

Michael Sabina

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Michael.Sabina@MyLRH.org



Education

Doctor of Osteopathic Medicine

Nova Southeastern University

Dr. Kiran C. Patel College of Osteopathic Medicine

May 2023
Fort Lauderdale, FL

Bachelor of Science in Biology

University of Miami

May 2017
Coral Gables, FL

Residency Training / Clinical Experience

Chief Resident of Research – PGY3

Lakeland Regional Health Medical Center

July 2025-June 2026
Lakeland, FL

Internal Medicine Resident – PGY2

Lakeland Regional Health Medical Center

July 2024-June 2025
Lakeland, FL

Internal Medicine Resident – PGY1

Lakeland Regional Health Medical Center

July 2023-June 2024
Lakeland, FL

Leadership Roles

Chief Resident of Research

2025-Present

ACP Florida Chapter Research Subgroup - Chair

2024-Present

Research & Quality Improvement Committee at LRH - President

2023-Present

Committee Memberships:

- **ACC Florida Chapter FIT Journal Club - Member** 2023-Present
- **GME Academic Curriculum Board at LRH - Member** 2023-Present
- **Resident Recruitment Committee at LRH - Member** 2023-Present
- **POCUS Committee at LRH - Member** 2023-Present

Honors & Awards

First Place - Best Research Poster Presentation	2025
3rd Annual Central Florida Research Symposium	Lakeland, FL
Second Place - Best Research Poster Presentation	2024
2nd Annual Central Florida Research Symposium	Lakeland, FL
Researcher of the Year	2023-2024
Lakeland Regional Health Award Ceremony	Lakeland, FL
Graduate Medical Education	
Certificate of Appreciation for Presenting	2024
“How to do high level research as an intern or medical student”	Fort Lauderdale, FL
Florida Chapter ACP 2024 Annual Scientific Meeting	

Educational Contributions

- [8] **#SABIMETA: A Research Month Meta-Analysis Teaching Initiative.** 2025
 Designed as a structured initiative to teach meta-analysis methods to internal medicine residents across 6 disciplines. Resulted in 6 full meta-analyses submitted to national conferences and pending peer-reviewed publication, involving over 25 authors in a single month of intensive scholarly activity.
Role: Program Architect and Lead Supervisor
- [7] **IMERSE: Internal Medicine and Emergency Resident Scholarly Enhancement.** 2025
 multidisciplinary scholarly collaboration where EM residents provide high-yield and rare case presentations and IM residents assist with academic write-up and publication strategy. Aimed at improving scholarly productivity across departments.
Role: Co-Founder and Project Director
- [6] **#OBSabina: Observational Study Launchpad for Incoming Interns.** 2025
 IRB-approved package of 6 observational studies across various internal medicine disciplines designed to allow new interns to plug in immediately, with structured mentorship to drive research completion and publication by year-end.
Role: Founder and Curriculum Lead
- [5] **EKGenius: Crack the code - A weekly EKG Challenge for Internal Medicine Residents.** 2025
 Ongoing blog-based series to build competency in electrocardiographic interpretation through clinical case-based learning.
Role: Creator and Series Director
- [4] **Advanced Cardiac Ultrasound: A Bedside Guide for Internal Medicine Residents.** 2025

In development. Focused on transthoracic echocardiography and cardiac imaging for residents.

Role: Lead Author (Drafting)

[3] **Project Lily: Medical Spanish Extension of Intern Mastery.** 2025

In development. Aimed at enhancing clinical communication with Spanish-speaking patients, with specialty-specific modules.

Role: Author of Cardiology Section (Drafting)

[2] **Intern Mastery: Top 10 Internal Medicine Diagnoses at the Busiest Hospitals in the Nation.** 2024

Independently published, 2024. Ranked Amazon Best Seller in Internal Medicine.

Role: Cardiology Chapter Author and Contributing Editor

[1] **The Art of Bedside Ultrasound: A Resident's Guide to Point-of-Care Ultrasound (POCUS).** 2024

Educational guide emphasizing practical ultrasound techniques in internal medicine.

Role: Author of Cardiac Ultrasound Section

Research Publications

[32-37] **#SABIMETA: Six Meta analysis Initiative**

SGLT2 Inhibitors in Patients Undergoing Transcatheter Aortic Valve Replacement: A Meta-Analysis of Randomized Controlled Trials - Pending abstract acceptance to AHA 2025.

Oral PCSK9 Inhibitors for Hypercholesterolemia: A Systematic Review and Meta-Analysis of Randomized Trials - Pending abstract acceptance to AHA 2025

Seven Versus Fourteen Days of Antibiotics for Gram-Negative Bacteremia from a Urinary Tract Source: A Systematic Review and Meta-Analysis - Pending abstract acceptance to IDweek 2025.

Reduced versus Standard Dose Apixaban for Secondary Prevention of Cancer-Associated Venous Thromboembolism: A Systematic Review and Meta-Analysis - Pending abstract acceptance to ASCO 2025

GLP1's in Knee Osteoarthritis: A Systematic Review and Meta-Analysis - Pending abstract acceptance to AJR 2025.

Incretin Agonists in MASH: A Systematic Review and Meta-Analysis - Published as an abstract to AJG 2025

Role: Last author (principal investigator)

[31] Trube, Jennifer, **Sabina, M, et al.** Leaking Answers. Investigating Hemolytic Anemia after TAVR - *Published as an abstract to ESC 2025.*

[30] **Sabina M, et al.** Do Beta-Blockers Really Matter in Patients with Myocardial Infarction Without Left Ventricular Systolic Dysfunction? Comment on "Sabina et al. Beta-Blockers in Patients with Myocardial Infarction and Preserved Left Ventricular Ejection: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J. Clin. Med.* 2025, 14, 150". *Journal of Clinical Medicine.* 2025; 14(7):2249. <https://doi.org/10.3390/jcm14072249>

- [29] Malhotra, Vasu, ...**Sabina, M**, et al. GENETIC PARADOX IN OBESITY: EXPLORING THE APOB/APOA1 RATIO IN CARDIOVASCULAR RISK ASSESSMENT. *JACC*. 2025 Apr, 85 (12_Supplement) 4139. [https://doi.org/10.1016/S0735-1097\(25\)04623-6](https://doi.org/10.1016/S0735-1097(25)04623-6)
- [28] **Sabina, M**, et al. Comparison of Apixaban 5 mg vs 2.5 mg for the Prevention of Cancer-Associated Venous Thromboembolism: Published as an abstract in ESC - The Heart of the Matter 2025.
- [27] Tsai, Joshua, ...**Sabina, M**. From Bustle to Brilliance: Transforming one of the Busiest Non-Academic Hospitals in the USA into a Geolocated Academic Teaching Hub and its Impact on Value of Care. Abstract publication to *BMJ International Forum on Quality & Safety in Healthcare*, May 2025.
- [26] Khanani, A, **Sabina, M**, et al. Colchicine Post-MI: A Systematic Review and Meta analysis: Pending publication.
- [25] Trube, J, **Sabina, M**, et al. Colchicine as Adjunctive Therapy in Heart Failure: A Systematic Review and Meta-Analysis. Pending publication.
- [24] Trube, J, **Sabina, M**, et al. Colchicine in Cardiovascular Outcomes: A Literature Review of Randomized Controlled Trials. *American Heart Journal Plus: Cardiology Research and Practice* (2025). <https://doi.org/10.1016/j.ahjo.2025.100525>.
- [23] Rigdon, A, **Sabina, M**, et al. Efficacy and Safety of Dual GIP/GLP-1 Agonists in MASH and Liver Fibrosis: A Class Effect Meta Analysis. Published as abstract to the American Journal of Gastroenterology 2025.
- [22] **Sabina, M**. Catheter Ablation vs Pharmacologic Conversion of Ventricular Tachycardia: A Systematic Review and Meta Analysis. Pending Publication.
- [21] **Sabina, M**. Effectiveness and Safety of Combination Budesonide and Methylprednisolone vs. Methylprednisolone Monotherapy for Managing Acute COPD Exacerbations: A Retrospective Analysis. Published as an abstract to CHEST 2025.
- [20] **Sabina, M**, Lurie, A, Khanani, A, Rivera-Martinez, JC, Rigdon, A, Bizanti, A. Natriuresis Guided Diuretic Therapy in Heart Failure: A Systematic Review and Meta analysis. Published as an abstract to JACC.
- [19] Rivera-Martinez, JC, **Sabina, M**, et al. Effect of Finerenone in Cardiovascular and Renal Outcomes: A Systematic Review and Meta Analysis. *Cardiovasc Drugs Ther* (2025). <https://doi.org/10.1007/s10557-024-07666-x>

- [18] Campillo, P, Kesler, A, Ramirez, C, Ramirez, C, Daher, JC, Grimm, M, **Sabina, M**, Bizanti, A. International Incidence of Melanoma in Heart Transplant Recipients: A Meta-Analysis. *Melanoma Research* 35(1):p 24-30, February 2025. | DOI: 10.1097/CMR.0000000000001008
- [17] **Sabina, M, et al.** Beta-Blockers in Patients with Myocardial Infarction and Preserved Left Ventricular Ejection: A Systematic Review and Meta Analysis of Randomized Controlled Trials. *J. Clin. Med.* 2025, 14(1), 150; <https://doi.org/10.3390/jcm14010150>
- [16] **Sabina M**, Rivera-Martinez JC, Khanani A, Rigdon A, Owen P, Massaro J. Drug-Coated Balloon Angioplasty vs Plain Balloon Angioplasty in patients with Coronary In-Stent Restenosis: A Meta-analysis of Randomized Controlled Trials. *JACC.* 2024 Oct, 84 (18_Supplement) B162–B163. <https://doi.org/10.1016/j.jacc.2024.09.572>
- [15] **Sabina, M**, Shah, S, Trube, J, Grimm, M, Lurie, A, Massaro, Owen, P, Bizanti, A. Colchicine for the Prevention of Recurrent Non-Cardioembolic Stroke: A Meta Analysis of Randomized Controlled Trials. *JACC.* 2024 Oct, 84 (18_Supplement) B72. <https://doi.org/10.1016/j.jacc.2024.09.362>
- [14] **Sabina, M**, Trube, J, Shah, S, Lurie, A, Grimm M, Bizanti, A. Finerenone: A Third-Generation MRA and Its Impact on Cardiovascular Health-Insights from Randomized Controlled Trials. *J. Clin. Med.* 2024, 13(21), 6398; <https://doi.org/10.3390/jcm13216398>
- [13] **Sabina, M**, Montecino, D, Barakat, Z, Alsamman, MM, Dibo, I. A MIGRATORY MYSTERY: DIAGNOSING DISSEMINATED BLASTOMYCOSIS AND HISTOPLASMOSIS IN A PATIENT TRAVELING FROM SOUTH AMERICA TO FLORIDA. *CHEST, Volume 166, Issue 4, A1373 - A1374.* <https://doi.org/10.1016/j.chest.2024.06.882>.
- [12] **Sabina, M**, Khanani, A, Tsai, J, Rigdon, A, Massaro, J. PFOcus on the Unusual: A Stroke of Paradox. *CHEST, Volume 166, Issue 4, A360 - A361.* <https://doi.org/10.1016/j.chest.2024.06.268>.
- [11] **Sabina, M**, Carralero-Somoza, D, Barakat, Z, Kheti, Y. GRANULOMATOSIS WITH POLYANGIITIS PRESENTING WITH BILATERAL APICAL CAVITATING LUNG MASSES. *CHEST, Volume 166, Issue 4, A5387 - A5388.* <https://doi.org/10.1016/j.chest.2024.06.3205>.
- [10] **Sabina, M**, Khanani, A, Tsai, J, Rigdon, A, Massaro, J. Management of PFO in paradoxical embolic stroke with hemorrhagic conversion: a case report. *Front. Cardiovasc. Med.* 11:1395542. doi: 10.3389/fcvm.2024.1395542
- [9] **Sabina M**, Rivera-Martinez JC, Khanani A, Rigdon A, Owen P, Massaro J. 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. *Curr Probl Cardiol.* 2024;49(10):102761. doi:10.1016/j.cpcardiol.2024.102761.

- [8] **Sabina, M**, Bizanti, A, Jost, J. et al. PICK YOUR POISON - TO CLOT OR TO BLEED? A CASE REPORT ON HEYDES SYNDROME WITH MECHANICAL VALVE REPLACEMENT. *J Am Coll Cardiol*. 2024 Apr, 83 (13_Supplement) 4239. [https://doi.org/10.1016/S0735-1097\(24\)06229-6](https://doi.org/10.1016/S0735-1097(24)06229-6)
- [7] **Sabina M**, Alsamman MM. Pulse of Progress: A Systematic Review of Glucagon-Like Peptide-1 Receptor Agonists in Cardiovascular Health. *Cardiol Res*. 2024;15(1):1-11. doi:10.14740/cr1600
- [6] **Sabina M**, Khanani A, Rigdon A, Tsai J, Massaro J. PCI vs. CABG in left main with multi-vessel coronary artery disease and diabetes: Case report. *Diab Vasc Dis Res*. 2024;21(3):14791641241253540. doi:10.1177/14791641241253540
- [5] **Sabina M**, Barakat Z, Feliciano A, Lamb A, Alsamman MM. Unlocking the Potential of Acetazolamide: A Literature Review of an Adjunctive Approach in Heart Failure Management. *J Clin Med*. 2024;13(1):288. Published 2024 Jan 4. doi:10.3390/jcm13010288
- [4] **Sabina M**, Barakat Z, Costa Guerra B, Lurie A, Khan Z. Vintage Victory: Warfarin Versus Apixaban in the Antiphospholipid Arena. *Cureus*. 2024;16(3):e57040. Published 2024 Mar 27. doi:10.7759/cureus.57040
- [3] **Sabina M**, Rigdon A, Tsai J. Diagnostic and Therapeutic Ambiguities in Diabetic Ketoacidosis With Overlapping Acute Pancreatitis and Hypertriglyceridemia. *Cureus*. 2024;16(4):e57508. Published 2024 Apr 3. doi:10.7759/cureus.57508
- [2] **Sabina M**, Barakat Z, Jost JM, Tatro R, Sai W. Vaso-Occlusive Crises in Sickle Cell Trait Patients With Blood Loss Anemia: A Report of Two Cases. *Cureus*. 2024;16(3):e56589. Published 2024 Mar 20. doi:10.7759/cureus.56589
- [1] **Sabina M**, Cobian J, Dibo I. Dalbavancin as a Viable Alternative for Addressing Treatment Adherence in Methicillin-Resistant Staphylococcus aureus (MRSA) Bacteremia: A Case Report. *Cureus*. 2024;16(2):e54078. Published 2024 Feb 12. doi:10.7759/cureus.54078

Poster Presentations

- [40] Sabina, M, et al. Comparison of Apixaban 5 mg vs 2.5 mg for the Prevention of Cancer-Associated Venous Thromboembolism: A Pooled Analysis of Two Studies. Presented at ESC Cardio-Oncology 2025.
- [39] Barakat Z, Sabina M. Chronic pacemaker lead perforation into the right ventricle: A rare cause of pericardial effusion and chest pain. Presented at Society of Hospital Medicine 2025
- [38] Luna G, **Sabina M**, et al. Ciprofloxacin neurotoxicity

- [36] Tsai, Joshua, ...**Sabina, M.** From Bustle to Brilliance: Transforming one of the Busiest Non-Academic Hospitals in the USA into a Geolocated Academic Teaching Hub and its Impact on Value of Care. *BMJ International Forum on Quality & Safety in Healthcare, Utrecht, Netherlands, May 2025.*
- [35] **Sabina, M,** et al. Examining the Impact of Point of Care Ultrasound (POCUS) on Patient Satisfaction in a Resident Physician Setting. Accepted as poster presentation at Academic Internal Medicine Week 2025 and ACP Florida Chapter Annual Meeting 2025.
- [34] Rigdon, A, **Sabina, M,** et al. Efficacy and Safety of Dual GIP/GLP-1 Agonists in MASH and Liver Fibrosis: A Class Effect Meta Analysis. Presented at Digestive disease Week 2025
- [33] **Sabina, M.** Catheter ablation vs pharmacologic conversion of ventricular tachycardia: A systematic review and meta analysis. Presented at Central Florida Research Symposium.
- [32] **Sabina, M.** Effectiveness and Safety of Combination Budesonide and Methylprednisolone vs. Methylprednisolone Monotherapy for Managing Acute COPD Exacerbations: A Retrospective Analysis. Presented at CHEST 2025.
- [31] Villacrese, C, Barakat, Z, **Sabina, M,** et al. A Double Hit: Managing Acute Pancreatitis from Hypertriglyceridemia and Chronic Alcohol Abuse. Presented at Society of General Internal Medicine 2025.
- [30] Weiland, E, **Sabina, M,** et al. Refractory Postural Orthostatic Tachycardia Syndrome in a Patient with Ehler Danlos Syndrome: A Case Report. Presented at Society of General Internal Medicine 2025.
- [29] Weiss, K, **Sabina, M,** et al. Heydes Syndrome in a Patient with Moderate Aortic Stenosis: A Case Report. Presented at Society of General Internal Medicine 2025.
- [28] Villacrese, C, Barakat, Z, **Sabina, M,** et al. Extra-adrenal Pheochromocytoma causing Intracranial Hemorrhage. Presented at Society of Hospital Medicine 2025.
- [27] Chidozie,U, Villacrese, C, **Sabina, M,** et al. Triple Threat: Acute Chikungunya with EBV and CMV Co-Infections in an Immunocompetent Florida Traveler. Presented at Society of General Internal Medicine 2025
- [26] **Sabina, M,** et al. A WAITING GAME: THE RISKY BUSINESS OF REPAIRING A FRIABLE SEPTUM. Presented at Miami Valves 2025 and Society of General Internal Medicine 2025

- [25] Zuhdi, O, **Sabina, M**, et al. GLP-1 Induced SMA syndrome: A Case Report. Presented at Society of General Internal Medicine 2025
- [24] **Sabina, M**, Lurie, A, Khanani, A, Rivera-Martinez, JC, Rigdon, A, Bizanti, A. Natriuresis Guided Diuretic Therapy in Heart Failure: A Systematic Review and Meta analysis. Presented at American College of Cardiology 2025.
- [23] Khan, Z, **Sabina, M**, Trube, J, Voza, S. Caught in a Red and Blue Squeeze: A Plaque-free Coronary Crisis. Pending acceptance SGIM 2025.
- [22] Weiland, E, **Sabina, M**. Heart Under Seige: Pericarditis Candida. Presented at Society of General Internal Medicine 2025.
- [21] **Sabina, M**, Trube, J, Shah, S, Massaro, J. Leaking Answers: Investigating Hemolytic Anemia After TAVR. Presented at Miami Valves and Society of Hospital Medicine 2025
- [20] Vasu, M, Patel, S, **Sabina, M**, Bizanti, A. Genetic Paradox in Obesity: Exploring the APOB/APOA1 Ratio in Cardiovascular Risk Assessment. Presented at American College of Cardiology 2025.
- [19] River-Martinez, J, **Sabina, M**, Khanani, A, Lurie, A, Rigdon, A, Abusnina, W, Lugo-Rosado, I, Bizanti, A, Paul, TK. Effect of Finerenone in Cardiovascular and Renal Outcomes: A Systematic Review and Meta-analysis. Presented at American College of Cardiology 2025.
- [18] **Sabina, M**, Barakat, Z, Carralero-Somoza, D. Granulomatosis with Polyangitis Presenting with Bilateral Apical Lung Masses. Presented at CHEST 2024.
- [17] Maholtra, V, **Sabina, M**, Villacresce, C, Patel, S, Mendez, R. The Silent Thief: Pancytopenia Due to Pernicious Anemia. Presented at American College of Physicians Florida Chapter 2024.
- [16] **Sabina, M**, bizanti, A, Jost, J, Barakat, Z, Tatro, R. Pick Your Poison - To Clot or to Bleed? A Case Report on Heydes Syndrome with Mechanical Valve Replacement. Presented at American College of Cardiology 2024 and Society of Hospital Medicine Converge 2024.
- [15] **Sabina, M**, Barakat, Z, Thurman, C, Feliciano, A, Lamb, A. Therapeutic Tightrope: Recurrent Gastrointestinal Bleeding Amidst Dual Mechanical Valve Anticoagulation. Presented at Society of Hospital Medicine Converge 2024.
- [14] **Sabina, M**. Montecino, D, Barakat, Z, Alsamman, M. A Migratory Mystery: Diagnosed Disseminated Blastomycosis and Histoplasmosis in Patient Traveling from South America to Florida. Presented at CHEST 2024 and 2nd Annual Central Florida Research Symposium.

- [13] **Sabina, M**, Barakat, Z, Feliciano, A, Lamb, A, Alsamman, M. Unlocking the Potential of Acetazolamide: A Literature Review of an Adjunctive Approach in Heart Failure Management. Presented at 2nd Annual Central Florida Research Symposium 2024
- [12] **Sabina, M**, Alsamman, M. Pulse of Progress: A Systematic Review of Glucagon-Like Peptide-1 Receptor Agonists in Cardiovascular Health. Presented at 2nd Annual Central Florida Research Symposium 2024.
- [11] **Sabina M**, Barakat Z, Costa Guerra B, Lurie A, Khan Z. Vintage Victory: Warfarin Versus Apixaban in the Antiphospholipid Arena. Presented at the Society of General Internal Medicine Annual Meeting 2024.
- [10] **Sabina M**, Khanani A, Rigdon A, Tsai J, Massaro J. PCI vs. CABG in Left Main with Multi-vessel Coronary Artery Disease and Diabetes: A Case Report. Presented at Miami Valves 2024.
- [9] **Sabina M**, Khanani A, Rigdon A, Tsai J, Massaro J. PFOcus on the Unusual: A Stroke of Paradox. Presented at CHEST, Florida Chapter American College of Physicians 2024, and Society of General Internal Medicine Annual Meeting 2024.
- [8] **Sabina M**, Rigdon A, Tsai J. Diagnostic and Therapeutic Ambiguities in Diabetic Ketoacidosis with Overlapping Acute Pancreatitis and Hypertriglyceridemia. Presented at Florida Chapter American College of Physicians 2024
- [7] Barakat, Z, **Sabina, M**, James, A. When Cancers Collide - Unveiling Cholangiocarcinoma and Hepatocellular Carcinoma in Astonishing Collision Carcinoma Case Report. Presented at SAGES 2024.
- [6] Carralero, D, **Sabina, M**. Breaking the Chains of the Mind: Investigating Psychogenic Origins of Brittle Diabetes. Presented at Society of General Internal Medicine Annual Meeting 2024 and Florida Chapter American College of Physicians 2024.
- [5] Barkat, Z, **Sabina, M**. A Hidden Storm: Acalculous Cholecystitis Unmasking Thyroid Storm. Presented at Florida Chapter American College of Physicians 2024.
- [4] Feliciano, A, Barakat, Z, **Sabina, M**. Calcium Chaos: Deciphering Severe Hypercalcemia with an Ectopic PTH Adenoma in Geriatric Multimorbidity. Presented at 2nd Annual Central Florida Research Symposium 2024.
- [3] Cerillo, J, Mikulka, A, **Sabina, M**. Strut to the Heart: IVC Filter Strut Lodged in R Ventricle with Associated Thrombosis. Presented at 2nd Annual Central Florida Research Symposium 2024.
- [2] Rigdon, A, Carralero, D, **Sabina, M**, Alsamman, M. Empowering Point-of-Care: A Comprehensive Approach to Enhancing Resident Competence in Ultrasound Diagnostics within a Teaching Hospital. Placed second place at the 2nd Annual Central Florida Research Symposium 2024.

- [1] **Sabina, M**, Rigdon, A, Barakat, Z, Chen, C. Navigating Uncharted waters: A Case of Recurrent Idiopathic Renal Infarcts and Insights for Future management. Presented at Florida Chapter American College of Physicians 2023.

Quality Improvement Projects

- [6] **Sabina, M**, et al. ARDS outcomes at our institution benchmarked against the nation. (In progress)
- [5] Tsai, Joshua, ...**Sabina, M**. Ensuring Timely Access to Medications for Underserved Populations to Prevent Unnecessary Hospital Stays. (In Progress)
- [4] Tsai, Joshua, ...**Sabina, M**. From Bustle to Brilliance: Transforming one of the Busiest Non-Academic Hospitals in the USA into a Geolocated Academic Teaching Hub and its Impact on Value of Care. (Completed)
- [3] Carralero-Somoza, D, ...**Sabina, M**. Improving delirium precautions. (In Progress)
- [2] **Sabina, M**, et al. Monotherapy vs Combined therapy in patients admitted for COPD exacerbation - Goal is to move away from combined treatment in our hospital based on our findings from a retrospective study comparing both in our patient population. (Drafting)
- [1] Rigdon, A, Carralero-Somoza, D, **Sabina, M**, et al. The Art of Bedside Ultrasound: Resident Guide to POCUS - Creating a physical guide to perform POCUS at bedside for residents. (Completed)

Committee involvement

American College of Cardiology Florida Chapter FIT Journal Club - Member	2024-Present
Clinic Committee at LRH - Member	2025-Present
C.A.R.E (Community Service Committee) at LRH - Member	2024-Present
GME Academic Curriculum Board at LRH - Member	2023-Present
Resident Recruitment Committee at LRH- Member	2023-Present
Wellness & Mentorship Committee at LRH- Member	2023-Present
POCUS Committee at LRH - Member	2023-Present

Community Service

Toy Drive: 1 hour 2024

Curriculum Vitae

Michael Sabina

Canned goods: 2 hours	2024
Elementary School Career Lecture : 4 hours	2024
MLK Block Party: 4 hours	2025
Total hours: 11	