

Lakeland Regional Health®
GRADUATE MEDICAL EDUCATION

Inernal Medicine Residency Program

Frequently Asked Questions

PROSPECTIVE RESIDENTS

What unique rotations will I experience?

- **Geographic Academic Wards:** Our residency program utilizes a geographic cohorting model, assigning each medical team to specific hospital units. This structure fosters stronger interdisciplinary collaboration among physicians, nurses, and support staff, enhancing communication and efficiency. By having a dedicated admitting team handle new patient admissions, rounding teams can focus entirely on patient care within their assigned units, minimizing disruptions and allowing for more thorough, uninterrupted rounds.
- **Admitting Hospitalist Rotation:** Direct admits, Level I high acuity from the 2nd busiest ED in the nation, which sharpens triage skills.
- **Interventional Radiology Elective:** Hands-on procedural training (central lines, paracentesis, etc.).
- **Physician Leadership / Hospital Quality & Operations Elective:** Shadow executives, lead a QI sprint.
- **Advanced POCUS Track:** Longitudinal pathway to certification.

What is the program culture like?

- Resident-run, resident-centered governance with strong mentorship and **direct guidance from experienced, academically driven program leadership.**
- No 24-hour call; max 12-hour shifts.
- State-of-the-art GME lounge, on-site fitness center, generous meal and CME stipend, and paid time off.

What academic opportunities are available?

- Protected Thursday academic half-days featuring rotating subspecialty-focused didactics.
- Dedicated institutional research team and an IRB liaison to streamline project design, approval, and execution.
- Our Internal Medicine Chief of Research and a dedicated Research and Quality Improvement (QI) Committee actively track, support, and advance residents' scholarly development.
- ACP Board-Prep curriculum is fully integrated into the academic year to ensure ongoing exam readiness.
- A scholarly project, supported by faculty mentorship, is completed each year, ensuring that every resident graduates with either a peer-reviewed publication or a national-level presentation.

At LRH, we prioritize both professional development and personal well-being through structured mentorship and comprehensive wellness initiatives:

- **Structured Mentorship Program:** Each resident is paired with a dedicated faculty mentor for quarterly meetings. These sessions focus on your overall well-being, career aspirations, and professional growth, ensuring personalized guidance throughout your residency.
- **Resident-Led Wellness Events:** Monthly wellness activities and interest groups, organized by residents, promote camaraderie and work-life balance.
- **Wellness Curriculum:** Our program features a comprehensive longitudinal wellness curriculum that addresses both intrinsic and extrinsic factors contributing to burnout. Topics such as mindfulness, nutrition, and work-life integration are covered to equip residents with the tools to build resilience.
- **Access to Mental Health Resources:** Residents have access to confidential counseling services and mental health support, recognizing the importance of psychological well-being in medical training.

These resources are designed to foster a supportive environment, enabling residents to thrive both professionally and personally.

What simulation and procedure training do interns receive?

Interns complete boot camp sessions in central lines, arterial lines, lumbar puncture, intubation, and ultrasound-guided procedures, reinforced with quarterly high-fidelity simulation.

What is the program's stance on signals in ERAS?

We participate in the ERAS program signaling initiative, as recommended by the **Alliance for Academic Internal Medicine (AAIM)**, to support a more equitable and transparent recruitment process.

- During the last three Match cycles, **many of our current Internal Medicine residents signaled our program. While we do consider program** signals as a helpful indicator of applicant interest and may give **preference to those who signal us, we also holistically review strong applications from candidates who do not send a signal.** Sending a signal is one way to highlight your genuine interest in LRH, but it is not required to be considered for an interview.

If you have questions about signaling or how it fits into your application strategy, please don't hesitate to contact us at **IMresidency@myLRH.org.**

Is housing in Lakeland affordable?

Yes—see the housing FAQ above in the Medical Students section of the FAQ. Many residents rent lakeside apartments near the hospital; others purchase homes in nearby suburbs or commute from Tampa/Orlando.

Do you sponsor visas?

No. At this time, we do not sponsor any form of visa.

Have questions not covered here?

Email us at IMresidency@myLRH.org, and we'll be happy to help.