

# Residency Review

ADVANCING KNOWLEDGE. TRANSFORMING LIVES.

GRADUATE MEDICAL  
EDUCATION

## GME Wellness Subcommittee NewsByte

### Self-Love

Due to the increased risk of suicide in healthcare workers, there is a need to address self-love. Before one can practice self-love, we need to understand the definition of it. Self-love is the appreciation of oneself despite whatever flaws one may have. It means accepting you for who you are and not sacrificing your well-being to please others. Although it may be difficult to love oneself during certain times, we cannot neglect ourselves physically, psychologically and spiritually. Even during these times, we must continue to practice self-love . . . [Article](#)

Resident Physician **Dr. Ranese Jeffery**, Internal Medicine, Sarasota



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## Family Medicine Residency at Lee Health (Fort Myers)



Faculty **Drs. Kristen Dimas and Jacqueline Hidalgo** are recognized for coordinating a highly successful diaper drive for our soon-to-be moms; **Drs. Diana Sitar** (left), **Destiny Flowers, MA** (below), **Tahtiana Hewlett** and **Brenda Apagueno**. We appreciate all the members of our team who gave so generously.





392 likes

huggies Hi, Emmett. You were born today & guess what? You're a b-day 🎂 with mom, also born on Game day in 1986. Talk about a family tradition! #WeGotYouBaby

## WELCOME TO THE WORLD!

### Born on SuperBowl Day, Like His Mom

**Diana Sitar, DO** (PGY-3) gave birth to her first baby just recently. Born Sunday, Feb. 7 at 1:29 a.m. He weighed 7 pounds and 4 ounces and was 20.5 inches. Her son, **Emmett**, was featured in the **HUGGIES** commercial during the super bowl.

Symposium held by Health Department



Resident Physician **Dr. Tiffany Smith-Sutton** (left) participated as a panelist in a Clergy Symposium on the COVID-19 vaccines. This was an excellent opportunity to educate our local faith leaders, particularly those from minority communities, on the importance of vaccination.

We received the text below about Dr. Smith-Sutton: "Hi, I know the symposium was so helpful for all who watched, and Dr. Smith-Sutton was good and knowledgeable. The Health Dept. was very well organized and friendly."

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## Emergency Medicine Residency at Sarasota Memorial Health Care System



### Advanced Trauma Life Support

For the first time, the ATLS course was offered at Sarasota Memorial Hospital. An era of new beginnings happened because of **Richard Llerena, DO** and the presence of the residency.

*Resident Physicians **Drs. Emily Wheeler, Stephanie Murphy, Casey Cheney, Kevin Gil, Erica Warkus,** and teaching on laptop is **Dr. Andrew Downes.***

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## Internal Medicine Residency at Tallahassee Memorial HealthCare

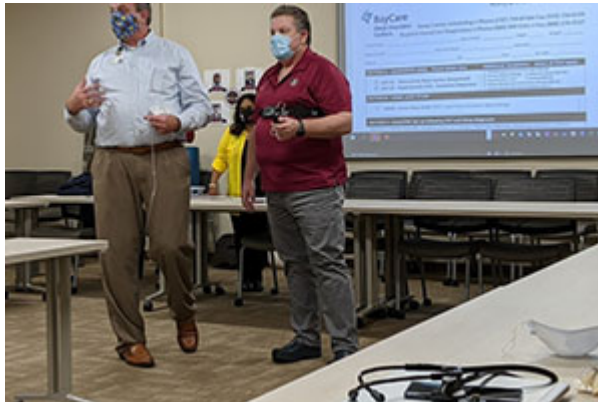


### Pet of the Day

TMH internal medicine often utilizes pets for wellness and related activities. This particular day's dog is named **Mac** and he is Resident **Dr. Sangeeta Nair-Collins'** pet.

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## Family Medicine Residency at Winter Haven (BayCare)



### Sleep Study Strategies

BayCare HomeCare came to join our didactics session to help the residents understand the new service of At Home Sleep Studies. Resident, **Brian Greene, MD**, (right) graciously volunteered to help the team visualize how the HST works for our patients.

### Super Bowl LV

Winter Haven Faculty were chosen from a raffle of COVID-19 vaccinated physicians across the BayCare Health System to attend Super Bowl LV. They represented our *Healthcare Heroes* very proudly.

Back: **Shannon Smith, PsychD, Ashley Falk, MD, Robert Atkins, MD**  
Front: **Ashley Wilk, DO**, Associate Program Director

