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Ob Hospitalist Group clinician testimonial



'He Knows Daddy, and Daddy Knows Him'

By Kristine Hartvigsen

Evan Hosier's tiny hands held the cold metal of a stethoscope to his father's chest and studiously listened. With grave seriousness, the 2-year-old asked, "How long does your tummy hurt?"

"It was the cutest thing ever," recalled Dr. Keehn Hosier, an OBHG hospitalist and Team Lead at Norton Hospital in Louisville, Kentucky. Dr. Hosier was particularly surprised at these antics because he rarely went into "doctor mode" at home, so it wasn't behavior his son witnessed often. But the toddler found his father's stethoscope and went into mini-doctor mode himself. Could it be a future career path for Evan? There's no telling, but one thing is certain. Daddy will be there for him every step of the way.

Rewind some six years, and Dr. Hosier's life was far different from the way it is today. Busy with his private OB/GYN practice, he developed what he called a "middle-age spread" that left him 50 pounds overweight. Resolving to get healthier, he worked feverishly to lose the weight and get in shape. It took eight-months. "I could run four miles without losing my breath," he said. Life was pretty good.

Until it got even better.



Dr. Hosier's wife, Jessica, announced that she was pregnant. "I was 45," he explained. "Fatherhood was something I always wanted but wasn't sure would ever happen. The fact that I am able to enjoy it – even at this 'advanced' age – means the world."

The joy of parenthood, unfortunately, can be tarnished by contrition.

"After Evan arrived on the scene, I felt so guilty about not being around as a father and as a husband to help out," he explained. "I was missing his growing up. I only saw him about 20 minutes every other day. I got home after he was in bed. And when I did see him,

I was tired. Both of us were cranky. I wasn't being a good dad. It wasn't fair to him or to my wife."

On top of that, Dr. Hosier had not exactly been well-schooled in parenthood. "My experience with kids was handing off a newborn to a pediatrician, and that was it," he said. So there was that learning curve to deal with as well. "Because I wasn't there much, Evan would be stand-offish towards me," he added. "That absolutely killed me."

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– Dr. Keehn Hosier
Team Lead physician, Ob Hospitalist Group



So in early 2016, Dr. Hosier made the switch from private practice to hospitalist practice with Ob Hospitalist Group. The move allowed him to be present in his son's life and enjoy those routine, everyday family pleasures. He found that being an active parent brings surprises and new revelations every single day.

"Fatherhood can be absolutely the most frustrating, exhausting situation, and then in a wink I am the happiest human on the planet," he said. "He would put his arms around my neck and say 'Daddy, I make you happy.' And I'd say, 'Yes, you do.' ... That to me has been the most amazing thing, those tender moments that come out of nowhere."

Dr. Hosier recalled a spontaneous moment on an otherwise ordinary day as an example of the wonder and creativity that a young child brings to the world.

"I was reading to Evan in a rocking chair in his room," he said. "He stopped me all of the sudden and announced that there was an elephant in the tree outside the window."

He said it was a blue elephant and that it was climbing the tree. Such imagination, from out of nowhere! To me, that is just fantastic."

With more time at his discretion, Dr. Hosier installed a home gym and has dropped 15 of the original 50 pounds he previously lost and regained. He works out regularly, has picked up the guitar again, and is planning to resume playing tennis as well.

"My wife and I were both very competitive tennis players," he said. "We'd both like to get back into that. The club we're joining begins children's lessons at age 3. We'll enroll him and see if he likes it."

Having bred racehorses and competed in tennis at the national level, Dr. Hosier's foremost passion these days is being a father to Evan.

"Now I get to pick him up from school most days," he said. "He knows daddy, and daddy knows him."

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