continues Inspiring Others Through Mentorship, Volunteer Service, and an Enduring Spirit of Optimism



Toms River, New Jersey Jun 8, 2026 ([IssueWire.com](http://www.IssueWire.com)) - Brent A. Reinheimer, MD, is a retired internal medicine physician, educator, and published medical author whose career was marked by

clinical excellence, leadership, and an unwavering commitment to patient care. Over more than two decades in hospital-based medicine, he earned recognition for his work as a nocturnist physician, managing complex inpatient cases and acute medical emergencies during overnight hospital operations. Although a devastating automobile accident brought his clinical career to an unexpected end, Dr. Reinheimer's impact on medicine, education, and those he mentored continues to resonate today.

Throughout his career, Dr. Reinheimer developed a reputation for his clinical versatility, calm leadership under pressure, and collaborative approach to healthcare. He firmly believed that every member of the healthcare team plays a critical role in achieving the best outcomes for patients, a philosophy that guided his work in hospitals across the United States.

Dr. Reinheimer began his academic journey at Widener University, where he earned a Bachelor of Science in Biology/Pre-Medicine. During his undergraduate years, he excelled both academically and athletically as a four-year varsity volleyball player and two-time co-captain. He was also actively involved in the Alpha Sigma Phi fraternity, demonstrating the leadership qualities that would later define his professional career.

He went on to earn his Doctor of Medicine Degree from St. George's University School of Medicine in 1998. While attending medical school, Dr. Reinheimer served as a tutor and teaching assistant in gross anatomy, microbiology, and neuroscience. He also participated in the student government association, reflecting his early commitment to education and advocacy within the medical community.

Following medical school, Dr. Reinheimer completed his internal medicine residency at Jersey City Medical Center through the Mount Sinai School of Medicine program. During his residency, he served as a representative for the Committee of Interns and Residents, further strengthening his leadership experience and dedication to improving the medical training environment.

Over the years, Dr. Reinheimer held numerous hospitalist and nocturnist positions, including roles with Community Medical Center in Toms River, New Jersey, Sterling Health Services, and VISTA Staffing Solutions. Through these positions, he provided care to diverse patient populations, including underserved communities and Native American populations.

His longest and most influential tenure was at Exeter Hospital in New Hampshire, where he served from 2006 to 2013. As a nocturnist, he was responsible for admitting medical emergencies, managing inpatient decompensations, leading code responses, performing procedures, and coordinating overnight hospital operations. In addition to his clinical responsibilities, he served as Associate Chief of Physician Relations, helping oversee specialist coordination, intensive care collaboration, and hospital coverage agreements.

"I've always found the most fulfillment in working closely with my patients and my team to make a meaningful difference in people's lives," said Dr. Reinheimer. "Being a nocturnist, where I was often the only doctor in the hospital overnight, I relied heavily on collaboration and communication. The moments when we successfully managed a critical situation together were the most rewarding and reminded me why I chose this profession."

Beyond his clinical accomplishments, Dr. Reinheimer made a lasting contribution to medical education as the author of *USMLE Step 1 Recall: Buzzwords for the Boards*, a widely used board review resource published by Lippincott Williams & Wilkins. Written during his medical school years, the book became a best-selling study guide for aspiring physicians preparing for licensing examinations. He also lectured

extensively and taught board review courses in anatomy, histology, embryology, and neuroscience, helping countless students achieve academic and professional success.

In January 2014, Dr. Reinheimer survived a near-fatal automobile accident that resulted in multiple spinal fractures, a broken pelvis, and permanent disability. Faced with life-changing injuries, he voluntarily rescinded his medical license and transitioned away from clinical practice. Despite these challenges, he remains committed to serving others through teaching, mentoring, volunteering, and sharing his experiences whenever possible.

Outside of medicine, Dr. Reinheimer enjoys building two-stroke gas bicycles and refurbishing pedal bikes, pursuits that reflect the precision, patience, and attention to detail that characterized his medical career.

Today, Dr. Brent A. Reinheimer continues to inspire colleagues, students, and communities through his resilience, gratitude, and enduring philosophy: stay positive and aloha always.

Learn more about Dr. Brent A. Reinheimer:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/brenta-reinheimer>

America's Best in Medicine

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