

Kathryn Maxwell, M.D.

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Summary

- Award-winning Urgent Care physician. Board certified by the American Board of Family Medicine. Active clinician for 20 years in community medicine. Treats patients of all ages, pediatric to geriatric. Routinely supervises physician assistants and nurse practitioners by discussing cases and reviewing charts. Significant teaching experience as clinical educator of nurse practitioner students for 7 years, also teaches UCSD School of Medicine students. Ongoing telemedicine work. Medical group Peer Review Committee member. Over a dozen reports written for the Medical Board of California and medicolegal cases.

Work Experience

- **Sharp Rees-Stealy Medical Group, San Diego, CA**
Staff Physician, Family Medicine and Urgent Care | 05/2005 – present
I have maintained an active community medicine practice since residency, consistently serving the San Diego community as a physician and representative of a large local medical group. I have vast experience practicing and supervising APPs in a high acuity urgent care setting, as well as managing chronic conditions. I emphasize educating patients about their disease processes and preventive care, so that they can make informed decisions. Following the Covid-19 pandemic in 2020, I have conducted telemedicine in addition to in-person visits.
- **Medical Board of California, Sacramento, CA**
Expert Reviewer | 05/2022 – present
I evaluate physician and physician assistant cases under investigation by the Medical Board, reviewing statements and records to determine whether a departure from the standard of care has occurred. I submit timely, objective written reviews for Medical Board and lay-person understanding.
- **Sharp Rees-Stealy Medical Group, San Diego, CA**
Associate Chair of Urgent Care | 07/2022 – 06/2023
During a transitional period in the department, I supported the new chair by defining policies and procedures for safety and functionality, clearly communicating with department members, coaching providers on practice improvements, formally evaluating our current staff, and interviewing as a part of the hiring team. I projected staffing needs and scheduled for 5 urgent cares throughout San Diego County.

Committees

- **Sharp Rees-Stealy Medical Group Peer Review Committee** | 2022-present
I was selected to represent the Urgent Care Department in this multispecialty committee. I assess appropriateness of care in concerning cases, and I communicate committee decisions to physicians and APPs to facilitate personal improvement and medical group success.
- **Sharp Rees-Stealy Medical Group Urgent Care Workgroup** | 2011-2012
I collaborated with Touchworks EHR analysts to design a Tracking Board for use in Urgent Care. I presented Urgent Care concerns to Touchworks, created workarounds, and instructed Urgent Care staff on best practices.

Teaching

- **University of California, San Diego School of Medicine**, Principles to Practice Small Groups Preceptor for medical students | 2024-2025
- **Purdue University Global Nurse Practitioner Program**, Urgent Care Preceptor | 2025
- **California State University, San Marcos Nurse Practitioner Program**, Family Medicine and Urgent Care Preceptor | 2019-2024
- **American Sentinel College of Nursing & Health Sciences at Post University**, Urgent Care Preceptor | 2023
- **Azusa Pacific University Nurse Practitioner Program**, Family Medicine Preceptor | 2017, 2023
- **University of California, San Diego School of Medicine**, Primary Care Clerkship Preceptor for medical students | 2015-2018
- **University of California, San Diego School of Medicine**, Ambulatory Care Apprenticeship Preceptor for medical students | 2013-2015

Awards

- **Sharp HealthCare** – Pillar of Excellence Award, Safety Pillar for Epic EHR implementation | 2024
- **Sharp HealthCare** – Center of Recognized Excellence Award, Safety Pillar for Covid-19 pandemic response | 2022
- **Sharp Rees-Stealy Medical Group** – Diabetes Advanced Perfect Care Program Certificate of Excellence | 2015-2016

Education

- **University of California, San Diego Medical Center**
Family Medicine Residency | 06/2005

- **University of California, San Diego School of Medicine**
Doctor of Medicine | 06/2002
Honors in Cell Biology and Biochemistry, Organ Physiology, Organ Physiology and Pharmacology Laboratory, Basic Neurology, Laboratory Medicine, Neurology Core Clerkship Honors, Surgery Core Clerkship Near-Honors, Preventive Medicine Research Scholarship
- **Azusa Pacific University**
Bachelor of Arts in Music, Piano Performance | 05/1996
Summa Cum Laude, Outstanding Senior in the Field of Music 1996, APU President's Scholarship, Merck Freshman Chemistry Student of the Year 1993

Licensure

- **Medical Board of California**
Physician and Surgeon | 02/2004-present
- **Drug Enforcement Agency**
Practitioner | 02/2004-present

Certification

- **American Board of Family Medicine Diplomate** | 06/2005-12/2025 (Current and in progress, expected 12/2035)
- **Advanced Cardiovascular Life Support** | 03/2005-03/2027
- **Basic Life Support** | 03/2005-03/2027

Professional Memberships

- **American Medical Association**
- **California Medical Association**
- **San Diego County Medical Society**

Research

- **Understanding of Current Asthma Guidelines**
Joint project with John Pauls, M.D., Ph.D., FACAAI, FAAAAI | 2004-2005
Designed and performed assessment of primary care residents' understanding of NAEPP 2002 Updated Guidelines for the Diagnosis and Management of Asthma.
- **Assessment of Vaccine Risk Communication**
Partnership of Immunization Providers, UCSD | 1999-2002
Created, implemented, and analyzed pilot study to assess the amount of information provided to parents by vaccine administrators.

Community Involvement

- **Homeless Food Service Volunteer** – Third Avenue Charitable Organization, First Lutheran Church, San Diego, CA | 2022-present
- **Food Distribution Ministry** – All Peoples Church, San Diego, CA | 2023
- **Physician Judge** – American Medical Association Research Challenge | 2022, 2023, 2024
- **Physician Volunteer** – Project Compassion Medical Missions in Belize, Romania, Cameroon, Honduras