

Got a Life!

OBHG PHYSICIAN TESTIMONIAL



Dr. Sims with her husband, a hand surgeon, and their two children

▶ *When it comes to her specialty, Dr. Lydia Sims has pretty much done it all.*

Fresh out of residency, she developed a much-needed prenatal program – which is still in operation today – at a public health clinic in San Antonio. She worked as a contract OB/GYN for the U.S. military, joined private group practices in Kentucky and Louisiana, and was employed by a large healthcare corporation. She also founded a successful solo practice which she operated for 13 years.

Dr. Sims notes that the industry has gone through a lot of changes in the past decade, and that many OBs are faced with numerous, draining tasks that can take precious time and energy away from patient care.

“In private practice you’re doing more than just providing medical care to your patient, because you’re so busy with who’s working today, who’s going to show up tomorrow, co-pays, insurance companies, filling out piles of forms, and government requirements,” she says.

“It was taking the fun out of medicine.”

Dr. Sims heard about Ob Hospitalist Group through a physician friend in Phoenix who had recently joined the

OBHG team. Though she had been approached about hospitalist opportunities in the past, she had never been quite ready to make the leap. This time she was.

She sent in her application and the rest is history. Dr. Sims was hired in the spring of 2017 and soon she was onboarding at **Houston Methodist Willowbrook Hospital in Houston, TX.**

Her vast expertise has already made an enormous difference for patients.

One of her most memorable cases was a heterotopic pregnancy – meaning the patient had uterine and ectopic pregnancies simultaneously. It’s a rare complication that can be life threatening.

Dr. Sims’ knowledge and experience meant she was able to diagnose the condition quickly and manage it deftly though the ectopic pregnancy had already ruptured. That case was the second heterotopic pregnancy she had handled during her medical career.

“*OBHG is a very physician-oriented group. They make us feel valued.*”

— Dr. Lydia Sims
OB/GYN hospitalist, Ob Hospitalist Group



Dr. Sims' role with OBHG allows her to live near and spend time with her parents as they enjoy their retirement years



Tennis anyone? When she's not saving lives Dr. Sims is at home on the court



Dr. Sims with OBHG colleague, Dr. Theresa Robinson in Houston, TX.

It helps to be comfortable with various ways of carrying out a procedure, she says, to effectively assist community physicians with their cases. She notes that the relationships between the hospitalists and local OB/GYNs are both collegial and collaborative.

“The private doctors that we work with respect us and respect the position,” she says. “They understand the benefits of having a hospitalist program.”

When Hurricane Harvey hit Houston, Dr. Sims was one of only two obstetricians able to get to the hospital. She worked that Saturday through Thursday and slept in the call room. Every day, OBHG’s senior director of medical affairs and a physician engagement liaison would call to see how they were doing.

“We felt appreciated,” she says. “OBHG is a very physician-oriented group. They make us feel valued.”

And though some of the patients she saw during that time were shaken up by the storm, they were just grateful there was a skilled obstetrician there to take care of them.

When she first became a hospitalist Dr. Sims thought she would miss delivering her own patients. But now she has a different perspective.

“One day I was monitoring a patient for a community doctor. Then I looked up and saw her running though the hall trying to get to the delivery room in time. I remembered what that was like – being in the office with patients, getting the call, fighting traffic on the way to the hospital, doing the delivery, and then driving back to the office to see more patients. And I thought, ‘I don’t miss that.’” (laughs)

Now Dr. Sims enjoys the freedom to focus entirely on helping pregnant women during such an intense and meaningful time in their lives.

“What I like most about being a hospitalist – is that patient care has my undivided attention.”

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