

Lee Memorial program helps resident give back to community

Carl Nyberg 12:05 a.m. EDT July 27, 2015



(Photo: Special to The News-Press)

A repetitive shrieking startles me from my unconscious state. I roll over and look at the clock, “5 a.m.,” it reads. I quickly get up and head to the kitchen for coffee. Loyal to my morning routine, it's time for breakfast and a shower before heading out the door.

I arrive at Lee Memorial Hospital around 6:20 to catch up with the staff and go over everything that's happened overnight. I also gather information on morning laboratory studies and plan my day before making my patient rounds.

As a family medicine resident in the inpatient hospital service, this is the most meaningful time of my day. Morning rounds are when I interact with my patients the most. I get to know them, find out what is affecting their health, and determine how I can improve their quality of life. In family medicine, our goal is not solely to learn to apply the science of medicine but also to focus on establishing long-term relationships with our patients as partners in their care. I truly enjoy the time I spend at my patients' bedsides as well as my interaction with them in the clinic.

I am now entering my second year as a resident in the [Florida State University at Lee Memorial Health System Family Medicine Residency](#) program. Other than in the community of physicians, a residency is not usually familiar to other healthcare workers, patients, or the general population. I did not even fully comprehend what residency was until I started applying to medical school. After graduating medical school, residency is ultimately a physician's next step in a lifelong path of learning their specialty.

My unique path in medicine actually started back when I was in high school, here in Fort Myers as a volunteer at Lee Memorial Hospital. After graduating from Fort Myers Senior High, I proceeded through four years of undergraduate and an additional four years of medical school before coming to this point: residency. I am now training in my specialty of choice, Family Medicine, at the very hospital where I was born.

Since I have been away from my hometown, much has changed and our community has grown. The residency program is a brand new concept to the community and I am proud to be part of the inaugural group of doctors to have been accepted for training here. One of the biggest goals for the new residents and faculty is to establish an outstanding and renowned program that will better the community and provide healthcare to those in need.

As a family medicine resident, month to month I rotate through different specialties: from pediatrics to geriatrics, from obstetrics to sports medicine, and in the general hospital service. I treat all spectra of medical ailments while striving to gain additional experience so that I can continue to improve the quality of life here in Southwest Florida. Being born and reared in Fort Myers, it brings me great joy to be able to come back and contribute to the community that I love and where I plan to settle after I complete my specialty training.

Carl Nyberg is a second-year resident in the FSU College of Family Medicine Residency Program at Lee Memorial Health System. The program was launched in 2014, and was developed to abate the shortage of primary care physicians anticipated nationally, an issue that is compounded by a rapid population growth in Southwest Florida.

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