

# Residency Review

ADVANCING KNOWLEDGE. TRANSFORMING LIVES.

GRADUATE MEDICAL  
EDUCATION

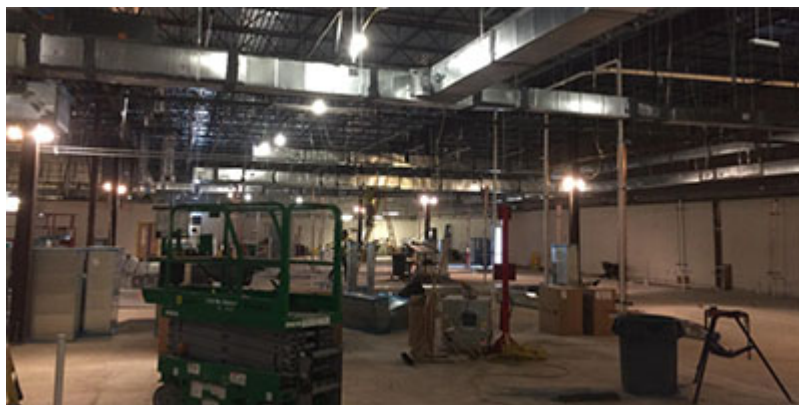
## N R M P

NATIONAL RESIDENT MATCHING PROGRAM

## JAN 15

Ranking Opened

### Family Medicine at BayCare Health System (Winter Haven)



#### Site Under Construction

The new family medicine clinical facility construction is ongoing and is running ahead of schedule. The program's application for accreditation through the Accreditation Council for Graduate Medical Education will be submitted in the very near future.

#### Newest Team Member

Welcome to our new family medicine residency coordinator in Winter Haven, **Nicole Russell, MHSA, CMA**. Nicole earned a master of science in health



services administration from the Lake Erie College of Osteopathic Medicine in 2017, and most recently has been serving as a home health agency administrator in Tampa. She has experience working in continuing professional development and medical education at the USF Health Center and at Lee Health in Fort Myers, among other positions during her education. We are excited to have Nicole on our FSU COM team and believe she will be a tremendous asset as Dr. Falk works to receive accreditation for our new FM residency program located at Winter Haven Hospital / Bay Care. An experience of Nicole's is accomplishing initial accreditation through Community Healthcare Access Program (CHAP) for Neurovascular Home Healthcare, and accreditation with commendation through the Accreditation Council for Continuing Medical Education (ACCME) standards for the Lee Health CME Program.

## Family Medicine at Lee Health (Fort Myers)



### Holiday Cheer

A friendly competition occurred at Lee Health as residents and staff went above and beyond to bring holiday cheer to colleagues and patients.

Faculty, **Dr. Christy Cavanagh** won best tacky sweater; Resident, **Dr. Shayna Smallwood** won best holiday socks and slippers.



### Teambuilding Gathering

The entire **PGY-2 class** is recognized for taking the time to go to Dr. Gitu's home recently, with their families, for dinner and fellowship. All attending had a wonderful time and the Gitus are looking forward to hosting the PGY-1 and PGY-3 classes in the near future.



## Healthy Lifestyles

Residents, **Drs. Renee Wong, Miri Shlomi, and Katie Dixon** took time to attend a talk on the benefits of a plant based diet by **Dr. Garth Davis**, a physician, triathlete and author of the book *Proteinaholic*. Thank you for proactively engaging in healthy lifestyle offerings in the Fort Myers community.



## New Family Member on the Way

Residency program personnel were impressed by the great teamwork, led by staff member **Denise Lizardi**, who organized a baby shower for **Resident, Dr. Amanda Danley**. Thank you to all who brought gifts and food to celebrate Dr. Danley and her baby girl on the way.

# General Surgery at Tallahassee Memorial HealthCare



## Congratulations

Resident, **Dr. Paul Clark** (PGY-4) received his Fundamentals of Laparoscopic Surgery (FLS) certification. FLS was designed for surgical residents, fellows and practicing physicians to learn and practice laparoscopic skills to have the opportunity to measure and document those skills. The test measures cognitive knowledge, case/problem management skills and manual dexterity. The FLS program content has been endorsed by the American College of Surgeons.

## Textbook Revision



# ESSENTIALS OF

## General Surgery and Surgical Specialties

Now combining general surgery and the specialties in one volume, this Sixth Edition of *Essentials of General Surgery and Surgical Specialties* focuses on the information all medical students need to know to pass the NBME surgery shelf or other surgery rotation examinations. Faculty **Dr. Michael Sweeney** contributed to the chapter on the stomach.

## Internal Medicine at Tallahassee Memorial HealthCare



### Resolutions to be Healthier

Residents enjoyed a special holiday gathering just prior to the year's end with lots of surprises and fun. This was a fantastic wellness event!

*Resident, **Dr. Haydar Ali** opening his gift as Program Director **Dr. Claudia Kroker-Bode** and others look on.*

## GME Wellness Sub-Committee Newsbyte

### Key Recommendations

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

### What's in a Healthy Eating Pattern?

The 2015–2020 Dietary Guidelines has recommendations for a healthy eating pattern. For someone who needs 2,000 calories a day, a healthy eating pattern includes:

<b>Fruits</b> , especially whole fruits 2 cups	<b>Fruits</b>	<b>Grains</b> , at least half of which are whole grains 48 ounces	<b>Grains</b> , at least half of which are whole grains 48 ounces
<b>A variety of vegetables</b> —dark green, red and orange, starchy, legumes (beans and peas), and other vegetables 2½ cups	<b>Vegetables</b>	<b>A variety of protein foods</b> , including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds 5½ ounces	<b>Protein</b>
<b>Fat-free or low-fat dairy</b> , including milk, yogurt, cheese, and/or fortified soy beverages 3 cups	<b>Dairy</b>	<b>Oils</b> , like canola and olive oil or foods that are sources of oils, like nuts and avocados 5 teaspoons	<b>Oils</b>

And it has limits on:

- Saturated and trans fats**—limit saturated fats to less than 10% of daily calories and keep trans fat intake as low as possible
- Added sugars**—limit to less than 10% of daily calories
- Limit**
- Sodium**—limit to less than 2,300 mg a day for adults and children 14 years and up (less for younger children)

Something that always goes along with the new year are the resolutions to be healthier in both our food and lifestyle. It is important not just at the beginning of the new year but to be able to carry a goal of eating nutritiously (and deliciously!) throughout the entire year. We have included several recommendations from the National Office of Disease Prevention and Health Promotion dietary guidelines to help everyone establish a sustainable, healthy diet plan.

For more tips and recommendations, please visit: "[A healthy outside starts from the inside.](#)" – Robert Ulrich



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