

Summer 2020

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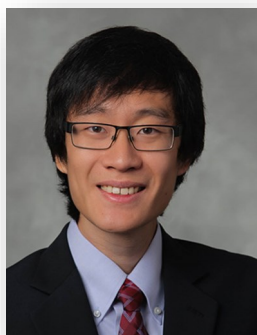
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*The
Florida Chapter
ACP Wishes to
Congratulate
all
Graduating
Medical Students
and Residents.
Best Wishes
in Your
Future Endeavors!*



*Zach Liao, MD
Chair, Council of Residents/
Fellows
Florida Chapter ACP*

It's often said that the practice of medicine requires lifelong learning. No matter how prepared you think you are, this profession finds a way to humble you.

Nonetheless, as 2020 began, I figured my last month of inpatient medicine as

a resident would be a relative breeze. I'd been training at America's largest county hospital, where anything and everything comes through the doors, for nearly three years. How could I not be confident?

Then COVID came to town, and I found myself confronting an unfamiliar, seemingly unstoppable adversary.

I watched the virus wreak havoc in patient after patient. One afternoon, an elderly gentleman whose symptoms had resolved had his discharge postponed due to lack of transportation. That night, he became abruptly hypotensive and hypoxemic; he turned out to have a massive saddle pulmonary embolism. Had we discharged him as planned, he likely would have died. Another patient had a huge infarct in the liver despite patent vasculature, baffling our hepatology, hematology and infectious disease consultants. Less dramatic, but still unsettling, was the steady stream of young, mostly healthy people being admitted: 32, 33, 29, 36, 37 years old.

All the while, I was afraid of falling ill myself. I hadn't chosen to work the COVID ward; it

had been assigned to me. Friends and colleagues were getting sick. My social media were flooded with stories of healthcare workers who died from COVID, including some from our own institution.

But my fear was dwarfed by my patients' fear. One man, a recent organ transplant recipient taking immunosuppressant medication, had been so petrified of COVID that he didn't want to eat or drink. His fears came true anyway: he got sick and was admitted to the ICU. Even after his respiratory status began improving and he was transferred to the floor, he refused to eat and drink. Whenever I saw him, he had no words for me except "go away" and "please don't hurt me." How could I compare my anxiety to what he must have felt, sitting alone in a dark isolation room, uncertain of his prognosis, with no family at the bedside to comfort him?

In these turbulent times, the need to keep learning has gained urgency. While the coronavirus continues to haunt us, public anger over police violence has also reached a boiling point. I'm learning now about both topics. Though neither will be on my board exam, both have claimed too many lives, especially in our most vulnerable communities. There will be future challenges as well. I'll have to keep learning; to be a physician is also to be a lifelong student.

Additionally, as my mentors in Florida ACP have shown me, once I've listened and learned and studied enough, I must speak up about the suffering I've seen. For as afraid as I may be, I still have my voice. Others aren't as fortunate.

I must speak up for those who can't breathe.

**Congratulations to these Medical Student
ACP National Competition Winners**

Virtual Presentation—Clinical Vignette



Carly Muller

University of Miami Miller School of Medicine
**“Diagnosis of Diffuse Pulmonary Meningotheliomatosis in the
Setting of High Clinical Suspicion for Miliary Tuberculosis”**

Virtual Presentation—Clinical Vignette

Anna Shah

University of Miami Miller School of Medicine
“A Rare Case of Dengue Fever Acquired in the United States”



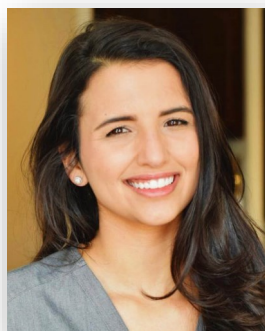
Virtual Presentation—Clinical Research



Erin O’Keefe

University of Miami Miller School of Medicine
“VO2 Max and Implications on Long-Term Weight Reduction”

A New Curriculum



*Cristina Cabrera
Chair, Council of
Student Members
2020-2022*

*“Physicians do not
turn away from
human suffering”*

America has a virus, her temperature is skyrocketing.

“Torsades”—her heart twisting in the wind. *She can’t breathe.*

America has a virus, and it’s not only COVID-19.

In this article, I was asked to discuss the effects of the pandemic on medical education. Normally, I would relay the very pressing issues students face like testing-site closures for USMLE exams, clerkship postponements, and isolation. These must be addressed.

However, I’d like to discuss the deeper impact of these times on medical education and its new curriculum: what it means to be a physician. What it means to lead, not only during our everyday routine, but more importantly, when leading is difficult. Our professors teach us medicine, but our experiences teach us leadership.

Our experiences over the past

three months have reminded us that, as providers, we have a responsibility to heal and advocate with knowledge as our guide and hope in our hearts.

Advocacy, at its core, expresses hope, and as the daughter of Cuban immigrants, I’ve seen firsthand the beacon of hope America represents. I’ve seen her beacon shine through the eyes of my father each morning he put on his badge to protect and serve. At our best, her beacon is the shield against oppression, the steady scale of justice.

However, America is not immune to falling victim to an illness that grips her very core. Each day, I watch its symptoms disproportionately affect people of color: inaccessibility to healthcare, discrimination, oppression, and violence.

To many, these problems paint a grim prognosis for America’s future. However, to me, these symptoms are her cries for help that as

leaders and providers, we should hear loud and clear. We have a duty to answer her cries and help heal this nation through outspoken prescription of effective, unifying change.

I don’t have all the answers. There’s no UpToDate article for the pathophysiology of unrest or monoclonal antibody against injustice, but one article from the NEJM gives us simple guidance:

“Physicians do not turn away from human suffering.”

We cannot turn away. America’s condition is treatable. As providers, we must use our voices collectively to create an equitable society for our patients. It starts with this new education in leadership, keeping its lessons in our hearts and practicing as my professor said as he answered his call to service in the pandemic, “with integrity first, with excellence in all we do, and with service above self”.

A Fresh Pair of Scrubs



*Rahil H. Shah, MD
Chair, Council of
Student Members
2018-2020*

rotation and enjoy the next few months celebrating all that me and my classmates accomplished. But day by day, the situation worsened. We kept our attention glued to the news for guidance to no avail. More and more cases were being reported, cities became hotspots, travel was banned, and hospitals were being overwhelmed.

In mid-March, we received a notice that all clinical rotations would be suspended, and

school events would be cancelled. In the moment, we felt robbed of celebrations for which we worked four long years. We pleaded with faculty, not seeing the larger picture at the time. Looking back, I am thankful they were firm in their decision.

Over the coming days to weeks, I saw my institution, Florida International University Herbert Wertheim College of Medicine, implement programs to tackling this public health emergency.

Our curriculum evolved and adapted. While we lost valuable clinical rotation time, it was replaced with highly relevant exercises designed to teach us about corona virus. They initiated a journal club specific to the latest developments regarding COVID-19. We were learning new information as quickly as it became available, all to equip us for the battle we were about to enter.

I saw my classmates spring into action and actively make a difference. FIU was home to a COVID-19 testing site where faculty and students were working side-by-side,

making a profound impact in the early stages of the pandemic. Without hesitation, my classmates volunteered before we understood how the virus spread or the basic pathophysiology. Other classmates quickly mobilized to help the most vulnerable populations in Miami: the homeless - who did not have the luxury of staying isolated and did not have access to gloves, mask and any other PPE.

So yes, we were deprived of many traditional experiences: our final clinical rotations, long awaited Match Day and graduation celebrations, and spending time with our classmates prior to moving across the country. However, if you ask me, or any of my fellow graduates, we do not feel not dejected. We are empowered and energized. What we may have missed in experiences, we gained in perspective - we are seeing the true value of our degree unfold before us in real-time. We are ready to don our scrubs and contribute in this crusade.

Resident Insights

It has been almost 3 years since arriving to Orlando and embarking in this beautiful journey of specializing in internal medicine. A ride full of challenges, rewards, joy and uncertainty, especially in the past few months. I don't think anyone was expecting or prepared for all the events that unfolded early this year. A constant influx of difficult news, rapid disease propagation and surge of admissions, disease severity, and lack of PPE access, fueled a lot of fear and anxiety among our residents. I recall many emergency meetings to develop contingency plans, potential reassignment of residents to expand staff in our medical ICUs, and cross-covering in case of sickness or quarantine. Faculty and residents going back to ventilator and ARDS management for non-ICU physicians. Uncertainty about testing indications, availability, and patient care. Our day to day reality gradually changed. Telemedicine services boomed. Elective procedures were placed on hold. In-person meetings were limited, switching to online lectures and morning reports. Those first few weeks were definitely hard for everyone.

In these times of crisis, our camaraderie built up. We tackled this new challenge as a team. We received constant support from our faculty and hospital leadership, healthcare staff, and foremost, our patients and community. The wave of fear and tough news was countered by so many displays of gratitude, from patients to the whole community having your back.

Healthcare has been forced to adjust to a new reality. With the advent of expanded testing and access to PPE, hospital doors have reopened. Gradually and safely, we have been resuming elective procedures and face to face office visits. Mandatory temperature screening, mask use, extra judicious use of hospital resources, and social distancing, became our new normal. An adjustment that is welcomed as we continue fighting this disease.

In the midst of uncertainty, the contingency plans we developed were to manage a significant case surge. Thankfully, this has not been the case in our hospital. Ward and ICU admission trends have overall been stable. Patient cohorting and resource allocation has been effective, and ongoing research on investigational therapies is being conducted.

We are not out of the trenches yet. Facing the current emergency requires extraordinary teamwork and support. United we stand, divided we fall. I feel blessed to be part of such an amazing residency program. In our friendly, supportive and culturally inclusive environment, you are free to be vulnerable, innovate, and strive to provide the best whole patient care possible. As I move on to the next chapter in my life, I am ecstatic to continue my career in academic medicine in our residency program. I invite all graduating residents to stay part of the ACP family with continued membership. Networking and patient advocacy are of core importance now more than ever.



Luis Isea, MD
Chief Resident
AdventHealth Orlando



"I feel blessed to be part of such an amazing residency program. In our friendly, supportive and culturally inclusive environment, you are free to be vulnerable, innovate, and strive to provide the best whole patient care possible."



Please visit our Facebook page for photos and information about FL Chapter ACP programs.

<https://www.facebook.com/pages/American-College-of-Physicians-Florida-Chapter/118582481512437>

**Congratulations to these Resident
ACP National Competition Winners**

Virtual Presentation—Clinical Vignette



Anamarys Blanco, MD

UCF/HCA GME Consortium—Ocala

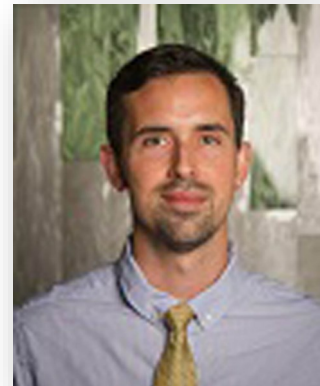
**“A Large Epiglottic Cyst Complicated by Acute Airway
Obstruction in an Adult Patient with History of
Electronic Cigarette Use: A Case Report”**

Virtual Presentation—Clinical Vignette

Dakota Jenneman, DO

University of South Florida

**“Mystifying Microangiopathy: A Rare Breast Cancer-
Associated Complication Treated Successfully
with Doxorubicin and Cyclophosphamide”**



ePoster—Clinical Vignette



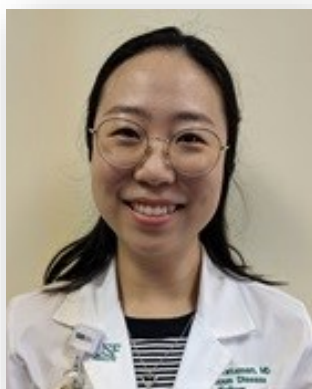
Michael Omar, MD

University of Florida—Jacksonville

**“Vasopressor Associated Symmetric Peripheral Gangrene:
Life or Limbs?”**

Congratulations to this Early Career Physician ACP National Competition Winner

ePoster—Clinical Vignette



Ju Hee Katzman, MD

University of South Florida-Infectious Disease Fellow
"A Rare Case of Chronic Pneumonia"

Resident Perspective in the Time of COVID



*Brian Toston, DO
Chief Resident
Aventura Hospital
& Medical Center*

My name is Brian and I am living in the "times of COVID -2019."

I am a member of ACP FL resident and fellow council, am in my last year of internal medicine residency, and am chief resident at my program. The COVID-2019 pandemic has changed my life in many ways, including the way I operate and view the different roles. I have seen a gradual erosion in many things I used to take for granted, such as going to the movie theaters and restaurants. I also face new difficulties in making schedules for the residents and daily patient care. From a resident standpoint, it has been a unique opportunity that begs for serious introspection and evaluation of

all that was standard prior to the pandemic. I have seen the infiltration of both information and misinformation, which has spread to become part of both the most current knowledge and at the same time be a trigger for fear, even amongst healthcare workers. I have seen sheer fear amongst healthcare professionals when somebody simply coughs after drinking juice too fast, a sad reflection of the current times. From a chief resident standpoint, it has been exciting to be at the forefront of policy making in order to adapt to the challenges brought forth by this pandemic. This new perspective has made me more critical of what is of worth to our patients and to society - Do we really need that consultant to see the patient? Can a lot of our patient encounters be done via telemedicine? Can we use this technology as a way to expand medical care in all clinical settings? These are extraordinary times which will forever change our society and the practice of medicine.

The Florida Chapter is proud to announce the following 2020 Awards

Outstanding Medical Student of the Year Awards

Vivian Chen-Andrews	University of Miami Miller School of Medicine
Alyssa Davis	Florida State University College of Medicine
Jared Thomas Freitas	University of Florida College of Medicine
Anna Radisic	University of South Florida Morsani College of Medicine

Outstanding Resident of the Year Awards

Luis Isea, MD	AdventHealth Orlando
Leopoldo Cordova, MD	Aventura Hospital & Medical Center
Maria Bezares-Oliveras, MD	Blake Medical Center
Ana Maria Rivas, DO	Cleveland Clinic Florida
Elizabeth Hildebaugh, MD	Florida Atlantic University
Kevin Dawkins, DO	Florida State University Sarasota
Natalia Lattanzio, MD	Florida State University Sarasota
Joel Brooks Tamayo, MD	Kendall Regional Medical Center
Sheetal Patel, MD	Mayo Clinic Florida
Bilal Sadiq, MD	Memorial Healthcare
Megan Winter, DO	Mount Sinai Medical Center
Megan Cheslock, MD	NCH Healthcare System-Naples
Ibrahim Khambati, MD	Orange Park Medical Center
Sofia Battistini Garcia, MD	Orange Park Medical Center
Sara Thomas, MD	Orlando Health
Mahmoud Ibrahim, MD	UCF/HCA GME Consortium - Orlando
Gurjaspreet Kaur Bhattal, MD	University of Florida Gainesville
Jose R. Rivas Rios, MD	University of Florida Jacksonville
Marilyn Arosemena, MD	University of Miami / Jackson Memorial
Alexandra Sanchez, MD	University of Miami At Holy Cross Hospital
Katherine Merry, MD	University of Miami At JFK Medical Center
Bryant Shuey, MD	University of South Florida

The Florida Chapter is proud to announce the following 2020 Awards

FL Chapter ACP Chief Resident Awards

Luis Isea, MD	AdventHealth Orlando
Akriti Jain, MD	AdventHealth Orlando
Luwei Tao, MD	AdventHealth Orlando
Brian Toston, DO	Aventura Hospital & Medical Center
Ifrah Butt, MD	Aventura Hospital & Medical Center
Hanad Omar, MD	Aventura Hospital & Medical Center
Orly Hadar, MD	Cleveland Clinic Florida
Hector Gonzalez, MD	Florida Atlantic University
Rishin Handa, MD	Florida State University Sarasota
Daniela Urina, MD	Mt Sinai Medical Center
Hernando Torres-Ortiz, MD	Mt Sinai Medical Center
Israel Ugalde, MD	Mt Sinai Medical Center
Diego Lugo, MD	NCH Healthcare System - Naples
Yousaf Zafar, MD	NCH Healthcare System - Naples
Ibrahim Khambati, MD	Orange Park Medical Center
Sofia Battistini Garcia, MD	Orange Park Medical Center
Yehuda Galili, MD	Orlando Health
Gurjot Garcha, MD	Orlando Health
Hiren Patel, MD	UCF/HCA GME Consortium - Orlando
Israel Acosta Sanchez, MD	UCF/HCA GME Consortium - Orlando
Jorge Restrepo, MD	UCF/HCA GME Consortium - Orlando
Donevan Westerveld, MD	University of Florida
Nida Waheed, MD	University of Florida
Patrick T. Neilan, DO	University of Florida
Samantha W. DiBenedetto, MD	University of Florida
Matthew R. Lozier, MD	University of Miami at Holy Cross Hospital
Gerardo Zablah, MD	University of Miami/Jackson Memorial Hospital
Edwin Grajeda Silvestri, MD	University of Miami at JFK Medical Center
Eduardo Venegas Mercadai, MD	University of Miami at JFK Medical Center
Katherine Robinson, MD	University of South Florida
Abu-Sayeeef Mirza, MD	University of South Florida
Sean Amirzadeh, MD	University of South Florida
Bassam Ayoub, MD	University of South Florida