

GME

BI-ANNUAL
NEWSLETTER



JULY | 2020

TABLE OF CONTENTS

GME Office Staff 2

Faculty Spotlight 2

Resident Spotlight 2

Welcome 3

Updates and Advice . 4

Wellness Tip 4

RESIDENT PHYSICIANS vs. MEDICAL STUDENTS

When medical students are in their fourth year of medical school, they begin to apply for residency positions in their desired specialty, an occasion we at the GME Office refer to as Interview Season. This is often an arduous and costly process for medical students, but ultimately they almost all match into their desired program and begin life as resident physicians. Here at NFRMC we have both medical students and residents, but they are different in a number of very important ways:

- Residents are licensed physicians working in the hospital. Medical students are not licensed physicians.
- Residents should be addressed by the term Doctor unless they prefer otherwise. Medical students are addressed by their names.
- Residents can enter and edit the medical record. Medical students either cannot access the medical record or have view-only access to the medical record for learning purposes.
- Residents have the ability to complete procedures with varying degrees of attending supervision based upon their progress through training and their proficiency with a particular procedure. Medical students are not allowed to complete procedures.
- As residents progress through their training their levels of responsibility increase. The medical student's only responsibility is to learn.

Residents are an important part of the hospital. They bolster our existent physician workforce, are a vital part of our care teams, offer unique insight into new medical practices and methodologies, generate research, complete quality improvement projects, and provide healthcare to our community.

WHO IS THE GME OFFICE STAFF?

- **North Florida Division Vice President:** Dr. Lisa Dixon
- **Division Director:** Cristin Hart
- **Division Research Director:** Dr. Hale Toklu
- **Graduate Medical Education Director:** Keith Molinary
- **Program Directors:**
 - Family Medicine: Dr. David Quillen
 - Internal Medicine: Dr. Christopher Bray
 - Emergency Medicine: Dr. Robyn Hoelle
 - Psychiatry: Dr. Almari Ginory
 - Obstetrics & Gynecology: Dr. Karen Harris
 - Transitional Year: Dr. Matthew Caestino
 - Geriatric Fellowship: Dr. Nanette Hoffman
 - Hospice and Palliative Care Fellowship: Dr. Geraldine Bichier
- **Associate Program Directors:**
 - Internal Medicine: Dr. Sue-Wei Luu & Dr. Stefanie B. Lord
 - Emergency Medicine: Dr. Tamara Vega
 - Psychiatry: Dr. Sarah Fayad
- **Program Coordinators**
- **Simulation Lab Coordinator**

FACULTY SPOTLIGHT: COURTNEY STAHL, PSY.D

Dr. Courtney Stahl has worked with our graduate medical education programs since 2016. She is a very active faculty member within all 6 of our GME programs. She plays a major role in organizing wellness activities, participating in recruitment and teaching a behavioral health curriculum. Within our Psychiatry Residency, she teaches a full Psychotherapy Curriculum for 3 different post graduate classes. In fact, in 2018, she was selected to participate in the 2018 Psychoanalytic and Psychodynamic Teachers' Academy. She was assigned a mentor who she worked with to help her share best practices in teaching psychoanalysis and psychodynamic therapy to clinical trainees.



Dr. Stahl is a compassionate leader who also has been very active during the current COVID-19 pandemic. She has been a key stakeholder in helping organize North Florida Regional Medical Center's Virtual Employee Support Groups, designed to provide support and alleviate the anxieties of our frontline hospital workers. Dr. Stahl is working alongside other faculty members and psychiatry residents to provide this support, selflessly volunteering her time to help others.

Please join us in congratulating Dr. Stahl! She has truly been a positive addition to our programs and has helped paved the way for UCF/NFRMC GME programs for years to come!

RESIDENT SPOTLIGHT: – SALMAN CHOUDRY, MD, PGY-2, FAMILY MEDICINE

We would like to recognize Dr. Choudry for his outstanding efforts in the clinic and in the hospital. He has persistently demonstrated professionalism, perseverance, and excellence in his medical training. Patients under his care in the hospital have described him as "humble", "kind", "accepting", and "always willing to go the extra mile" to help serve them. In the hospital he is quick to give didactics on topics he was previously unfamiliar with, has an ever-expanding fund of medical knowledge, and is always eager to learn more. His daily kindness and humility is such an asset both in and out of the hospital. His work ethic is outstanding as is his desire to get better with every day that passes.



RANJIT BANWAIT, MD, PGY-2, INTERNAL MEDICINE

We are excited to highlight Dr. Ranjit Banwait, PGY-2, in our Internal Medicine residency program for this Resident Spotlight. Dr. Banwait has been a strong resident, both clinically and professionally, since beginning his training. It is in the research arena, however, where he has really distinguished himself. Dr. Banwait has a strong interest in hematology-oncology, and even before beginning his residency, he had numerous publications in peer-reviewed hematology and oncology journals, as well as several presentations at state and national conferences. Most recently, in 2019, he presented a poster at the American College of Physicians Florida Chapter Scientific Meeting.



With the Coronavirus pandemic, he has become a leader in research at North Florida Regional Medical Center. He is spearheading the NFRMC Covid-19 research task force, to which he has recruited numerous residents and several faculty members. At this time, the task force is engaged in fourteen active research projects, studying different facets of this disease, including illness manifestations, complications, and treatment strategies. It is also employing the national HCA data base to investigate disease stratification, prognostication, and application of the results for the utilization of limited medical resources

WELCOME NEW RESIDENTS!

Every year, the GME Office cycles through recruitment/interview season, match, onboarding and orientation to select and onboard a new class of residents. Incredibly, we see over 800+ candidates cycle through our programs each year. This year, we are welcoming 60 new faces to NFRMC GME programs.

- **Family Medicine:** 8 new residents, 24 in program
- **Internal Medicine:** 20 new residents, 55 in program
- **Emergency Medicine:** 8 new residents, 24 in program
- **Psychiatry:** 8 new residents, 31 in program
- **Obstetrics & Gynecology:** 4 new residents, 13 in program
- **Transitional Year:** 13 new residents, 13 in program

PLEASE JOIN US IN WELCOMING THEM TO THE NFRMC FAMILY!

FAMILY MEDICINE:

Anjali Hardeo
Samuel Leetmaa
Arilda Margjoni
Allyson Montalvo
Sandra Pyda
Laura Sanchez
Benjamin Sinyor
Nzinga Tafari

INTERNAL MEDICINE:

Devon Best
Kristin Cannon
Kipson Charles
Pheba Cherian
Remy Fadel
David Feinswog
Mejhorn Flash
Leora Frimer
Asad Haider
Micheal Holland
Selina Imboywa
Zeeshan Ismail
Awaad Khan
Amina Lleshi
Nundia Louis
Mercedes Malone
Anthony Nanajian
Atif Siddique
Gregory-Thomas Stanger
Edward Walton
Chase Russell (PGY-2)

PSYCHIATRY:

Jasira Barrientos
Ryan Ciccarello
Laverne D'Silva
Jessica Gabrielian
Fatimah Hameed
Alexander Legenbauer
Andrew Li
Sunny Shah

EMERGENCY MEDICINE:

Alex Basara
John Day
Precious Eze
Hank Gureasko
Thomas Lemaster
Johnny Nguyen
Sri Harsha Palakurty
Manna Varghese

OBSTETRICS & GYNECOLOGY:

Henna Ahsan
Janelle Alvarez
Erin Manglardi
Jacqueline Mercado

TRANSITIONAL YEAR:

Andre Alexander
Wayne Dell
Nidhi Desai
Trevor Ellico
Laura Gordon
Laura Guitierrez Quiceno
Jing Harakh
Abigail Harrover
Alex Horowitz
Erika Juliani
Steven Machusko
Jennifer Rath
Babitha Thatiparthi

Hola!

hello!

hi!



COORDINATOR CORNER: UPDATES OR ADVICE OR HOW-TOS FROM GME COORDINATORS

Words of Encouragement

"You have power over your mind – not outside events. Realize this, and you will find strength."

—Marcus Aurelius

"The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy."

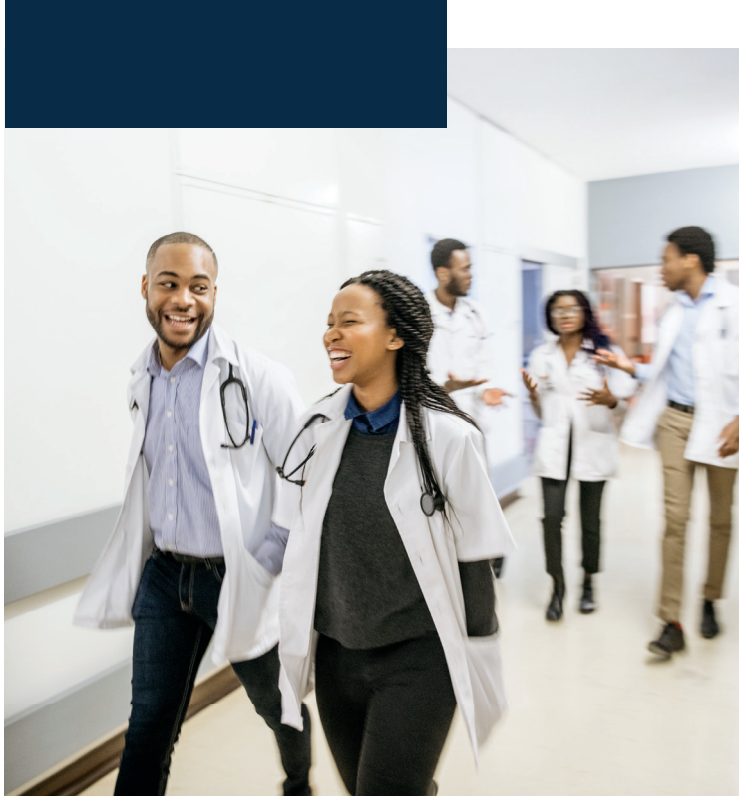
—Martin Luther King Jr.

"In the midst of chaos, there is also opportunity."

—Sun Tzu

"This is a wonderful day. I've never seen this one before."

---Maya Angelou



RESIDENT WELLNESS TIP:

Problem-solve and set achievable goals for the new circumstances in your life.

- Accept circumstances that cannot be changed and focus on what you can alter.
 - Remember: it is what it is!
- Modify your definition of a "good day" to meet the current reality of the situation.
 - For the most part, things could be worse! Look for and embrace the positives.
- Problem-solve and set achievable goals within the new circumstances in your life.
 - Stay realistic! Goals that are too farfetched can cause us to get down on ourselves when we are unable to achieve them. This will also help us stay grounded.
- Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk in order to maintain as much of your normal routine as possible.
 - It is important to maintain as much normalcy as reasonably possible. Take walks, embrace the beautiful Florida weather and connect with family and friends often!

Source: https://www.ptsd.va.gov/covid/COVID_managing_stress.asp

NF NORTH FLORIDA
REGIONAL MEDICAL CENTER

NORTH FLORIDA REGIONAL HEALTHCARE

NORTH FLORIDA REGIONAL HEALTHCARE
6500 Newberry Road, Gainesville, FL 32605
(352) 333-4000 | www.NFRMC.com