

# Emma Weiland

M.D., Chief Resident at Lakeland Regional Health

Lakeland, FL 33801

[emma.weiland@mylrh.org](mailto:emma.weiland@mylrh.org)

## EXPERIENCE AND EDUCATION

### **Lakeland Regional Health, Lakeland FL — PGY-3 Chief Resident**

JULY 2023 - PRESENT

Founding internal medicine resident at the 33rd largest hospital with the 2nd busiest ED in the nation. Level II Trauma Center.

### **USF Morsani College of Medicine, Tampa FL— Doctor of Medicine**

AUGUST 2019 - MAY 2023

Graduated with honors. USMLE Step III Passed (2024)

### **Florida State University, Tallahassee FL — Bachelor of Science**

AUGUST 2014 - MAY 2017

Minor in Chemistry. Magna Cum Laude (GPA 3.83, Science GPA 3.81)

## EXTRACURRICULARS AND LEADERSHIP

### **Wellness and Mentorship Committee, Lakeland — Chair**

Fall 2023 - Present

Dedicated to strengthening senior mentorship for interns while promoting holistic wellness across all domains

### **Resident Recruitment Selection Committee, Lakeland — Member**

Fall 2023 - Present

Responsible for managing entire interview season, program marketing, virtual open houses, coordinating interview days, second look opportunities

### **Critical Care Assessment Team, Lakeland — Chair**

Fall 2024 - Present

Focuses on inpatient emergency response, critical care medicine and enhancing communication between nurses, families, the CCAT team and primary attendings

## VOLUNTEER

Tampa Bay Street Medicine — President

Mission Trips —

- Jamaica (Lake Erie College of Medicine): Treated 500+ patients.

- Nicaragua (MEDLIFE): Treated over 700 individuals in underserved villages.

Habitat for Humanity

Medicine International Program (USF)

Lakeland Christmas Parade

Morrell Internal Medicine Book Drive

Morrell Internal Medicine Canned Goods Drive

Obesity Awareness and Weight Loss Program (in progress)

## MEDIA SPOTLIGHTS

Walsh, Sara-Megan. *Lakeland Ledger*: Lakeland Regional Health becomes teaching hospital. July 2023.

Walters, RJ. *The Lakeland* 94<sup>th</sup> Edition: Get to Know the Next Generation of Doctors at Lakeland Regional Health

## **Community Action and Resident Engagement, Lakeland — Member**

Fall 2024 - Present

Resident lead community engagement and medical awareness

## **Lakeland Regional Steering Committee, Lakeland — Member**

Fall 2023 - Present

Creates opportunities for providers and IT professional to collaborate on identifying issues within the EMR and medical systems, fostering discussions to pinpoint areas for improvement and potential quality improvement projects

## **Tampa Bay Street Medicine, Tampa — President**

2019-2022

Student run organization at USF College of Medicine committed to improving access to medical care for unhoused patients in tampa Bay area

## **Health Professions Scholarship Program, USAF — Captain**

2020-Present

## **USF Honors College Curriculum: Bystander Intervention, Tampa — Writer and Instructor**

Fall 2021

Curriculum development and instructor for undergraduate course at the University of South Florida Honors College

## **Pre-Health Freshman Interest Group Leader, Tallahassee — Instructor**

2016-2017

Colloquium leader for Pre-Health Freshman at Florida State University

## **SCHOLARLY WORK AND PUBLICATIONS**

### **Project Dynamite — Amazon Bestselling Book**

Weiland, E. Intern Mastery: Top 10 Internal Medicine Diagnoses at Busiest Hospitals in the Nation, 1st Edition. ISBN-13: 979-8874242954. Published January 2024. Amazon Bestselling Book.

### **Dual attack on the Autonomics — Case Presentation (Presented SGIM)**

Weiland, E. Dual attack on the Autonomics: How Ehler's Danlos Syndrome may portend Worse Symptomatology of Co-existing Postural Orthostatic Tachycardia Syndrome. (SGIM)

## **HONORS AND AWARDS**

Captain, U.S. Air Force Health

United States Air Force Health Professions Scholarship Program

Gold Humanism Honor Society

Diamond Jubilee Scholarship awardee

College of Arts and Sciences Scholarship awardee: Research travel grant

Phi Beta Kappa

University Freshman Scholarship

## **EMR COMPETENCY**

CERNER

EPIC

CPRS

## **CERTIFICATIONS**

ACLS

BLS

## **SKILLS**

Endotracheal Intubation

Point of Care US with AI-EchoNous Kosmos US

## **LANGUAGES**

English (Fluent)

Spanish (Intermediate Proficiency)

### **Behind the Veil — Case Presentation (Presented SGIM)**

Weiland, E. Behind the Veil: How HIV-Related Stigma Hid a Diagnosis in Plain Sight.

### **The Camouflage Condition— Case Presentation (Presented CFRS)**

Weiland, E. The Camouflage Condition: How Immunoglobulin-G4 Related Disease Hides Behind An Elevated Immunoglobulin E. (Central Florida Research Symposium)

### **Heart Under Siege— Case Presentation (Submitted ACC)**

Weiland, E. Heart Under Siege: A Case of Candida and GI pathogens in the Pericardium.

### **Clearer Advance Directives— Quality Improvement Project**

Weiland, E. Improving Patient Outcomes through Clearer Advance Directives and Code Status Documentation in Outpatient Clinics. Lakeland Regional Health, FL.

### **Shared Reflective Practices— Quality Improvement Project**

Weiland, E. Implementation of shared reflective practices in the inpatient setting can enhance patient and physician satisfaction while reducing burnout rates.

## **PROFESSIONAL MEMBERSHIPS**

American College of Physicians  
US Air Force Chapter

American Medical Women's  
Association

American College of Cardiology

Center to Advance Palliative  
Care

Polk County Women's Physician  
Group

## **HOBBIES**

Volleyball/Other Sports

Scuba Diving

Poetry/Other Arts

Guitar/Other Music

Cooking