Panhandle Health Welcomes Cindy Barnes to Nursing Team

HAYDEN, ID – Panhandle Health District has welcomed a new nurse practitioner to the team. Cindy Barnes begins her work with Panhandle this month. Barnes previously practiced at St. Maries Family Medicine and Kootenai Health and has 10 years of experience as a family nurse practitioner.

“We are very excited to have Cindy on the team,” said Kristina Meyer, Panhandle Health District Clinical Services nurse manager. “We recognized that we have a large need that wasn’t being met and bringing in another nurse, especially one with so much experience in primary care, was necessary to meet that community need.”

Barnes will be practicing in the following Panhandle Health District clinics; Hayden three days a week, St. Maries one day a week and in Kellogg once a month. Barnes will join the team of two other nurse practitioners and seven nurses who work throughout the region at Panhandle clinics.

Barnes will be assisting with the clinical services that Panhandle Health District clinics offer. Those services include family planning, women’s health care, STD testing and treatment, and immunizations including flu shots.

“I was born and raised in North Idaho and although I moved away for many years both the people and the beauty of the area have brought me back, it is a pleasure to be here.,” said Barnes.

Care Plus Clinics at Panhandle Health District (PHD) offer a variety of medical services for you and your family – with or without insurance. Our mission is to provide the care, education and support you need to improve your whole health. Our experienced Nurse Practitioners diagnose and treat most conditions and ailments. They may also make referrals to other providers or specialists. To learn more, visit [www.panhandlehealthdistrict.org/careplusclinics](http://www.panhandlehealthdistrict.org/careplusclinics).

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Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.