

Kathryn Maxwell, M.D.

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Summary

- As an award-winning Urgent Care Medicine and Family Medicine clinician, Dr. Maxwell has been practicing for 20 years, primarily in community medicine. She treats patients of all ages, from pediatric to geriatric, and educates patients to pursue and obtain their best health. She is well-versed in recognizing appropriate level of care, patient presentations that require a higher level of care, and potential missed diagnoses. She is knowledgeable about medication benefits, adverse effects, and drug interactions. Dr. Maxwell regularly supervises physician assistants and nurse practitioners by discussing cases and reviewing charts. She has ongoing experience in telemedicine.

Work Experience

- **Sharp Rees-Stealy Medical Group, San Diego, CA**
Associate Chair of Urgent Care | 07/2022 – present
I define policies and procedures for safety and functionality, clearly communicate with department members, coach providers on practice improvements, and interview as a part of the hiring team. I have projected staffing needs and scheduled for 5 urgent cares throughout San Diego County.
- **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.
- **Medical Board of California, Sacramento, CA**
Expert Reviewer | 05/2022 – present
I evaluate physician and physicians assistant cases under investigation by the Medical Board, meticulously reviewing statements and records to determine whether a departure from the standard of care has occurred. I submit timely, clear, objective written reviews for Medical Board and lay-person understanding.

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

- **California State University, San Marcos Nurse Practitioner Program**, Family Medicine and Urgent Care Preceptor | 2019-present
- **Azusa Pacific University Nurse Practitioner Program**, Family Medicine Preceptor | 2017
- **University of California, San Diego School of Medicine**, Primary Care Clerkship Preceptor | 2015-2018
- **University of California, San Diego School of Medicine**, Ambulatory Care Apprenticeship Preceptor | 2014-2015

Awards

- **Sharp HealthCare** – Center of Recognized Excellence Award, Safety Pillar | 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 A85871 | 02/2004-02/2024
- **Drug Enforcement Agency**
Practitioner BN8679827 | 02/2004-01/2024

Certification

- **American Board of Family Medicine Diplomate** | 06/2005-12/2025
- **Advanced Cardiovascular Life Support and Basic Life Support** | 03/2003-03/2025

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., FAAAAI, 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

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