

Family Medicine

RESIDENCY PROGRAM AT
St. Lucie Medical Center

Welcome to the Family Medicine Residency Program at St. Lucie Medical Center

The Family Medicine Residency Program at St. Lucie Medical Center is part of the HCA Healthcare Graduate Medical Education network. HCA Healthcare is the nation's leading provider of quality, patient-centered care. We are also the leader in graduate medical education, all brought together by a single mission:

Above all else, we are committed to the care and improvement of human life.

ACGME ID: 1201100746

Tracks & Positions

Tracks	NRMP #	Available Positions
Categorical	2042120C0	6

Salary

PGY1	PGY2	PGY3
\$54,267	\$55,869	\$57,637

It is my pleasure to welcome you to the St. Lucie Medical Center (SLMC) Family Medicine Residency Program. The program's mission is to provide quality training and emphasizes clinical excellence, teamwork, leadership, and career development.

This residency will expose you to a broad range of pathology that will prepare you for careers in hospital medicine, primary care, or fellowship training. Residents work with interdisciplinary teams including behavioral science and a diabetes educator.

Our program offers a dynamic and exciting didactic curriculum including: clinical case conferences, QI and safety conferences, evidence based medicine, board review sessions, hands-on simulation sessions, journal clubs, and practice management. Residents have dedicated time to engage in scholarly work and attend conferences. The environment at SLMC is supportive of residents and it has a robust Wellness program. As the only Family Medicine residency within a 75 mile radius, we have many opportunities for community participation.

We are affiliated with several medical schools in the area and teach medical students. Port St. Lucie is the eighth largest city in Florida. SLMC is a 229-bed hospital that offers a full range of acute care services, including rehabilitation, obstetrics, and inpatient and outpatient robotic surgery. SLMC is part of HCA and has over 350 physicians, more than 60,000 patients per year, and is committed to excellence in GME. The hospital supports our 18 resident Family Medicine Residency Program, which was established in 2012 and is ACGME accredited. The Heart and Family Health Institute (HFHI) is a multispecialty group that houses our Family Medicine Practice.

The Treasure Coast is a great place to live with some of the most beautiful beaches in Florida, great golf courses, great boating and world-class fishing. We have a low cost of living and high quality of life. I look forward to meeting you.

Jose Pico, MD

Program Director

Our Faculty



Jose Pico, MD

Dr. Jose Pico is the Program Director for Family Medicine Residency Program. He is also the Heart and Family Health Institute Family Medicine Residency Practice Director. He is board-certified in family medicine and received his medical degree from the University of California Davis School of Medicine. Dr. Pico has been in practice for more than 20 years.



Lindsay Lewis, MD

Dr. Lindsay Lewis is the Associate Program Director for Family Medicine Residency Program. She received her medical degree from the University of Arkansas for Medical Sciences, College of Medicine in Little Rock, Arkansas. Dr. Lewis completed her residency at Jackson Memorial Hospital with the University of Miami in Miami, FL. She is board-certified in Family Medicine and is a member of the American Academy of Family Physicians. Dr. Lewis is also a member of the Institute for Functional Medicine.



Karla Higginbotham, MD

Dr. Karla Higginbotham is board-certified in family medicine. She earned her degree at the University of Illinois at Chicago. She completed an internal medicine internship at Louis A. Weiss Memorial Hospital in Chicago, followed by a family medicine residency at MacNeal Hospital in Chicago. During residency she was elected and served as Chief Resident. She also is a certified Clinical Lactationist.



Hemal Patel, DO

Dr. Hemal Patel is board-certified in family medicine. He earned his degree at Ohio University Heritage College of Osteopathic Medicine. His special interests are preventative medicine and lifestyle modifications. He enjoys traveling, water activities, hiking, and spends weekends volunteering at the BAPS Hindu temple teaching youths.



Jared Bump, DO

Dr. Jared Bump is from Defuniak Springs, Florida. He received his bachelor of science in biology from Florida State University and went on to complete his medical training at Nova Southeastern University in Davie, FL. He completed his residency in Family Medicine here at St. Lucie Medical Center. He enjoys golf, watching sports and spending time with his family including his wife and two young children.



Emily Sou, DO

Dr. Emily Sou is a Florida-based, board-certified general pediatrician. She received her bachelor of science in biology with special honors at George Washington University, and went on to complete her medical training at the New York Institute of Technology. She completed a pediatric residency at Maimonides Infants and Children's Hospital of Brooklyn in New York City. She is dedicated to providing her young patients with the care and attention they need, from infancy and childhood to the teenage and young adult years. Her philosophy of care is grounded in compassion and understanding, which provides the ideal environment for health and healing. She has a holistic, patient-focused approach to her practice with special interests in childhood obesity and nutrition.

Our Faculty



Evelyn Rodriguez, MD

Dr. Evelyn Rodriguez was born and raised in Puerto Rico where she completed her Bachelor's degree in Biology and attended Medical School at Ponce School of Medicine. She moved to Massachusetts to complete her Family Medicine Residency at the University of Massachusetts. She served as a family practice physician for 4 years in the US Army and completed a year tour in Iraq. She is a board-certified physician who enjoys caring for the person as a whole, as well as the family. She sees all age groups from newborn until golden years. She especially enjoys caring for newborns and their mothers during pregnancy and labor.



Samantha Dunbar, LCSW

Samantha Dunbar is a licensed clinical social worker at Heart and Family Health Institute. Samantha brings vast knowledge in individual and group counseling in many areas of the mental health spectrum to include co-occurring disorders. Samantha received her Bachelor of Science, Family Social Science and Master of Social Work from the University of Minnesota in Minneapolis, Minnesota.



Current Residents



Ryan Bailey, DO PGY-3

I am from Bangor, Maine and I received my undergraduate degree at Tufts University and attended the University of New England College of Osteopathic Medicine. My professional interests include family medicine and geriatrics. In my free time I enjoy spending time outdoors, playing Ultimate Frisbee and rooting for the Patriots, Celtics and Red Sox.



George Christakis, DO PGY-3

An English major and teacher in my first career, I'm now immersed in the sciences and healthcare. I'm a proud paternal participant in a growing family. My family and faith take top priorities in my life. I love the career I am now in, and consider it a blessing to be involved in the care and well-being of my patients. I am enjoying life's journey to the fullest and am always excited for what tomorrow may bring.



Spencer DeBauche, DO PGY-3

I completed my medical school training at the Kentucky College of Osteopathic Medicine in Pikeville, KY and Grandview Medical Center in Dayton, OH. My wife and I are originally from beautiful Colorado, but we love to travel and experience different areas and cultures. As a mountain loving outdoor enthusiast from Colorado, I was naturally attracted to all the outdoor wonders of Florida's Treasure Coast.



Sahyly Hernandez, DO PGY-3

I am originally a native of Cuba and relocated to South Florida with my family. I completed medical school at Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, FL, where I received a Master of Science degree, as well as a Master of Biomedical Sciences degree. As a D.O., I have a particular interest in primary care with a geriatrics focus, which is nourished by the diverse population in our area.



Morgan MacIntyre, DO PGY-3

I'm originally from Merritt Island, FL. I graduated from the University of North Florida, in Jacksonville, cum laude in 2015 with a degree in Microbiology and Cellular Biochemistry. I graduated from LU College of Osteopathic Medicine in Lynchburg, VA in 2019. I have a special interest in pediatrics, women's health, osteopathic manipulative medicine, and geriatrics.



Darnelle Ramirez, DO PGY-3

I'm originally from the Philippines, but grew up in Orlando, Florida. I completed my undergraduate degree at the University of Central Florida and went to medical school at LECOM in Bradenton, FL. In my free time, I like yoga, going to the beach, trying new food, and learning the ukulele.



Carlos Arus, MD PGY-2

I am from Puerto Rico and I did my undergraduate studies at the University of Puerto Rico at Rio Piedras, and I finished my medical degree at the University of Puerto Rico School of Medicine. I am the oldest of 3 brothers. We have a beautiful Basset Hound that lives with my middle brother in Boston, and a potbelly pig that lives with my mother back in San Juan, Puerto Rico. I love playing video games, taking walks in nature, and I enjoy going to the gym. My family and I are huge tennis fans.



Lindsay Herndon, MD PGY-2

I received my undergraduate degree from Louisiana College in my hometown of Pineville, LA. I then received my masters degree from Mississippi College in Clinton, MS, and later graduated from LSU School of Medicine in Shreveport before moving to the Port St. Lucie area. I'm very passionate about preventative health care and women's health, and hope to make these a focus in my future practice.



Kenoviah Heron, DO PGY-2

I was born in Kingston, Jamaica, and I attended undergrad at the University of South Florida where I received my BS in Biology. After completing my Bachelors, I went on to work for Pinellas County Emergency Medical Services as an EMT for 9 years. While there, I was certified in mental health, adult, neonatal and pediatric critical care transport. I was also an emergency medical dispatcher and a field training officer. I later returned to USF to obtain my Masters in Biomedical Science. I continued on to medical school at NYIT COM.



Jonathan Nilson, MD PGY-2

I grew up in Tallahassee, FL and went to Florida State University for my undergraduate degree in Computer Science. After working as an entrepreneur in the computer technology field for more than 10 years, I attended the University of South Florida for my medical degree. I love to provide personable and individualized care through Family Medicine for patients of all ages and walks of life.



Alejandro Vando, MD PGY-2

I am from San Juan, Puerto Rico. I moved to New York City to go to college where I graduated with a degree in Finance, as well as my pre-med requirements. I moved back to Puerto Rico and attended Ponce Health Sciences University, where I received my MD. In my time off, I enjoy spending time with my family, playing sports, running, going to the beach and playing the piano.



Katia Vernord, MD PGY-2

I am originally from South Florida and was raised in Homestead, FL. I completed my B.A. in Political Science at the University of Florida in Gainesville, FL, and obtained my M.D. from Tufts University School of Medicine in Boston, MA. I am elated to return to sunny South Florida for my residency training! My professional interests include community health, health literacy and patient advocacy.



Kyle Boltson, DO PGY-1

Undergraduate: Nova Southeastern University
Medical School: Nova Southeastern University
Hometown: Lakeworth, FL
Professional Interest: It is my deep desire to serve in an environment where I can help those in need.



Christopher Duplain, DO PGY-1

I received my undergraduate degree in Biology from the University of Southern Florida (go Knights!). I went to the Edward Via College of Osteopathic Medicine for medical school in Spartanburg, South Carolina. I'm a fitness and video game nerd who loves tacos and hard rock music.



Rachel Jeter, DO PGY-1

Undergraduate: University of Central Florida
Medical School: Kansas City University of Medicine and Bioscience, Joplin campus
Hometown: Tallahassee, FL
Professional Interest: Family Medicine, Geriatrics
Hobbies: Spending time with my cat, Knight, gardening, painting, book binding, kickboxing, and cycling.



Branden Martinez, DO PGY-1

Undergraduate: Florida International University
Medical School: NYIT College of Osteopathic Medicine at Arkansas
Hometown: Miami, FL
Professional Interest: Family Medicine, Sports Medicine, Emergency Medicine, Critical Care
Hobbies: I'm a sports fanatic. I love playing all sports and supporting my hometown Dolphins, Marlins, and Heat. I also really enjoy movies and video games.



Stefanie Navarrete, DO PGY-1

Undergraduate: Florida International University
Medical School: Rowan University School of Osteopathic Medicine
Hometown: Miami, FL
Professional Interest: Family Medicine, Women's Health, OMM
Hobbies: Spending time with my family, traveling, painting, trying new recipes.



Kayla Strandberg, DO PGY-1

Undergraduate: University of Central Florida
Medical School: Lake Erie College of Medicine - Bradenton, FL
Hometown: Port St. Lucie, FL
Professional Interest: Family Medicine, Critical Care, Maternal Medicine
Hobbies: Escape Rooms, Axe Throwing, Skydiving, Hiking, Sketching.

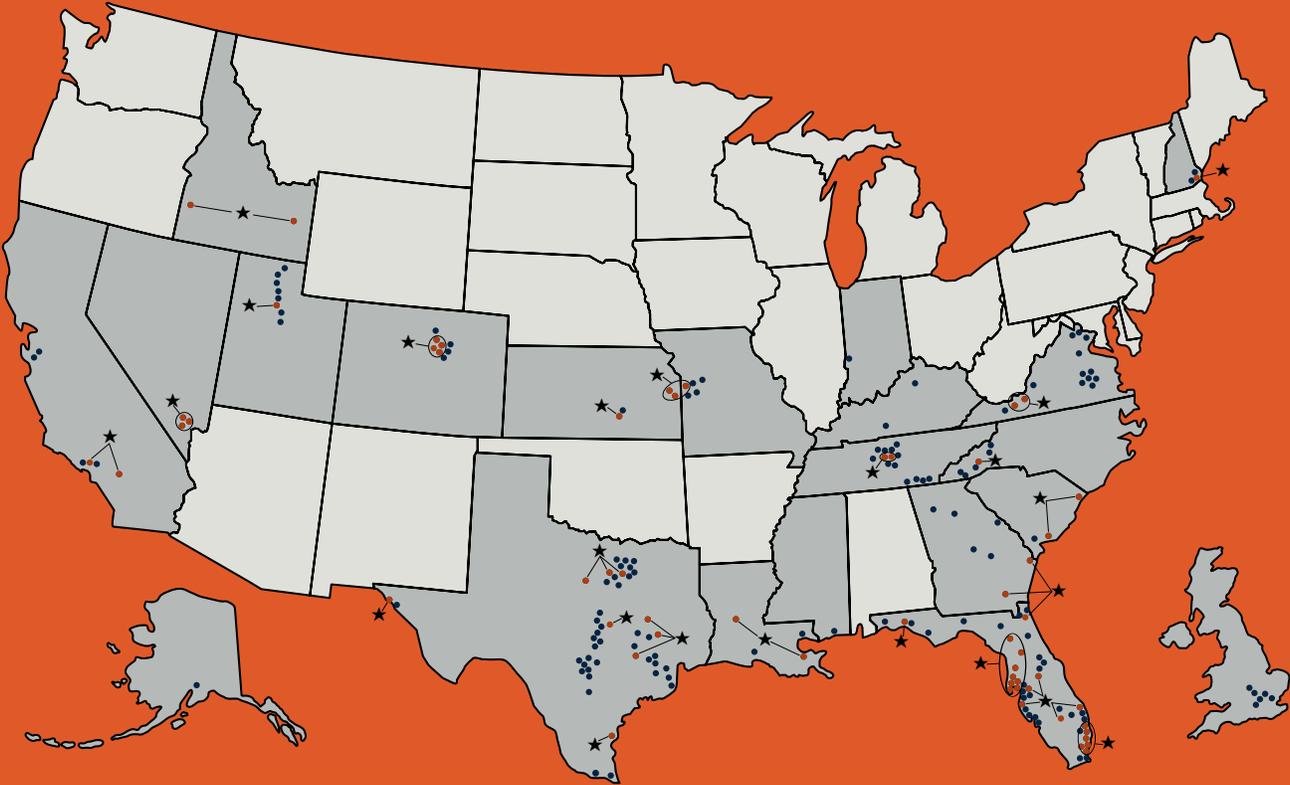
About HCA Healthcare GME

HCA Healthcare is a comprehensive healthcare network with over 275,000 colleagues across more than 2,000 care facilities all committed to creating a positive impact every day. We continually invest in our colleagues and facilities to better serve our patients and local communities. The Graduate Medical Education (GME) programs seek to inspire tomorrow's physicians to care for and improve human life by focusing on patient-centered approaches to practicing the latest evidence-based medicine.

To learn more about the benefits and expectations of training with an HCA Healthcare program, view our [Resident and Fellow Manual](#).



Our residency and fellowship programs are in **59**
hospitals located in **16** states



- ⊛ Residency or Fellowship Program
- HCA Healthcare Hospital



Size

HCA Healthcare Graduate Medical Education is the largest sponsor of residency and fellowship programs across the nation.

4,637
residents

289
fellows

218
specialty programs (residencies)

79
sub-specialty programs
(fellowships)



Scholarly Activity

HCA Healthcare Graduate Medical Education provides a critical link between vigorous scholarly activity and real-world patient care from a sophisticated data repository of more than 32 million patient encounters each year.

2,500+ HCA Healthcare GME scholarly activities in 2020-21.



Clinical Training

Each year approximately five percent of all U.S. hospital services happen at an HCA Healthcare facility, including:

32+ million patient encounters
7.4 million emergency room visits
215,000+ babies delivered

HCA Healthcare Graduate Medical Education is a leader in clinical experience.

- Nationally known physician expertise across the country
- Investments in facilities allowing the advancement of patient care
- High emphasis on simulation results and low patient incidents
- Higher patient touch than academic facilities
- Annual collaborative mass casualty event team training

A commitment to scholarly activity

Based on more than 32 million patient encounters each year, our scholarly activity bridges the gap between compelling evidence and exceptional patient care.



Our experiential learning is rooted in evidence-based medicine that leads to innovative, **real-world patient health solutions**.

Merging the rigor of **ACGME** accreditation with high patient touch, our residents and fellows deliver evidence-based care that demonstrates our mission to care for and improve human life.

We offer **National Grand Rounds** that leverage accomplished clinical expertise from across HCA Healthcare, bringing the nation's leading medical experts to our residency and fellowship programs.

Notable Publications

- *JAMA Internal Medicine*
- *Annals of Surgical Oncology*
- *CHEST Journal*
- *American Journal of Respiratory & Critical Care Medicine*
- *Obstetrics & Gynecology*

Notable Presentations

- American College of Cardiology
- Society of Critical Care Medicine
- American College of Physicians
- Society of Hospital Medicine
- American College of Surgeons

Influential Collaboration

HCA Healthcare residents and fellows have access to talented, highly skilled teams of faculty, industry experts and dedicated researchers to guide them through their journey. Residents and fellows produce evidence that drives future practice by leveraging HCA Healthcare's national clinical data warehouse – the heart of our data ecosystem.

HCA Healthcare Scholarly Commons is a platform to collect, share and publish the variety of academic work created by the Graduate Medical Education community. During 2020, readership of those works eclipsed the 25,000 mark. Included on this platform is the **HCA Healthcare Journal of Medicine**, a peer reviewed scientific periodical focused on innovation, enhanced quality and developing new knowledge in clinical care and medical education for the benefit of all patients. In its first year of publication, the journal disseminated 86 articles in six issues as well as a seventh special issue on the COVID-19 pandemic.

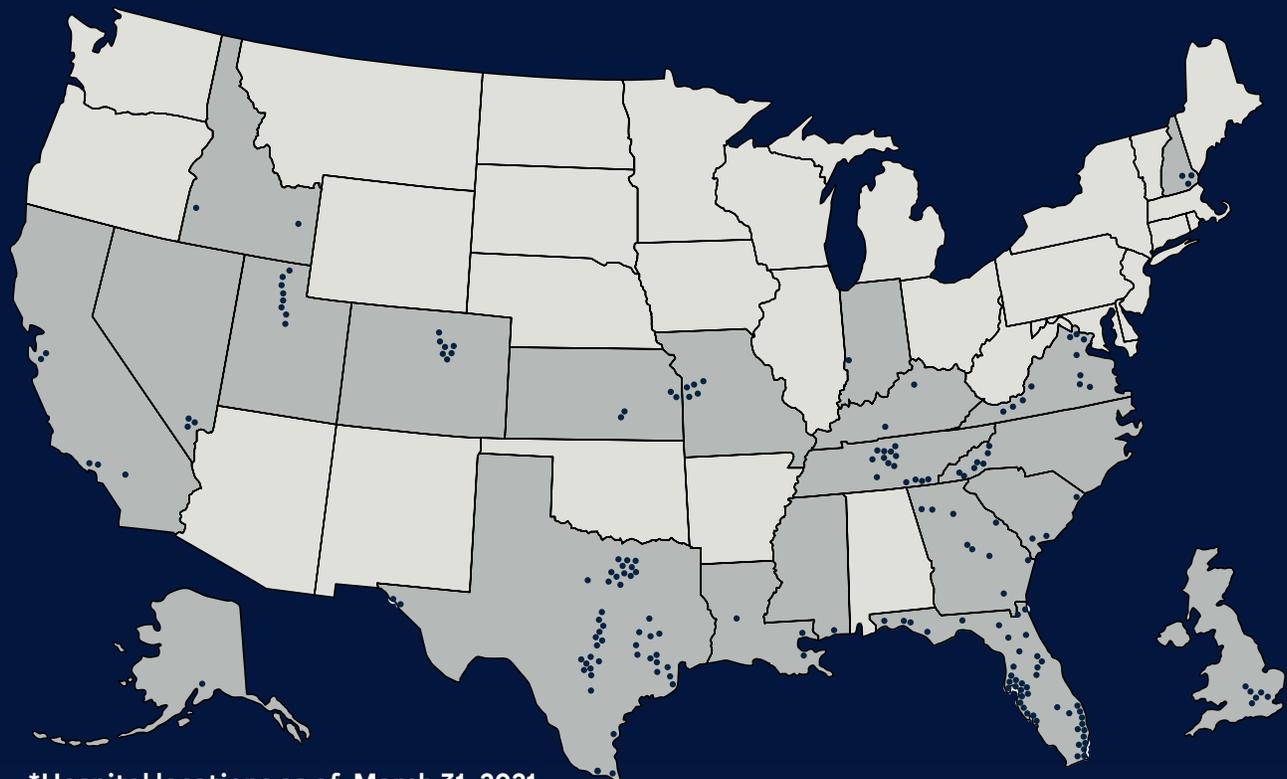


About HCA Healthcare

HCA Healthcare is one of the nation's leading providers of healthcare services and is comprised of 186 hospitals and more than 2,000 sites of care including surgery centers, freestanding ERs, urgent care centers, diagnostic and imaging centers, walk-in clinics and physician clinics in 20 states and the United Kingdom. With its founding in 1968, Nashville-based HCA Healthcare created a new model for hospital care in the United States.



186 hospitals and more than **2,000** sites of care
located in **20** states and the United Kingdom



*Hospital locations as of March 31, 2021

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Size

275,000
colleagues

93,000+
registered nurses

47,000[^]
active and affiliated physicians



Patient Care

HCA Healthcare's U.S. hospitals provide approximately 5% of all inpatient hospital services in the country.

In 2020:

32+ million
patient encounters

7.4 million
emergency room visits

215,000
babies delivered

View the **HCA Healthcare Community Impact Report** to learn more about our award-winning programs, technology advances and partnerships with community organizations to fulfill our commitment to the care and improvement of human life.



Giving Back

\$3.4+ billion
estimated 2020 cost for the delivery of charity care, uninsured discounts and other uncompensated care

\$45 million
in charitable cash contributions provided across the enterprise in 2020

We are committed to expanding our relationships with our communities by investing **\$10 million** over the next three years in Historically Black Colleges and Universities (HBCUs) and Hispanic-Serving Institutions (HSIs) across our footprint.*

*Starting in 2021



Industry Leader

Sarah Cannon, the Cancer Institute of HCA Healthcare, provides **state-of-the-art cancer care** close to home for hundreds of thousands of patients, a number unmatched by any single cancer center.

HCA Healthcare affiliates deliver healthcare services in **more than 150 languages and dialects.**

HCA Healthcare has treated more COVID-19 inpatients than any other health system in the U.S.

[^]Approximate

