



Lakeland Regional **Health**[®]
GRADUATE MEDICAL EDUCATION

Internal Medicine Residency Program

at Lakeland Regional Health



Our GME programs are affiliated with:

Dr. Kiran C. Patel College
of Osteopathic Medicine
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida

 **COM**

ORLANDO
COLLEGE OF
OSTEOPATHIC
MEDICINE

Your Health. Our Promise.





Thank You For Your Interest in Our Program

*Our Internal Medicine Residency Program is dedicated to fostering leadership and excellence in medicine. We welcomed our first class in the #Match2023 Season and have grown into a **thriving academic community hospital**.*

We are now a complete program with 60 residents across PGY-1, PGY-2, and PGY-3. Our residents have worked hard to build something special: strong scholarly productivity, three consecutive ACP Florida Chapter championships, fellowship placements at prestigious institutions including Mayo Clinic, and a collaborative book series.

Our founding residents have set the standard for a vibrant program culture—one that champions growth, cultivates mentorship, and celebrates achievement at every stage.

We invite you to be part of what we're building.



#WINNING YEAR ONE AND TWO

Our Origins:

In just the first two years, our residents set a remarkable standard—earning distinguished recognition at leading conferences, clinching top awards for their research, and publishing in prestigious journals. Here are a few highlights from our trailblazing first two years:

KEY PUBLICATIONS & PRESENTATIONS (2023-2024):

- [Science Direct Journal, Hematology/Oncology](#) – Aug. 2023
- [American College of Physicians, Scientific Meeting, Tampa, FL](#) – Oct. 2023
- [Annals of Internal Medicine, Fresh Look](#) – Nov. 2023
- [Journal of Cardiology Research](#) – Nov. 2023
- [Society of Hospital Medicine – San Diego, California](#) – April 2024
- [American College of Cardiology Annual Scientific Session & Expo, Atlanta, Georgia](#) – April 2024
- [JACC: Clinical Electrophysiology](#) – May 2024
- [European Society of Cardiology \(ESC Congress\), London, UK](#) – Oct. 2024
- [American Journal of Gastroenterology](#) – Dec. 2024

... and many more

#WINNING YEAR THREE

Our Final Founding Year: Academic Year 2025-2026

July 2025

- Florida Medical Association (FMA) Annual Meeting, Orlando, FL – Jul. 25-27, 2025

August 2025

- Frontiers in Oncology, Orlando, FL – Aug. 22, 2025

October 2025

- IDWeek 2025, Atlanta, GA – Oct. 19-22, 2025
- CHEST 2025, Chicago, IL – Oct. 19-22, 2025
- ACG 2025, Phoenix, AZ – Oct. 24-29, 2025
- TCT 2025, San Francisco, CA – Oct. 25-28, 2025

November 2025

- American Heart Association Scientific Sessions, New Orleans, LA – Nov. 7-10, 2025
- ACP Florida Chapter Annual Scientific Meeting, Lake Buena Vista, FL – Nov. 7-9, 2025

December 2025

- American Society of Hematology 2025, Orlando, FL – Dec. 6-9, 2025





CELEBRATING EXCELLENCE — CLASS OF 2026

Our first founding class achieved a significant milestone, with program graduates matching into highly competitive fellowships and positions. Their success reflects their dedication and the exceptional foundation provided by our training. We are excited to share where they're headed next.

FELLOWSHIP MATCHES — CLASS OF 2026

PALLIATIVE MEDICINE

Zein Barakat, DO, MS →
Mayo Clinic, Jacksonville, Florida

GASTROENTEROLOGY

Amanda Rigdon, MD →
UCF/HCA Florida Osceola Hospital

NEPHROLOGY

Andrew Lamb, DO, MBA →
Baylor Medicine

CARDIOLOGY

Juan C. Rivera, MD →
Lakeland Regional Health

Aqeel Khanani, DO, MS →
UCF/HCA Florida Osceola Hospital

Michael Sabina, DO →
HCA Florida Aventura Hospital

Joining the LRH Family

When residents experience what we've built here, many choose to stay. Nearly half of our founding class decided to continue their careers at Lakeland Regional Health—a testament to our culture, mentorship, and the community we've created together.

NEARLY HALF OF OUR FOUNDING RESIDENTS CHOSE TO STAY AT LRH

“The culture we experienced as residents—the mentorship, the support, the collaborative spirit—made the decision to stay an easy one.”

HOSPITAL MEDICINE

Adrian Feliciano, MD
Archa James, MD
Christiane Martell, MD
Lyudmila Sarder, MD

PRIMARY CARE

Vivek Patel, MD, MPH

HOSPITALIST + PRIMARY CARE (HYBRID)

Daniela Carralero, MD
Graciela Luna, MD



By the Numbers: Our Scholarly Impact

CURRENT SCHOLARLY ACTIVITY (AY 2024-2025)

280+ SCHOLARLY OUTPUTS

EVERY RESIDENT
CONTRIBUTES TO SCHOLARSHIP

5 PROJECTS PER RESIDENT (average)
100+ Published | 100+ Presented | 100+ In Progress

TOP CONFERENCE & JOURNAL PUBLICATIONS

- American College of Physicians (ACP)
- American College of Cardiology (ACC)
- American College of Gastroenterology (ACG)
- American Society of Hematology (ASH)

... *and more*

ACP FLORIDA CHAPTER CHAMPIONSHIPS

2023 Champion · 2024 Champion · 2025 Champion

3 CONSECUTIVE STATE CHAMPIONSHIPS — OUTSTANDING ABSTRACTS

RESIDENT-LED CLINICAL TRIAL

US-DASH Study: \$150,000 funded | First institutional resident-led trial

5 Foundations Setting Our Program (+You) Apart

You will benefit from a tailored mentorship experience and a range of distinctive elective opportunities, including:

1. Point-of-Care Ultrasonography
2. Hospital Leadership and Operations (C-Suite Leadership)
3. Artificial Intelligence in Medicine Curriculum
4. Interventional Radiology for Advanced Procedural Skills
5. Resident Evaluation, Admission, & Critical Triage (REACT)

Bonus: Master's-level programs (MBA, MPH, and others through our affiliated University)

Additionally, you'll gain hands-on proficiency with two of the best EMR systems (Epic and Cerner), ensuring you are well-prepared and highly competitive in the modern healthcare landscape.

Our curriculum is designed around evidence-based principles—not outdated traditions. Every rotation, every experience, every opportunity is intentionally crafted to maximize your growth.



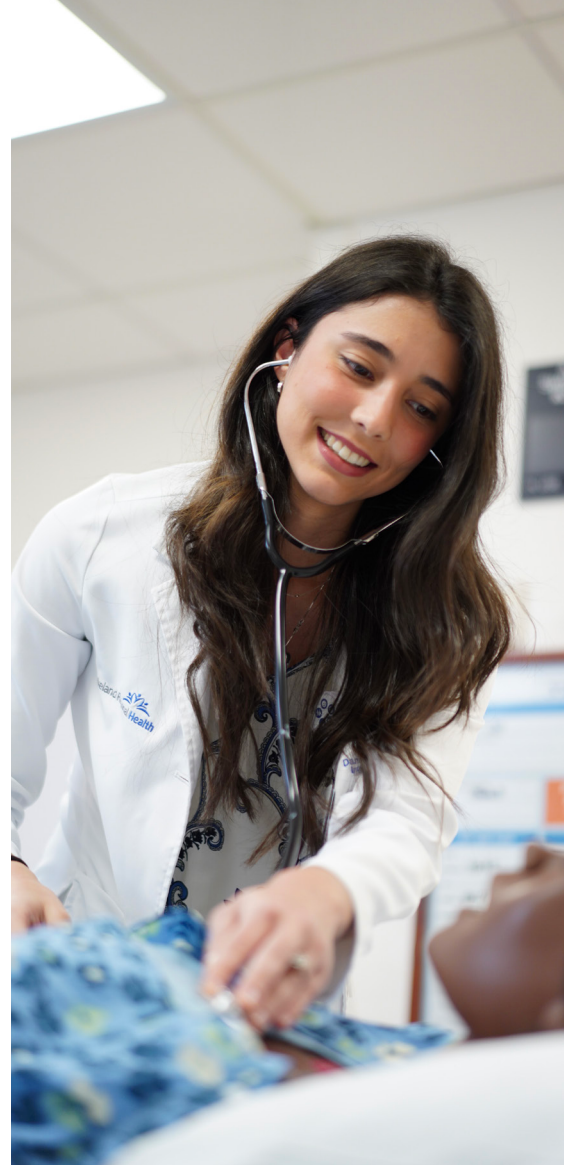
Lakeland Regional Health is an **Award-Winning Campus**

Lakeland Regional Health, with over a century of service, stands among the top 50 largest hospitals in the nation

with over 900 beds and hosts the second-busiest emergency department nationwide (190,581 annual visits).

Its award-winning status reflects a long-standing commitment to excellence, ensuring that residents benefit from exceptional mentorship, cutting-edge technology, and a diverse patient population.

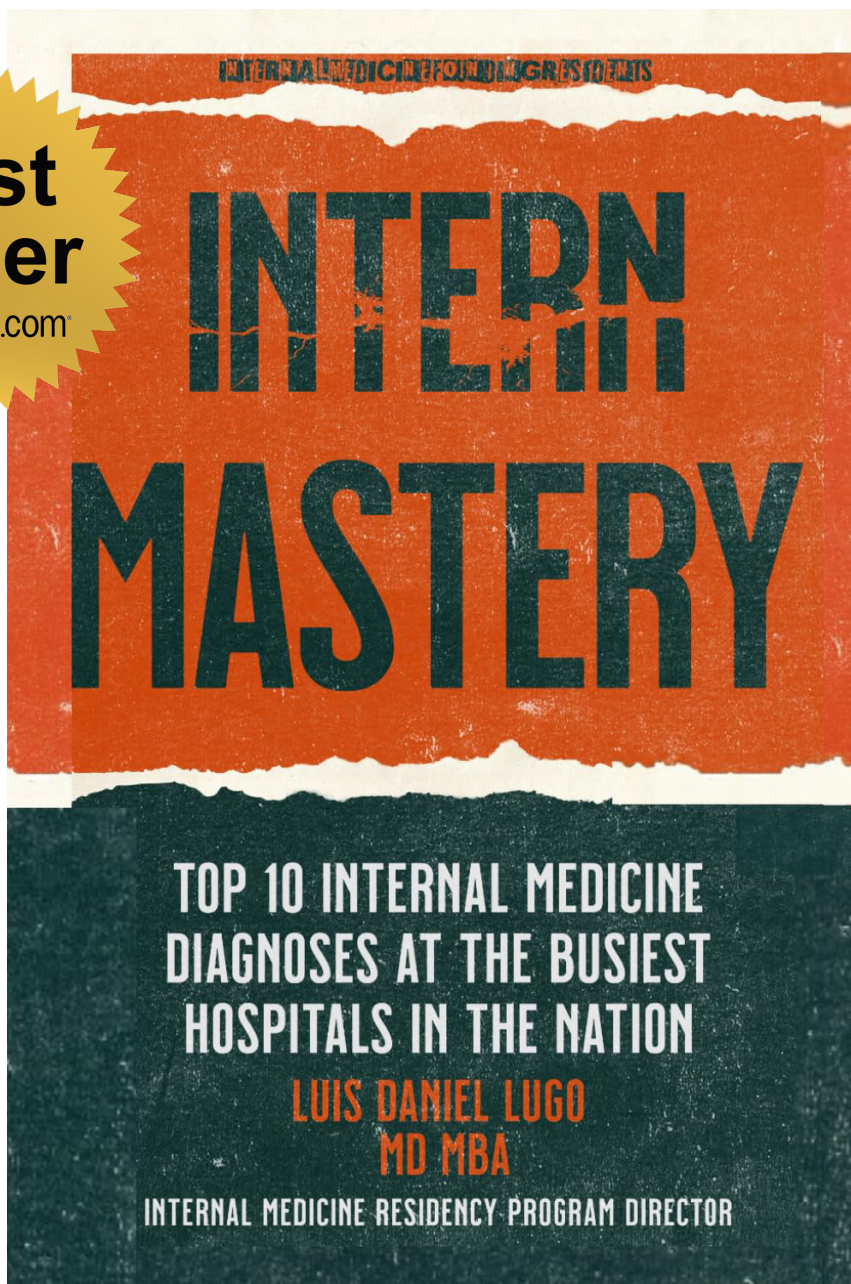
With over 200 residents spanning multiple specialties—from Internal Medicine and Transitional Year to Emergency Medicine, General Surgery, Critical Care Surgery, Family Medicine, Psychiatry, Neurosurgery, and multiple fellowships—the institution cultivates a dynamic, interprofessional learning atmosphere.



Hospital Awards

- Most Wired Advanced
- Best Large Hospital Workplace
- Excellence in Work-Life Balance
- 2022 – Forbes “Best Places to Work”
- 2024 – America’s Greatest Workplaces for Women
- 2025 – U.S. News & World Report “High Performing Hospital in Cardiovascular Care”

**Best
Seller**
amazon.com

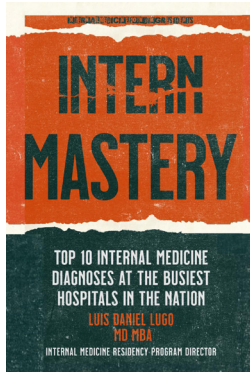


Our residents contribute to the field through
original scholarship.



NOW AVAILABLE ON
amazon.com.
★★★★★ 5.0

Raising the Bar: Beyond the Beginning—Intern Mastery Series

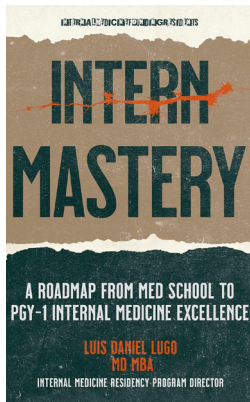


VOLUME 1 EDITORS

Luis Daniel Lugo, MD, MBA | Parker Williams, DO, MBA

VOLUME 1 AUTHORS

Joshua Tsai, Vivek Patel, Aqeel Khanani, Juan Rivera Martinez, Michael Sabina, Adrian Feliciano, Emma Weiland, Graciela Luna, Zein Barakat, Daniela Carralero, Christiane Martell, Bryce Green, Christopher Fitts, Samuel Belgique, Dominique Montecino, Andrew Rivera



NOW AVAILABLE — Volume 2

Intern Mastery: PGY-1 Excellence — A Roadmap from Med School to PGY-1 Internal Medicine Excellence

20 Authors

NOW AVAILABLE ON
amazon.com
★★★★★ 5.0



COMING SPRING 2026 — Volume 3

AI Literacy for Physicians: A Practical Curriculum

Our third collaborative book teaches physicians how to harness AI tools for administrative and educational workflows. Developed collaboratively with 17 resident co-authors, this 13-chapter curriculum provides hands-on exercises designed specifically for busy clinicians.

Structured Simulation and POCUS Training

We have invested over half a million dollars to provide every resident team with state-of-the-art, point-of-care ultrasound (POCUS) devices integrated with artificial intelligence, ensuring our trainees can access cutting-edge diagnostic tools at the bedside.

Our structured curriculum, coupled with dedicated faculty mentors, ensures that POCUS is seamlessly integrated into daily clinical practice, enabling residents to develop advanced skills and improve patient outcomes.

2026 SCHEDULE

- Rapid Response (CCAT) Basics - July
- Central Lines - August
- NG Tube, Foley, Venous - September
- Arterial Lines - October
- Thoracentesis - December

2027 SCHEDULE

- Lumbar Puncture - January
- Joint Injections - March
- ACLS Update - April
- Advanced Procedures - May

Corey Thurman, MD

PGY-3 Internal Medicine Resident
**Washington State University Elson S. Floyd
College of Medicine**





Morrell Outpatient Clinic — Our Ambulatory Care Home

The Morrell Outpatient Clinic serves as the ambulatory care foundation for our Internal Medicine Residency Program. Located conveniently near the main hospital campus, this modern facility provides residents with comprehensive outpatient training experiences.

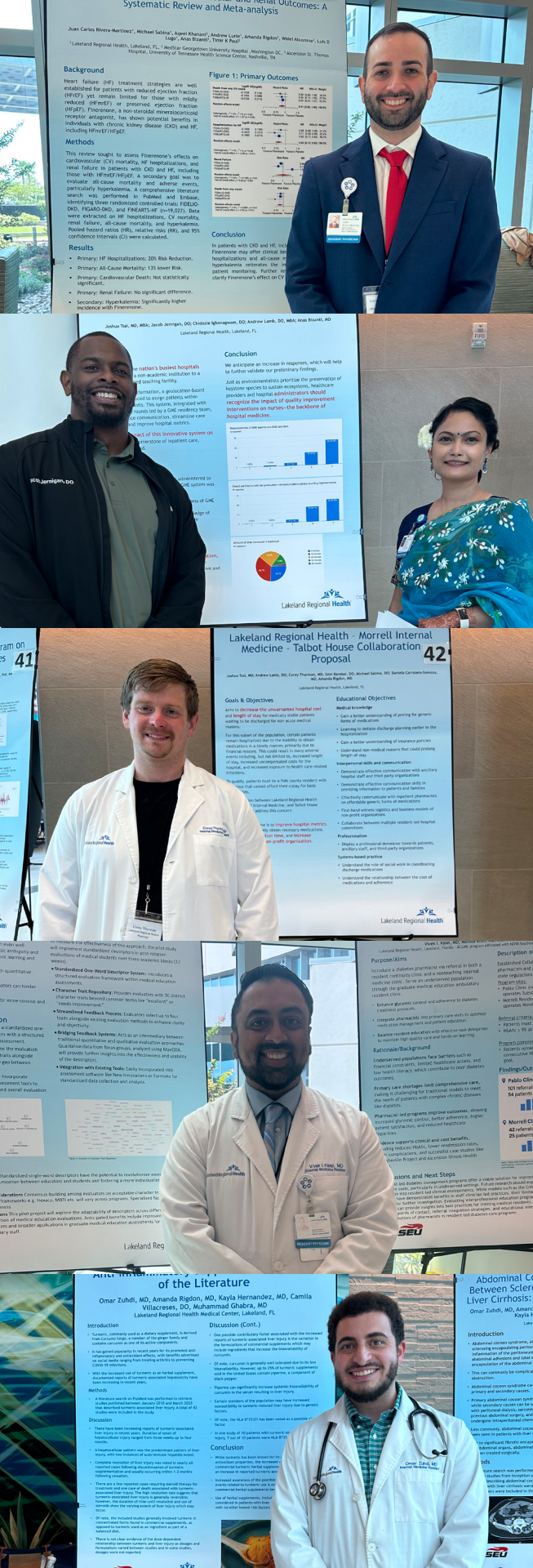
CLINIC HIGHLIGHTS

- State-of-the-art examination rooms and patient care areas
- Integrated electronic health record systems
- Dedicated resident continuity clinic panels
- Multidisciplinary care coordination
- On-site diagnostic services

RESIDENT-LED IMPROVEMENTS

Our residents actively participate in quality improvement projects at the clinic, driving meaningful changes in patient care delivery and clinic operations.





Research and Academic Excellence

Our Internal Medicine Residents have developed a strong track record of scholarly output, demonstrating commitment to academic excellence and advancing clinical knowledge.

RESEARCH SPOTLIGHT

TOP RESEARCHER: MICHAEL SABINA, DO

30+ publications including meta-analyses in JACC, Current Problems in Cardiology, and top journals – **Dr. Sabina had 0 publications before residency at LRH**

FELLOWSHIP SUCCESS:

Our first class of scholars matched into competitive fellowships at Mayo Clinic, Baylor, **and beyond**

PUBLICATION VENUES:

JACC • AHA • ACC • ACG • SAGES • ASH • ASCO • CHEST • SGIM • SHM **and more!**

EXPLORE OUR FULL SCHOLARLY PORTFOLIO

Scan to view 280+ publications, researcher profiles, and real-time metrics



Resident Spotlight: **Michael Sabina, DO**

While in the program, Michael completed 20+ publications with **no previous research experience**.

Read some of his work by scanning the code or visiting researchgate.net/profile/Michael-Sabina.

Photo taken at The American College of Cardiology's (ACC) 2024 Annual Scientific Session & Expo



Our IM Program Research Output

280+ Scholarly Outputs

All 60 Residents Engaged in Scholarship

70% First-Author Rate

5 Projects Per Resident

PROJECT STATUS:

Published: 100+ | Presented: 100+ | In Progress: 100+

PROJECT TYPES:

Case Reports: 81 | Poster Presentations: 46 | Meta-Analyses: 27 | Quality Improvement: 21
Retrospective/Prospective: 17 | Literature Reviews: 7

BOOKS PUBLISHED:

3 (Intern Mastery Series)

MENTORS ENGAGED:

23 Faculty Members



Resident Wellness and Education — Our Perfect Blend

Whether choosing to pursue a career in ambulatory care, hospital medicine, or fellowship training, our program equips residents with the necessary skills and knowledge to excel in their chosen path.

From top to bottom:

Chia-Hung Sze

PGY-1 Internal Medicine Resident
**Washington University
School of Medicine in St. Louis**

Emma Weiland, MD

PGY-3 Internal Medicine Resident
**USF Health Morsani
College of Medicine**

Omar Zuhdi, MD

PGY-2 Internal Medicine Resident
**Central Michigan University
College of Medicine**

Heena Mansuri, MD

PGY-1 Internal Medicine Resident
**FIU Herbert Wertheim
College of Medicine**

Taylor Karns, MD

PGY-2 Internal Medicine Resident
**Virginia Commonwealth University
School of Medicine**



Evidence-Based Wellness by Design

Our program was designed in 2022 with modern evidence—not retrofitted onto 1970s schedules.

STRUCTURAL ADVANTAGES

- Admitting vs. Rounding model
- NO 24-hour calls
- NO jeopardy coverage
- 4 weeks protected vacation (no coverage swaps required)
- 2-week night float blocks (not 4-week marathons)
- 6+2 scheduling model (6 weeks clinical + 2 weeks ambulatory)

WELLNESS RESOURCES

- Dedicated GME Resident Lounge and Garden
- Resident-only fitness center
- \$300/month meal stipend (regardless of call)
- Free YMCA membership (North Lakeland) for LRH employees
- Additional employee discounts and perks
- Protected time for personal appointments
- Mental health support without stigma
- Monthly wellness events and team activities

Research proves 24-hour calls increase errors and decrease learning. We designed our program based on evidence, not tradition.

**"Your vacation is actually vacation.
Your day off is actually off."**

An aerial night photograph of the Lakeland Regional Health campus. The image shows several large, modern medical buildings with illuminated windows and exterior lighting. A prominent building in the foreground has the "Lakeland Regional Health" logo on its side. The campus is surrounded by parking lots and some greenery. In the background, a body of water and distant city lights are visible under a twilight sky.

Elevating IM Excellence **Year After Year**

With every new class, we welcome residents who have distinguished themselves through leadership, academic honors, substantive publications, and exceptional board performance, underscoring our program's rising reputation.

Our IM Residency Program Leadership

Guided by accomplished experts, our leaders focus on mentorship and collaboration, training future leaders who will make a lasting impact in academic medicine.

A RESIDENT-RUN PROGRAM

We believe the best programs are shaped by the residents who live them every day. Each of our 12 committees is led by a dedicated cohort of residents passionate about that aspect of training.

Committee chairs and vice-chairs put their hands directly on the program, driving meaningful change from curriculum design to wellness initiatives to research infrastructure.

12 RESIDENT-LED INTERNAL MEDICINE RESIDENCY COMMITTEES

1. Research & Quality Improvement Committee
2. Mentorship and Wellness Committee
3. Academic Curriculum Committee
4. Resident Recruitment and Selection Committee
5. Point-of-Care Ultrasound (POCUS) Committee
6. Simulation & Procedures Committee
7. CARE - Community Outreach Committee
8. Digital Networking and Communications Committee
9. Residents and Nursing Committee
10. Medical Student Academic Excellence Committee
11. Clinic Improvement Committee
12. Program Evaluation Committee

LEADERSHIP ACHIEVEMENTS

- ACP Florida Chapter Resident Leadership
- National Society Abstract Winner Recipients and Moderators
- IMCRA Founders (Internal Medicine Chief Resident Alliance)
- Amazon Bestselling Book Authors (Medical Education)



Internal Medicine Fellowship Training at Lakeland Regional Health

OUR RESIDENTS MATCH INTO THE MOST COMPETITIVE SUBSPECIALTIES

From Lakeland to Mayo Clinic, Baylor, UCF/HCA, and beyond. Our Class of 2026 matched into Cardiology, Gastroenterology, Nephrology, and Palliative Medicine. Our founding class took a chance on something new, and now they're proving what we can build together. We're just getting started.

CLASS OF 2026 FELLOWSHIP MATCHES:

- Gastroenterology
- Cardiology
- Nephrology
- Palliative Medicine

Zein Barakat, DO, MS → Mayo Clinic (Palliative Medicine)

Amanda Rigdon, MD → UCF/HCA Osceola (Gastroenterology)

Andrew Lamb, DO, MBA → Baylor Medicine (Nephrology)

Juan C. Rivera, MD → LRH (Cardiology)

Aqeel Khanani, DO, MS → UCF/HCA Osceola (Cardiology)

Michael Sabina, DO → HCA Aventura (Cardiology)

This is our first fellowship class. Yes, we are just getting started.

FELLOWSHIP PROGRAMS AT LRH

- Pulmonary-Critical Care (established 2024) — ACGME Accredited | Now available
- Cardiovascular Disease (established 2025) — ACGME Accredited | Now available
- Hematology-Oncology — In Development
- Gastroenterology — In Development

*Complete your entire training journey at one institution — **from intern to fellow.***



Pulmonary-Critical Care

Now Available at LRH

ACGME Accredited



Cardiovascular Disease

Now Available at LRH

ACGME Accredited



Complete your entire
training journey

at one institution





Resident **Benefits**

A CULTURE THAT INCLUDES HIGH RESIDENT SATISFACTION

- Meal stipend (regardless of call)
- No jeopardy or 24-hour calls
- Competitive salary in one of the most affordable cities in Florida
- Generous annual CME support for travel, lodging, meals, licensing, registration, and educational materials
- Examination fee reimbursement for USMLE Step 3 / COMLEX Level III
- Provision of an electronic device (laptop)
- Dedicated Department of Research and Sponsored Studies
- Over twelve Internal Medicine Residency Program Committees to foster leadership development
- Dedicated GME Resident Lounge (includes a resident-only fitness center)
- Comprehensive physician financial package with vision, dental, and medical insurance and other benefits

Check us out
**beyond the
workplace**



Beautiful **Lakeland, Florida**

Lakeland, Florida, is one of the fastest growing cities in the United States, and its cost of living is lower than the national average. It is one of the top cities for first-time homebuyers due to its affordability and growth opportunities. Lakeland's prime location between Orlando and Tampa provides easy access to major city amenities, entertainment, and markets.



Your Salary **Goes Further** Here

COST OF LIVING ADVANTAGE

 **Housing costs**
significantly below national average

 **Daily expenses**
lower than major metro areas

 **State income tax**
none in Florida

 **Overall savings**
meaningful over 3-year residency

#1 FIRST-TIME HOMEBUYER CITY IN AMERICA

(2025 Realtor.com Ranking)

Many of our residents have purchased homes during training—an opportunity rarely available in higher cost-of-living markets.

QUALITY OF LIFE ADVANTAGES

- Prime location: Tampa & Orlando within 45 minutes
- 3 international airports within 1 hour
- Growing arts, dining, and entertainment scene
- Multiple A-graded public school systems in Florida (ideal for residents with families)

FOCUS ON TRAINING, NOT FINANCES

Lakeland offers an affordable lifestyle that allows residents to concentrate on their education and personal growth without the financial pressures common in many training locations.

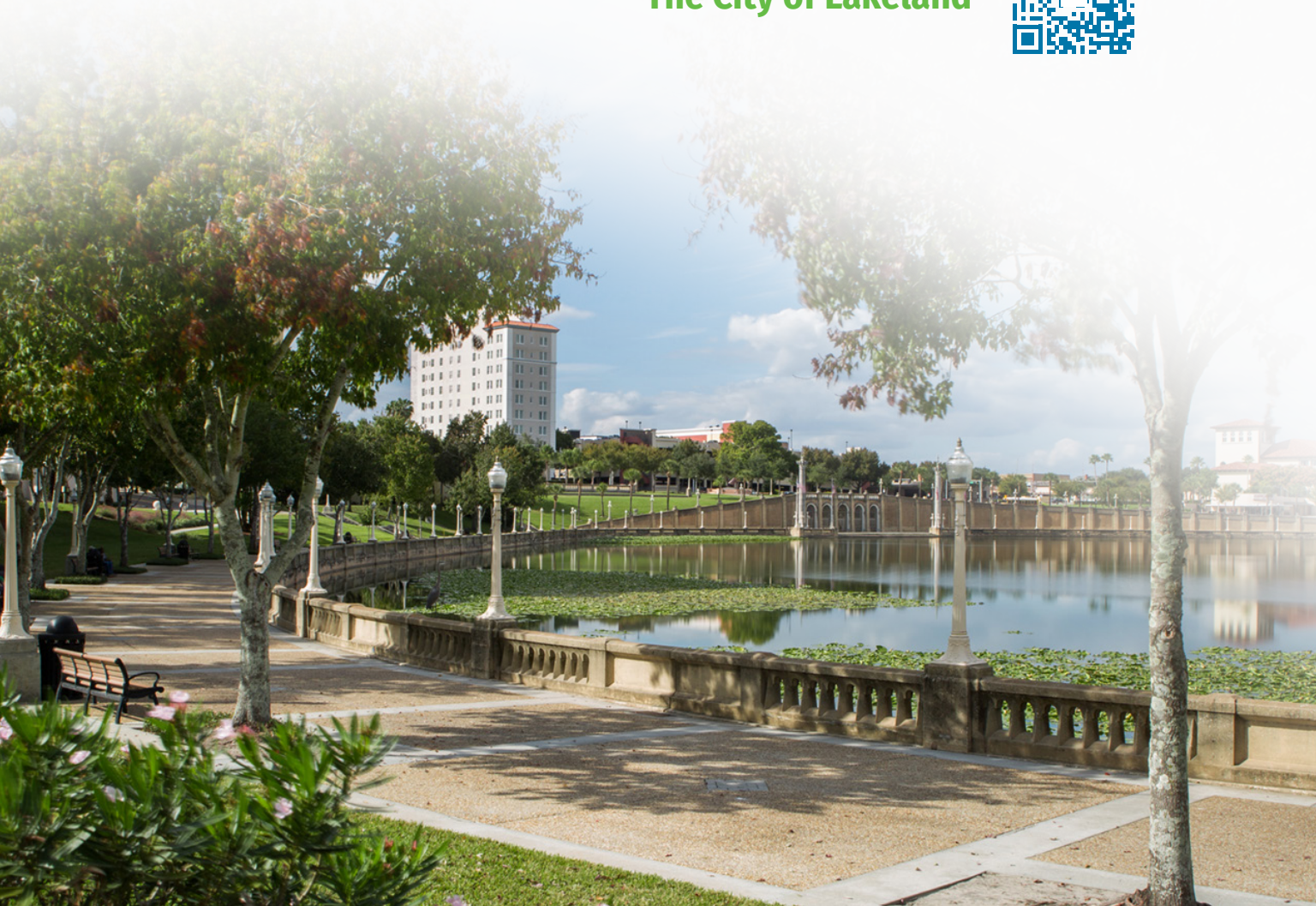
Travel Advantages

Living in Lakeland offers a distinctive travel advantage, placing three convenient airports at your fingertips. In addition to Tampa International and Orlando International—both less than an hour's drive away—residents now have the added benefit of Lakeland International Airport right in their backyard.

DIRECT FLIGHTS FROM LAKELAND INTERNATIONAL

- Nashville International Airport (BNA)
- Hartford, Connecticut (BDL)
- Rochester, New York (ROC)
- San Juan, Puerto Rico (SJU)
- Boston / Manchester, New Hampshire (MHT)
- Charlotte / Concord, North Carolina (USA)
- Philadelphia / Wilmington, Delaware (ILG)

Learn More about
The City of Lakeland





Step into Your Future: Be More, Achieve More, and Become Tomorrow's Leader in Academic Medicine

Follow Us on Social Media

X LRHGME_IM IM_LRHGME

▶ LRH Internal Medicine Residency Program | #Match2027

Learn more at: GME.myLRH.org/IM

**Learn More
about Lakeland
Regional Health**

