

**Rashad M. Adil, DO**  
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## EDUCATION

**HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital Internal Medicine Residency Program**, Brooksville, FL 7/1/2021-Present

- Internal Medicine Resident Physician

**Arkansas Colleges of Health Education** 7/31/2017-5/15/2021  
Arkansas College of Osteopathic Medicine, Fort Smith, AR

- Doctor of Osteopathic Medicine

**University of Illinois at Urbana-Champaign** 8/26/2013-5/13/2017  
School of Integrative Biology, Urbana and Champaign, IL

- Bachelor of Science, Integrative Biology
  - Dean's List, 6/2016

**College of DuPage**, Glen Ellyn, IL 6/23/2014-8/29/2014

- Emergency Medical Technician
  - High Honors, 8/2014

## RESEARCH

**Quality Improvement Project Developer**, Outpatient Management of DVT 10/1/2023-Present  
HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital

- Producing and conducting protocol to direct low-risk patients with deep venous thrombosis (DVT) towards outpatient treatment while ensuring follow-up to improve healthcare efficacy and outcomes

**Quality Improvement Project Developer**, PATIO Project 6/5/2023-Present  
HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital

- Identifying barriers to optimal inpatient management of heart failure and developing a project to improve outcomes through Patient Assisted Therapy for Intake and Output measurement (PATIO)

**Quality Improvement Project Developer**, Hospital Readmissions Project 8/1/2021-Present  
HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital

- Identified and connected with discharged patients in conjunction with program leadership to assess and reconcile health care needs to prevent hospital readmissions and ensure outpatient follow-up

**Researcher & EMT Certified Support Staff**, HEAT Study 9/1/2015-5/27/2016  
Exercise, Technology, & Cognition Laboratory, Urbana, IL

- Managed fitness sessions while collecting vital signs and ensuring safety to explore the correlation between steam room therapy, exercise, and blood pressure in pre-hypertensive middle-aged adults

**Researcher & Fitness Training Staff**, INSIGHT Project 1/5/2015-11/27/2015  
Beckman Institute for Advanced Science & Technology, Champaign, IL

- Implemented fitness training sessions and collected participant data with licensed trainers to investigate the impact of fitness training on human intelligence

## ORAL PRESENTATIONS

Beuca, T., & Adil, Rashad M. (November, 2022). HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital ICU Conference; Brooksville, FL

- Discussed case of a critically ill patient with respiratory failure and suspicion for comorbid vasculitis
- Reviewed guideline-based approach to diagnosis and management of ANCA-associated vasculitis

Adil, Rashad M. (June, 2022). *Albuterol-Budesonide Fixed-Dose Combination Rescue Inhaler for Asthma*. HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital Journal Club Conference; Brooksville, FL

- Summarized article published by NEJM regarding updates on management of asthma exacerbations

Hoenemeyer, J., & Adil, Rashad M. (January, 2022). HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital Morbidity & Mortality Conference; Brooksville, FL

- Detailed hospital course for a patient with non-ST-elevation myocardial infarction (NSTEMI) for which cardiac catheterization was deferred resulting in patient mortality following code blue event
- Discussed evidence-based guidelines regarding ischemia-guided strategy versus early intervention for NSTEMI along with key takeaways including what could have been done differently

Siddiqui, S., & Adil, Rashad M. (May, 2020). *Vaping-Induced Pneumonia in Early Adulthood*. Arkansas Colleges of Health Education Research Symposium; Fort Smith, AR

- Outlined case of patient utilizing electronic cigarettes and evaluated resultant pulmonary effects

## EXPERIENCES

### Resident Physician Mentor

8/8/2022-Present

HCA Healthcare/USF Morsani College of Medicine GME: Oak Hill Hospital Internal Medicine Residency Program, Brooksville, FL

- Directing and empowering resident physicians through career development, including a preliminary resident physician who matched into Neurology residency

### Medical Student Mentor, Academy Mentoring Program

6/1/2020-5/28/2021

Arkansas College of Osteopathic Medicine, Fort Smith, AR

- Guided incoming students as a member of the medical school's inaugural class with an emphasis on overcoming obstacles presented by starting medical school amidst the COVID-19 pandemic

### Co-Founder, Secretary, Muslim Medical Students Association

8/7/2017-5/28/2019

Arkansas College of Osteopathic Medicine, Fort Smith, AR

- Provided free medical consultations with faculty physician supervision for the local community

### Global Medical Volunteer

5/15/2015-5/26/2015

International Service Learning, Dominican Republic & Haiti

- Constructed clinics in underserved areas and collaborated with translators and local physicians to gather medical history and perform physical examinations to diagnose and treat relevant pathology

### Nutrition & Lifestyle Management Intern, Operations Staff

1/5/2015-5/27/2016

Avicenna Community Health Center, Champaign, IL

- Developed an exercise program and promoted healthy habits by designing and distributing promotional and educational materials in collaboration with clinic staff and medical professionals
- Shadowed volunteer medical professionals who demonstrated high-quality, compassionate care for an uninsured population in a challenging, resource-limited environment

**Lead EMT**, Illini Emergency Medical Services

1/3/2014-5/27/2016

University of Illinois at Urbana-Champaign, Urbana and Champaign, IL

- Managed teams of CPR and EMT certified volunteers who served as first responders at campuswide activities, including major sporting events and graduation ceremonies
- Coordinated with event supervisors, prepared volunteers for emergency situations, and communicated and executed essential commands in high-intensity situations

## **CERTIFICATIONS**

**Advanced Cardiovascular Life Support (ACLS)**, American Red Cross

Expires 4/2025

**Basic Life Support (BLS)**, American Red Cross

Expires 4/2025

**Leadership Certificate**, Illinois Leadership Center

4/2016

**Emergency Medical Technician (EMT)**, National Registry of EMTs

2014-2017

## **PROFESSIONAL ASSOCIATIONS**

**Society of Hospital Medicine**

2023-Present

**American College of Physicians**

2019-Present

## **LANGUAGE FLUENCY**

English (Native), Urdu (Good), Spanish (Fair), Arabic (Basic)

## **HOBBIES & INTERESTS**

Rock climbing, Vinyl record collecting, Travel, Basketball, Bodyweight exercise, South Asian cuisine