

Dr. Josh Sheridan

Dr. Josh Sheridan is the Emergency Medicine Medical Director at the Sutter Delta Medical Center in Antioch, California. He earned his medical degree at Thomas Jefferson University Hospital in Philadelphia and did his residency in emergency medicine at Loma Linda University Medical Center.

When Dr. Sheridan was two-years old when he announced to his family that he wanted to grow up and deliver babies! That's how the family story goes. And while he doesn't remember it as clearly, he says he cannot really remember a time in his life when he did not want to pursue medicine.

Dr Sheridan is a California native. He grew up in Santa Cruz in a tight-knit family with three siblings and a single mother. Things were financially tight, but he loved his hometown and the high school where he played competitive tennis and made friends, including his best friend to this day, a Croatian exchange student. After high school, he and another friend backpacked around Europe for six weeks then split up as he traveled to Croatia to live with his exchange-student pal for six months—an experience he cherishes.

On return he enrolled at UC Santa Cruz, and, his very first day on campus, met the young woman who soon would become his wife. He continued in college to play competitive tennis. Happy at UC Santa Cruz, he'd have gladly stayed on for a medical degree if the university had offered one, but it didn't, so he stayed to earn a master's degree in Environmental Toxicology instead. Then, wanting to have a different kind of "life experiment," he and his wife, both Californians, agreed he should apply to East Coast medical schools. The experiment took them to Philadelphia for four years of medical school. Their first child was born during those years, and they wanted to be closer to family again, so for residency they returned west to Loma Linda in Southern California.

And following residency—it was his wife's turn to choose—they moved closer still to family, signing on with the Sutter Delta Medical Center in Antioch. Dr. Sheridan is especially passionate about working with children and improving patient experience for everyone.

"It sounds a little weird, but I want people to have a good experience in the ER. When I see something traumatic, I've seen it a thousand times, but the patient is likely experiencing it for the very first time. This may be the hardest day of their life. We need to empathize, to be there, and help navigate them through it."

At home, Dr. Sheridan and his wife have three children, three dogs, four goats, and a variable and unspecified number of chickens. He plays tennis far less than he'd like to, but cycles with regularity and three times now has trained for and completed the California "Death Ride," a so-called "tour of the California Alps." That's 130 miles with 15,000 feet of climbing. To kick back, he and his wife love rock concerts and festivals. "It's the music. Absolutely. But really, it's the shared experience ... you can't match that with anything ... there's nothing better," he says.