

August 2018

GATOR DOC PERIODICAL

UF Internal Medicine Newsletter

Team of the Month: Shands Orange!

Congratulations to the team of the month for July 2018, and the first ever team of the month for our program!

- Attendings: Dr. Lo, Dr. Wright
- Residents: David Moshe, Sam Welniak, Daniel Cordiner
- Interns: Lindsey Woody, Blake Thompson, Daniel Bonnin

Rewarded with a shiny championship belt proving their wrestling prowess over all other teams for the next month!



Get to know your July Intern and Resident of the Month!



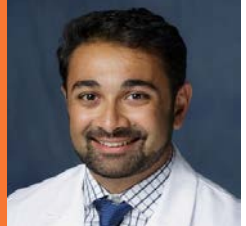
Michelle Dimza, PGY-1

- Where are you from? St. Louis, MO
- Previous non-medical job? Played soccer in Seattle after college and waitress
- Favorite dessert? Espresso & cheesecake
- Best advice you've ever received? "Intern year will be like prison, but fun because the jail mates are your friends." -Bently Doonan



Shaunak Mulani, PGY-2

- Previous non-medical job? Research scientist
- Where are you from? Chicago, IL
 - Favorite Pokemon? Jigglypuff
 - Favorite Disney movie? Mulan
 - Nickname? Mulan
- Who inspires you? Sahil Prasada and Dr. Lo



Tips from Donevan Westerveld, PGY-3

Efficiency tips for wards

- Two good ways to check the microbiology results. For a prolonged hospital course "Chart review (left column) - microbiology tab (across the top)." You can sort by organism, type of test etc.. The other way, "summary (tab on left), index, micro results - last 4 years."
- If you can't get a hold of someone from PT and their recs are pending discharge of your patient, call the respective charge nurse for the floor your patient is on and ask them for the number of the physical therapist dedicated to that floor.

Healthy Habits

These next few years will be dedicated to the well being of others with selfless service to those in need. But yet we neglect our own well being so often. Days to weeks go by when you'll tell yourself there's just no time to workout. Bad habits are easy to form and so hard to get rid of. I've recently made it a priority to again form good habits which will promote a healthier lifestyle. Focus on making easy changes which will have a lasting impact. Start small, forgo one noon conference lunch and bring a meal from home. Every week, add another home prepped meal until after 1 month you've completely given up noon conference lunch in lieu of homemade meals. Buy a medicine ball from Amazon and start doing an ab regimen (YouTube is a great place to find routines). Focus 10 minutes of your morning to working out your body part of choice. Add 5 minutes of workout time per week until you're finding yourself at the gym prior to AM sign out. Focus on your health, stay in shape, minimize the snack, ignore the fad diets, and maintain or form those good habits now.



Looking for nutrition tips?

Check out Patrick Neilan (PGY-3) and his wife Kristen Neilan's health blog and Instagram to learn how you can make all of these healthy recipes!

<https://doctormeetsdietitian.com/>
<https://www.instagram.com/doctormeetsdietitian/>



Shands Red!



Shands Gold!



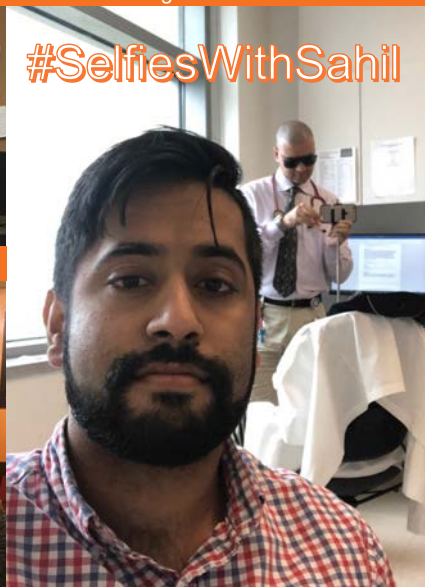
VA Orange!



Another VA Orange!



VA MICU!

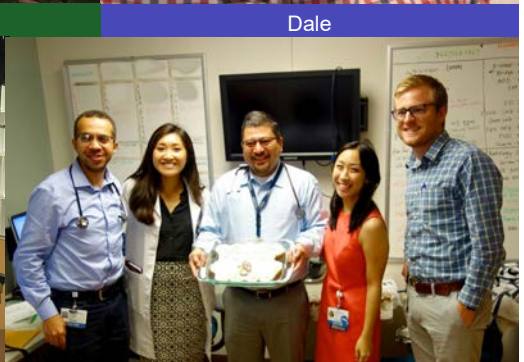


#SelfiesWithSahil

Dale



Local celebrity, Chris Little



Shands Gold and Matt's Vanc/Zosyn cupcakes!



August MCT!



Tyler's work-life balance

Want to be featured in the next Gator Doc periodical? We are looking for contributors and photos! #SelfiesWithSahil will be prioritized. Email Faith Villanueva at faith.villanueva@medicine.ufl.edu!