

AMANDA RIGDON

M.D.



Internal Medicine Resident, PGY3
amanda.rigdon@mylrh.org

EDUCATION

<i>St. Georges School of Medicine, St. Georges Grenada</i> Doctor of Medicine (MD) Graduated Magna Cum Laude	2023
<i>Florida State University, Tallahassee, FL</i> Bachelors of Science in Exercise Physiology	2018
<i>Eastern Florida State College, Melbourne FL</i> Emergency Medical Technician Certification	2015

WORK EXPERIENCE

Lakeland Regional Health, Lakeland, FL Founding Internal Medicine Resident Physician	2023 - 2026
<ul style="list-style-type: none">• Founding IM resident at one of the nation's busiest hospitals, which hosts the second-busiest ER in the country.• Navigated complex medical training challenges by establishing innovative residency protocols and managing diverse clinical rotations across multiple hospital departments.• Directly responsible for comprehensive patient assessments, treatment planning, and interdisciplinary care coordination for complex medical cases, collaborating closely with senior physicians to refine curriculum and patient management strategies.	
Tallahassee Memorial Hospital, FL Emergency Medical Technician (EMT)	2016 - 2018
<ul style="list-style-type: none">• Dedicated member of emergency response teams delivering fast, quality care during medical emergencies, accidents, natural disasters and other crisis scenarios.	

QUALITY IMPROVEMENT

- Cirrhosis Admission Power Plan 2024
 - Focused liver cirrhosis management upon admission to the hospital to enhance clinical protocols and patient care pathways. Optimizing guideline directed therapy and reduce medication errors.
- CCM Cirrhosis Admission Power Plan 2025
 - Designed and implemented a targeted Quality Improvement (QI) project for liver cirrhosis management, enhancing clinical protocols and patient care pathways to optimize intervention strategies and patient outcomes.
- The Art to Bedside Ultrasound: A Resident Guide To POCUS 2024
 - Developed a comprehensive resident reference manual for Point-of-Care Ultrasound (POCUS), creating a critical educational resource to standardize and enhance bedside ultrasound skills across the residency program.

META ANALYSIS

- **Rigdon, A.**, Sabina, M., Zuhdi, O., Villacreses, C., & Bizanti, A. (2024). GLP-1 dual agonists in MASH: A Class Effect Meta-Analysis. Digestive Disease Week 2025. *Gastroenterology*
- **Rigdon, A.**, Zuhdi, O., Villacreses, C., Campillo, P., Sabina, M., Barakat, Z., Bizanti, A. (2025) Incretin-Based Therapies in MASH: A Meta-Analysis of Hepatic and Metabolic Outcomes. Submitted to ACG 2025.
- Sabina, M., Rivera, J. C., Khanani, A., & **Rigdon, A.** & Bizanti, A. (2024). Drug-coated balloon angioplasty vs plain balloon angioplasty in patients with coronary in-stent restenosis: A systematic review and meta-analysis of randomized controlled trials. *Current Problems in Cardiology*
- Khanani, A. B., Sabina, M., Rivera, J. C., Trube, J., & **Rigdon, A.** (2024). Colchicine post-MI: A systematic review and meta-analysis.
- Rivera, J. C., Sabina, M., Khanani, A., **Rigdon, A.**, & Lurie, A. , Bizanti, A. (2024). Effect of Finerenone in Cardiovascular and Renal Outcomes: A Systemic Review and Meta-Analysis. *Cardiovascular Drugs and Therapy*. <https://link.springer.com/article/10.1007/s10557-024-07666-x>
- Sabina, M., Khanani, A., **Rigdon, A.**, Rivera, J. C., & Lurie, A. Bizanti, A. (2024). Natriuresis guided protocol in acute heart failure.

LITERATURE REVIEW

- **Rigdon, A.**, Villacreses, C., Hernandez, K. W., & Zuhdi, O. (2024). Radiation therapy and hepatitis B: A case of unexpected reactivation and its clinical implications. (Pending Peer Review in Cureus)
- Zuhdi, O., **Rigdon, A.**, Hernandez, K., Villacreses, C., Ghabra, M. (2025). Hepatotoxicity of Tumeric as Popular Anti-Inflammatory Supplement: A Review of Literature. Central Florida Research Symposium.
- Zuhdi, O., **Rigdon, A.**, Barakat, Z., Villacreses, C., Hernandez, K., Ghabra, M. (2025). Abdominal Cocoon Syndrome: The Association Between Sclerosing Encapsulating Peritonitis and Liver Cirrhosis: A Review of the Current Literature. Central Florida Research Symposium.

NATIONAL CONFERENCE PODIUM PRESENTATIONS

- **Rigdon, A.**, Sabina, M., Zuhdi, O., Villacreses, C., & Bizanti, A. (2024). GLP-1 dual agonists in MASH: A class effect meta-analysis. Digestive Disease Week 2025. MASLD Panel Discussion.

NATIONAL CONFERENCE ABSTRACT PRESENTATIONS

- **Rigdon, A.**, Villacreses, C., Campillo, P., Zuhdi, O., & Alsamman, M. (2024). Veiled malignancy: How metabolic syndrome management can obscure cancer detection. [SAGES 2025].
- **Rigdon, A.**, Gorran, H., Zuhdi, O., & Ji, F. (2024). Appendix Incognito: Decoding the Enigma of De Garengeot Hernia. [SAGES 2025].
- **Rigdon, A.**, Zuhdi, O., Sabina, M., & Brown, J. (2025). Nonhepatic Hyperammonemia In Severe Polymicrobial Sepsis: A Complex Metabolic Challenge. [CHEST 2025]
- **Rigdon, A.**, Shaw, S., Breslow, Z., & Brown, J. (2025). When Minutes Matter: Benralizumab To reverse Refractory Asthma Exacerbation and Facilitate VV ECMO Decantation. [CHEST 2025]
- **Rigdon, A.**, Zuhdi, O., Campillo, P., Byun, B. & Wan, S. (2025). Median Arcuate Ligament Syndrome Causing Recurrent Pancreatitis. [Preceeding ACG 2025]
- **Rigdon, A.**, Zuhdi, O. Villacreses, C., & Wan, S. (2025). Unveiled Abdominal Pain. Cocaine-Associated Celiac Artery Narrowing. [Proceeding ACG 2025]
- Gorran, H., **Rigdon, A.**, Zuhdi, O., & Ji, F. (2024). Metastatic Journey: Squamous Cell Carcinoma's Rare Spread to the Gallbladder. [SAGES 2025].
- Rivera, J. C., Zuhdi, O., & **Rigdon, A.** (2024). A case of recurrent small bowel obstruction secondary to intestinal tuberculosis. [SAGES 2025].
- Lurie, A., Rivera, J. C., Sabina, M., Khanani, **A.**, **Rigdon, A.**, & Bizanti, A. (2024). Finerenone in cardiovascular outcomes. [ACC '25].
- Sabina, M., Khanani, A., Rivera, J. C., Lurie, **A.**, **Rigdon, A.**, & Bizanti, A. (2024). Natriuresis guided therapy in heart failure: Meta-analysis. [CHEST 2025].
- **Rigdon, A.**, Carralero-Somoza, D., & Loveday-Laghi, V. (2023). Approach to alleviating median arcuate ligament syndrome. [ACG 2024. *American Journal of Gastroenterology*]

REGIONAL CONFERENCE ABSTRACTS & PUBLICATIONS

- **Rigdon, A.**, Patel, S., Igbonagwam, C., Ramirez-Ramos, C., & Mendez, R. (2025). Ripples of recurrence: Chronic forearm tenosynovitis following African cichlid fish bite. [ACP Florida].
- Malhotra, V., Zuhdi, O., **Rigdon, A.**, Sabina, M., & Mustafa, A. (2024). GLP-1 induced SMA syndrome. [ACP Florida].
- Lurie, A., **Rigdon, A.**, Baluja, J., Shah, S., Mikulka, A., & Bizanti, A. (2024). Choledocholithiasis 20 years post-cholecystectomy. [Pending Journal of General Internal Medicine].
- **Rigdon, A.**, Villacreses, C., Campillo, P., Zuhdi, O., & Alsamman, M. (2024). Veiled malignancy: How metabolic syndrome management can obscure cancer detection. [Proceedings of SAGES].
- **Rigdon, A.**, Carralero-Somoza, D., & Loveday-Laghi, V. (2023). Approach to alleviating median arcuate ligament syndrome. [ACG 2024 American Journal of Gastroenterology]
- Sabina, M., Tsai, T., **Rigdon, A.**, Fagundo, C., & Naig, A. (2023). Unmasking the metabolic duo: New onset diabetic ketoacidosis and severe hypertriglyceridemia presenting as pancreatitis. [ACP Florida].
- Sabina, M., **Rigdon, A.**, Barakat, Z., & Chen-Milhone, C. (2023). Navigating uncharted waters: A case of recurrent idiopathic renal infarcts and insights for future management. [ACP Florida].
- Sabina, M., Tsai, J., **Rigdon, A.**, & Khanani, A. (2023). The PCI vs. CABG dilemma in left main with multi-vessel coronary disease. [ACP Florida].
- Sabina, M., Tsai, J., Khanani, A., **Rigdon, A.**, & Bizanti, A. (2023). PFOCUS on the unusual: A stroke of paradox. [ACP Florida]. *Frontier in Cardiovascular Medicine*. <https://www.frontiersin.org/journals/cardiovascular-medicine/articles/10.3389/fcvm.2024.1395542/full>
- Sabina, M., Khanani, A., **Rigdon, A.**, Tsai, J., & Massaro, J. (2023). Management of PFO in paradoxical embolic stroke with hemorrhagic conversion: A case report. *Frontiers in Cardiovascular Medicine*. [ACP FL]

BOOK CHAPTERS

- Lugo, D. L., **Rigdon, A.** et. al (2024). Intern Mastery volume 2. Amazon
- Alsamman, M., **Rigdon, A.**, Sabina, M., & Carralero Somoza, D. (2024). *POCUS: The Art of Bedside Ultrasound for Resident Physicians*.

LEADERSHIP & ORGANIZATIONS

Chief Resident of POCUS

2025 - 2026

- Assisted in design and execution of comprehensive POCUS curriculum, integrating bedside training, skill validation, and a structured elective multidisciplinary rounds to enhance skill sets and diagnostic ability among residents.

POCUS Committee Chair

2023 - 2025

- Led implementation of comprehensive Point-of-Care Ultrasound (POCUS) educational curriculum, including structured didactics, hands-on training sessions, and competency assessments for internal medicine residents.
- Designed and established formal POCUS elective rotation, developing evidence-based curriculum and standardized evaluation metrics to assess resident proficiency
- Aided in multidisciplinary collaboration between medicine, nursing, and specialty services to optimize POCUS integration into clinical workflow and patient care

Graduate Medical Education Committee Representative

2023 - 2024

- Served as resident liaison to Graduate Medical Education Committee, effectively advocating for program improvements and representing resident concerns to institutional leadership
- Collaborated with GME leadership to secure additional academic funding for resident research initiatives, conference attendance, and educational resources, strengthening program's academic infrastructure and resident compensation

Academic Curriculum Executive Board Representative

2023 - 2025

- Directed comprehensive restructuring of residency program's academic curriculum, implementing evidence-based educational strategies and optimizing didactic scheduling to enhance resident learning outcomes
- Established and oversaw specialized educational subcommittees to address targeted learning objectives, resulting in expanded resident opportunities and improved academic performance
- Developed novel elective rotations based on resident feedback and program needs, enriching educational diversity and advancing specialized training opportunities

“Resident POCUS of the Month” Social Media Chair

- Created to increase exposure and comfort with interpreting bedside ultrasound findings among resident physicians. This initiative promotes active learning, specialist collaboration and diagnostic confidence.

Resident Recruitment Committee Representative

2023 - 2025

- Assisted in residency recruitment initiatives, including candidate evaluation, interview coordination, and implementation of innovative virtual recruitment strategies to strengthen applicant engagement.

**USF Department of Electrical Engineering Advisory Board Member
Colorectal Cancer Screening 2024 - 2025**

- Served as a physician representative to provide clinical expertise and healthcare implementation guidance for biomedical engineering initiatives, fostering collaboration between medical and engineering domains

**Peer Learning Facilitator Department of Education, St. Georges University
2019 - 2020**

- Developed and implemented synchronized didactic curriculum aligning with medical students' core lecture series to enhance educational continuity and knowledge retention

**NCAA DI Track & Field Student Athlete
Florida State University, Tallahassee, FL,
2014 - 2018**

- Student Athlete Advisory Committee student representative for Women's Track & Field
- Competed at a national level in pole-vaulting

PROFESSIONAL ASSOCIATIONS

American College of Physicians	2023 - 2025
American College of Gastroenterology	2023 - 2025
Student Government Association	2019 - 2020

AWARDS & HONORS

Master of POCUS Award (LRH)	2025
Master of POCUS Award (LRH)	2024
Central Florida Symposium Research Award	2023
Brevard Hearts Foundation Medical Doctor Scholarship	2021
Peer Learning Facilitator Award (SGU)	2020
Humanitarian Scholarship Award (SGU)	2020

COMMUNITY ENGAGEMENT & SERVICE

C.A.R.E LRH Representative	2023 - 2025
Disney Half Marathon Medical Volunteer	2024 - 2025
Light Up Bonnet Springs Medical Representative	2024
Peer Learning Group Facilitator	2019 - 2020
Thailand Elective in Eastern Medicine	2019
Keep Grenada Swimming 2019	2019

EXTRACURRICULAR ACTIVITIES

Reading Fiction, Psychological Thriller's
Water color painting
Scuba diving
Half marathon training

ADVANCED TRAINING SKILLS

Central Line
Intubation
Paracentesis
Thoracentesis
University of Texas Health POCUS Certification 2025