



Press Release

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For Immediate Release

Heading: New Primary Care and Internal Medicine Physicians Join the Team at Healdsburg Physician Group

Subheading: Experienced physicians are accepting new patients

Healdsburg, CA – The Healdsburg District Hospital welcomed Dr. Kathleen Whisman, MD, a respected and experienced family medicine physician, to their group back in February just before COVID-19 hit the area. Dr. Whisman is a board certified family practice physician who takes a more holistic approach in the care and treatment of patients ranging from infants to seniors. She sees her practice as a patient’s medical home, where they feel safe, cared for, supported and listened to.

Dr. Whisman practiced in Sebastopol for 25 years and enjoyed the closeness she experienced with her patients and colleagues there. She transferred her skills to Healdsburg Physician Group at a time when health care was experiencing many changes in response to COVID-19, and she assisted with the launch of the telehealth program while delivering consistent care and actively contributing to the health of her patients and overall wellness of the community.

Dr. David Anderson, a Board member of the Northern Sonoma County Healthcare District and widely respected figure in the healthcare community, shared this about Dr. Whisman, “Upon meeting her I was greeted by her smile and warmth and true genuine nature. After learning more about her practice, I was greatly impressed with her focused dedication to her patients’ well-being. She shared a story of a family of four she recently cared for. Initially, the 8-year-old was sick, but soon after the parents and sibling all fell ill with similar respiratory symptoms. Dr. Whisman educated them on how to prevent the spread of illnesses by hand washing, bathing and isolating the sick member of the family. It was then the 8-year-old spoke up and said something that changed the whole dynamic. “You know we live in a car,” she said. This information moved Dr. Whisman to take further action and she worked to arrange for temporary lodging with a shower and washing machine facilities for the family. The family’s health improved thanks to these extra efforts by Dr. Whisman.”

More recently, the hospital welcomed a respected and experienced board-certified internal medicine physician, Dr. Philip Barr, MD, to their group. Dr. Barr joined the Healdsburg Physician Group (HPG) in September and is seeing patients at the Hospital’s 1312 Prentice Drive location.

Dr. Barr received his training at the University of Maryland, School of Medicine, and began his research on the healing benefits of meditation. Dr. Barr has practiced internal medicine for 29 years, and most recently was certified as a diplomate by the American Board of Integrative Health and Medicine.

During his career, he has practiced acute care medicine while focusing on the integration of the physical, mental, emotional and spiritual levels in his approach to healing the whole person. He holds a Master’s degree in Theology and completed his M.A. in Spiritual Psychology with an Emphasis in Consciousness, Health, and Healing at the University of Santa Monica. His continued interest in consciousness work led him to a medical research fellowship at Harvard University’s



Mind/Body Medicine Division, and a seat on the editorial board of Integrative Medicine, A Clinician's Journal.

Dr. Barr understands how critical his role is in his patients' lives. As a primary care physician, he spends quality time with each patient, getting to know them in a way that allows a more integrative approach to care and treatment. Dr. Barr is excited to transfer his skills to HPG where he can contribute to the health of his patients and to the overall wellness of the community.

"When consulting with my patients, I assess their willingness to engage with healthy lifestyle changes and then present a few options for them to consider. We then discuss incorporating those changes in a way that is best for them. I like to include a less invasive, more natural and patient-friendly option such as a plant-based supplement for a patient suffering with diabetes to integrate into their wellness program. I do prescribe medications as necessary but work to minimize "polypharmacy" or too many prescriptions. This allows them to make the choice for a treatment that they can manage on their own and participate in self-nurturing for a long and healthy life," said Dr. Barr.

During his short time in Healdsburg, Dr. Barr has already established connections with patients and colleagues alike.

"We are excited to welcome Dr. Barr to our physician group and appreciate the many skills and expertise he brings along with his can-do attitude. In a short time, our patients and staff have expressed confidence in his abilities and are happy to be working alongside him. Dr. Barr is a good fit for our team and our community," said James P. Schuessler, Chief Executive Officer of Healdsburg District Hospital.

"The Healdsburg Physician Group is proud of their physicians for taking an above-and-beyond approach to patient care," said Dr. Anderson. "A recent healthcare study found that adults with a primary care physician had 19% lowered risk of premature death when compared to those who saw only specialists for their care. The best time to see your primary care physician is when you are well. Meeting with your physician to discuss your risk factors for serious illnesses such as cancers, heart disease, diabetes and others, allows your physician to create a preventative care plan that can include immunizations and cancer tests to stay ahead of what might be down the road and allows them to catch early warning signs."

Make an appointment today with your family practice physician at www.healdsburghospital.org or by calling 707-433-3383.



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