

Sarang T. Mehta, MBBS

Incoming Internal Medicine PGY-1 | St. Mary's General Hospital and Saint Clare's Health, New Jersey

+1 914-224-1589 | sarangmt@gmail.com | [linkedin.com/in/sarang-mehta](https://www.linkedin.com/in/sarang-mehta) | [Portfolio](#) | Palanpur, India / New Jersey, USA | ECFMG #10886067 | AAMC ID 15052421

PROFESSIONAL PROFILE

Incoming Internal Medicine resident and ECFMG-certified IMG with broad clinical exposure across U.S. outpatient, inpatient, post-acute, surgical, rural health, and community medicine settings. Experience includes COVID ICU operations, burns and reconstructive surgery, internal medicine externships, QI/research work, EMR optimization, clinical documentation, coding, and technology-enabled workflow design.

EDUCATION

Aug 2014 - Sep 2020 **M.B.B.S. - Bachelor of Medicine and Bachelor of Surgery**

Smt. N.H.L. Municipal Medical College, Gujarat University - Ahmedabad, India

- Rotating internship completed at SVPIMSR with clinical duties across medicine, surgery, emergency medicine, pediatrics, obstetrics and gynecology, psychiatry, anesthesia, ophthalmology, ENT, pathology, community medicine, and family planning.

Apr 2014 **Higher Secondary Education, Class XII**

Saraswati Higher Secondary School - Palanpur, India

- Scored in the 99th percentile/top 1% of Gujarat State Board; awarded Chief Minister's Scholarship for Higher Education.

LICENSURE AND EXAMINATIONS

2022 - 2024 **United States Medical Licensing Examination**

ECFMG Certified

- USMLE Step 1: 225; Step 2 CK: 220; Step 3: 211.
- ECFMG Certificate Number: 10886067; AAMC ID: 15052421.

Jul 2022 **Occupational English Test - Medicine**

Speaking, Listening, Reading, Writing - Passed

Current **Gujarat Medical Council Registration**

Registration No. G-73703

CLINICAL AND ACADEMIC TIMELINE

Jul 2026 - onward **Internal Medicine Resident, Incoming PGY-1**

St. Mary's General Hospital and Saint Clare's Health - New Jersey, USA

- Matched into ACGME-accredited Internal Medicine residency, beginning July 2026.

Apr - Jun 2026; Jul 2022 - Jun 2023 **Medical Officer - recurring appointment**

Amrutam Hospital - Palanpur, Gujarat, India | Dr. Mayank Shah, MD

- Returned to the same consultant-led hometown internal medicine practice from Apr-Jun 2026 as a focused bridge before residency, after an earlier full-time appointment from Jul 2022-Jun 2023.
- Evaluated patients in OPD, ward, and ICU settings; performed detailed histories, physical examinations, provisional diagnoses, and escalation of red-flag findings.
- Practiced resource stewardship by ordering targeted investigations, assisting with ultrasound interpretation, and tailoring management to the patient's setting and financial constraints.
- Managed common internal medicine pathways including acute chest pain, TIA, diabetes, thyroid disease, hypertension, and infectious disease treatment/prevention.
- Counseled patients and families on diagnosis, medication adherence, lifestyle modification, and follow-up planning.

Sep 2025 - Mar 2026 Research and Clinical Observer

The Wright Center for Graduate Medical Education - Scranton, Pennsylvania

- Led data accumulation and analysis for the QI project Improving Accuracy of BMI Screening and Follow-Up of Medical Patients at a Federally Qualified Health Center Look-Alike.
- Co-authored research manuscripts with emphasis on methods, results, analysis, and manuscript editing; used R-Studio for descriptive and inferential statistics, including ANOVA.
- Rotated with Internal Medicine faculty and residents; presented cases and used Medent EMR within a residency teaching environment.
- Participated in the Driving Better Health/Clinics on Wheels outreach model, including twice-weekly shelter visits and weekly student clinic triage.
- Resolved a digital patient-information transmission problem between outreach site workflows and EMR continuity.

Oct 2024 - Aug 2025 Clinical Extern and Team Coordinator - Outpatient and Post-Acute Care

Medbridge Healthcare, under Dr. Sanjay Bharti, MD - West Virginia

- Prepared pre-visit and post-round documentation for 35-50 patients/day by integrating prior notes, labs, imaging, consults, and medication lists.
- Rounded with the attending across outpatient clinics, acute rehabilitation, LTACH, skilled nursing, and nursing home settings.
- Obtained histories, assisted with focused exams, reviewed orders, and supported advanced-care planning, chronic-care management, and medication reconciliation.
- Documented in EPIC, Cerner, Tebra, PCC, and Gehrimed with attention to ICD-10/CPT accuracy, PDMP review, payer requirements, and compliance.
- Led daily huddles and coordinated with a 20-25 member team across multiple facilities, flagging care gaps, pending labs, insurance barriers, and quality opportunities.

Sep 2024 Surgical Observer

Cape Fear Valley Medical Center - Fayetteville, North Carolina | Dr. Ravinder K. Annamaneni, MD, FACS, FRCS

- Joined 5 a.m. inpatient resident rounds and twice-weekly GI/surgery clinics.
- Observed robotic, laparoscopic, and open procedures; assisted with pre-operative patient preparation and learned EPIC workflows for oncologic surgical documentation.
- Participated in weekly grand rounds, didactic discussions, and case-based learning with surgical faculty.

Jul - Aug 2024 Clinical Externship - Internal Medicine and Nephrology

Yogi Medical Care - Jersey City, New Jersey | Dr. Jayeshkumar Patel, MD

- Collected histories and vital signs for 18-22 outpatient encounters/day; presented cases with provisional diagnoses and management considerations.
- Assisted with EKGs, vaccine administration, SOAP-note preparation, and patient counseling aligned with USPSTF screening recommendations.
- Presented weekly renal cases and volunteered in AAPI-linked breast cancer awareness outreach.

Feb - Jun 2024 Junior Resident - Department of Plastic Surgery and Burns

Narendra Modi Medical College - Ahmedabad, India | Dr. Darshil Rajgor, MS

- Managed burns ward, ICU, OPD, and department emergencies under plastic surgery faculty supervision.
- Assisted in debridement, split-thickness skin grafting, flap/reconstructive surgery, cleft lip procedures, and complex wound care.
- Performed or assisted critical interventions including intubation, central venous access, emergency stabilization, daily dressings, and fluid management.
- Presented surgical topics and authored a case report on successful revascularization of a near-total penile amputation.

Nov 2023 - Jan 2024 Board Examination, Research Writing, and Credentialing Period

United States Medical Licensing and academic work

- Completed USMLE Step 3 in Jan 2024 while continuing research manuscript activity and publication follow-up.
- Maintained academic output during the transition from U.S. inpatient externship to the Feb 2024 junior resident appointment.

Sep - Oct 2023 Inpatient Internal Medicine and ICU Externship

WVU Medicine Berkeley Medical Center - Martinsburg, West Virginia | Dr. Gaurav Parikh, MD

- Examined hospitalized and emergency department patients, participated in daily multidisciplinary and ICU rounds, and presented 5-8 SOAP-format cases/day.
- Responded to code blue, code gray, and stroke activations; covered night and weekend clinical learning activities.
- Collaborated with nurses, case managers, hospitalists, neurologists, cardiologists, nephrologists, interventional radiologists, and intensivists.
- Strengthened EPIC-based inpatient documentation, differential diagnosis, assessment, and plan presentation skills.

Aug 2023 Cardiology Observer

TPMG Heart and Vascular Center - Newport News, Virginia | Dr. Mrugesh Soni, MD

- Observed outpatient cardiology, catheterization laboratory workflow, angiography, angioplasty, and right-heart catheterization for pulmonary arterial hypertension.
- Interpreted EKGs, ambulatory monitors, stress testing, nuclear imaging, and cardiac ultrasound findings under supervision.

Jul 2023 Primary Care Observer

NJ Primary Care Clinic - Jersey City, New Jersey | Dr. Prahlad Gadhavi, MD

- Worked across two internal medicine clinic sites; took histories and vitals, performed focused exams, presented provisional diagnoses, and supported EMR documentation.
- Participated in LGBTQ+ Expo outreach with free STD screening, prevention counseling, and follow-up guidance.
- Developed a male breast cancer case report with supervising physician input.

Oct 2021 - Jun 2022 Medical Officer - Cardiology Clinic, Cath Lab, and ICU

Dhabkar Heart Foundation - Ahmedabad, Gujarat, India | Dr. Shamik Brahmbhatt, MD

- Prepared patients for cath lab procedures, including triage, consent support, contrast/allergy risk review, labs, NPO status, IV access, sterile prep, and equipment setup.
- Assisted interventional cardiologists during procedures; monitored vitals, ECG, ACT checks, medications, and contrast administration under supervision.
- Managed post-procedure care including hemostasis monitoring, rhythm surveillance, contrast-induced nephropathy prevention, early complication recognition, and ICU coordination.

Apr - Sep 2021 Co-Founder, Medical Officer, and Administrator

Shree Hare Krishna COVID Hospital and ICU - Palanpur, Gujarat, India

- Established a 50-bed COVID hospital/ICU during India's second wave as a fresh graduate, leasing and equipping a dedicated facility in my hometown.
- Ran OPD triage, categorized patients for home treatment, ward, or ICU care, and led thrice-daily rounds with consultants and colleagues.
- Recruited and trained nursing staff and assistants; coordinated oxygen supply, drug procurement, timed administration, and scarce medication access including Remdesivir.
- Issued death certificates and learned to deliver difficult news to families with clarity and empathy.
- Most meaningful: building a hospital during crisis taught me operational leadership, accountability, and the value of calm communication when families were frightened and resources were limited.

Oct 2020 - Mar 2021 Medical Officer

Rajgor Multispeciality Hospital - Ahmedabad, Gujarat, India | Dr. Darshil Rajgor, MS

- Managed ICU and ward patients with multidisciplinary consultants; performed routine ward procedures including blood draws, IV infusions, urinary catheterization, bedside monitoring, oxygen administration, and medication delivery.
- Participated in COVID protocol meetings and managed critically ill patients with respiratory and cardiac arrest under consultant supervision.
- Maintained patient records, drug charts, oxygen/medication logs, and death-certificate documentation.

Feb 2020 International Student Elective - Radiology

Florida International University - Miami, Florida | Dr. Carlos Ray, MD

- Interpreted X-ray, CT, MRI, and ultrasound studies with radiologists; assisted in supervised thoracentesis, ascitic tap, and biopsy.
- Observed endovascular procedures for hemodialysis access and attended weekly Grand Rounds.
- Gained first exposure to EPIC and the structure of the U.S. hospital system.

Mar 2019 - Sep 2020 Medical Intern - Rotating Internship and COVID Frontline Duties

Sardar Vallabhbhai Patel Institute of Medical Sciences and Research Hospital - Ahmedabad, India

- Completed rotations in medicine, pediatrics, psychiatry, surgery, orthopedics, obstetrics and gynecology, emergency medicine, anesthesia, ophthalmology, ENT, community medicine, pathology, and family planning.
- Performed IV access, catheterization, intubation, blood draws, injections, suturing, surgical assistance, pre-operative preparation, trauma response, CPR, and ACLS under supervision.
- Led COVID mobile testing/home care, triage, and ICU duties during the early pandemic response.
- Taught junior students history-taking, examination technique, instruments, drugs, procedures, and BLS demonstrations.

RESEARCH WORK AND PUBLICATIONS

2026 Current Research and QI Work

Titles shown first; public links added only when a working public URL exists.

- Time from Diagnosis of Obesity and/or Type 2 Diabetes to Subsequent Diagnosis of Nonalcoholic Steatohepatitis: A Retrospective Cohort Study on Median Time and Distribution - manuscript/research project, The Wright Center; public article link pending.
- Improving Accuracy of BMI Screening and Follow-Up of Medical Patients at a Federally Qualified Health Center Look-Alike - quality improvement project, The Wright Center; public article link pending.

2024 Peer-Reviewed and Submitted Work

- [The Influence of Symptomatic Status on Post-ERCP Complications in Choledocholithiasis: A Systematic Review and Meta-Analysis](#) - Cureus. 2024;16(4):e59322. DOI: 10.7759/cureus.59322
- [Neuroprotective Effects of Neurotrophic Factors in Neurodegenerative Diseases: A Systematic Review](#) - Journal of Neurological Sciences and Research. 2024;4(2):36. DOI: 10.52793/JNSRR.2024.4(2)-36
- 89 Cases of Mediastinal Masses: Diagnostic Approaches and Outcomes - European Journal of Medical Research, submitted/under review; public link pending.

2023 Peer-Reviewed Publications

- [Bulbar Onset Amyotrophic Lateral Sclerosis with More Evident Symptoms in the Left Hemibody: A Case Report](#) - Oxford Medical Case Reports. 2023;2023(5):omad045. PMID: 37260726. DOI: 10.1093/omcr/omad045
- [Progressive Myoclonic Epilepsy: A Typical Case of MERRF and the Lessons Learnt](#) - European Journal of Clinical Medicine. 2023;4(3):1-3. DOI: 10.24018/clinicmed.2023.4.3.261
- [Bloch-Sulzberger Syndrome: A Rare X-Linked Dominant Genetic Disorder in a Newborn](#) - Cureus. 2023;15(11):e48823. PMID: 38106755. DOI: 10.7759/cureus.48823
- [Celiac Disease and Upper Gastrointestinal Microbiota Disorders: A Meta-Analysis Investigating SIBO and H. pylori](#) - International Clinical and Medical Case Reports Journal. 2023;2(17):1-11.
- [ECG Abnormalities in Hepatic Encephalopathy: Clinical Significance and Future Directions](#) - International Journal of Gastroenterology and Hepatology. 2023;2(2):1-3.
- [Next-Gen Screening Review: The Rise of Capsule Colonoscopy in Colorectal Cancer Screening](#) - International Journal of Gastroenterology and Hepatology. 2023;2(2):1-5.

2017 Student Research

Problem Solving for Better Health Program - Department of Community Medicine, Smt. N.H.L. Municipal Medical College

- Prevalence and Predisposing Factors of Insomnia Among 100 Undergraduate Students in Gujarat Using the Pittsburgh Sleep Quality Index - designed survey workflow, obtained permission to use PSQI, and organized student awareness sessions.

POSTERS AND PRESENTATIONS

Jan 2023 Severe Bradyarrhythmia in the ER Associated with Hyperkalemia from Drug-Drug Interaction

Joint International Conference (JIC-2023) - Ahmedabad, India

- Poster presentation.

Mar 2016 Lithium-Induced Toxicity in Schizophrenia Patients

All India Adrenaline Medical Conference (AMCON-2016) - Smt. N.H.L. Municipal Medical College

- Poster presentation.

VOLUNTEER WORK AND COMMUNITY LEADERSHIP

2018 - 2019 Trauma Centre Volunteer

Major public trauma center in Ahmedabad, India

- Volunteered three nights/week for six months while holding a clinical job, working beside residents in high-acuity emergency and trauma workflows.
- Assisted triage at the door and observed rapid assessment across presentations ranging from minor injuries to mass-casualty trauma.
- Built emergency-care competence that later translated to primary job responsibilities, including E-FAST exposure, central venous access observation/assistance, and rapid prioritization.
- Identified delays in nighttime blood-test turnaround for emergency surgeries and prototyped a 3D-printed, hand-powered centrifuge concept with adaptive design tweaks for bedside use.

Jul 2023; Jul - Aug 2024 Breast Cancer and Community Screening Outreach

Let's Save Maa / AAPI-linked outreach - New Jersey

- Supported street-level public awareness for breast cancer screening and helped guide individuals with positive screening concerns toward next-step care.
- Reinforced culturally sensitive counseling for patients navigating U.S. preventive-care systems.

2019 - ongoing Public Health Camp Coordinator

Annual pilgrimage health camps - Palanpur, Gujarat

- Organize annual September health check-up camps with Aroma Submersible Pump Company for pilgrims and devotees traveling to local shrines.

Ongoing Active Member

HOPE NGO - Gujarat, India

- Support distribution of household essentials and food to low-income families.

2018 Blood Donation Camp Volunteer

Rotary Club - Palanpur, Gujarat

- Volunteered in donor support and camp operations.

AWARDS AND SCHOLARSHIPS

2013 Chief Minister's Scholarship for Higher Education

Gujarat State - awarded for top 1% Class XII State Board performance; voluntarily declined to benefit students with greater financial need.

2020 - 2021 Ahmedabad Municipal Corporation Recognition

Recognized for COVID-19 service during home-isolation care, hospitalized patient care, and vaccination drives.

2016 - 2018 Chief Organizing Committee - AMCON

All India Adrenaline Medical Conference, Smt. N.H.L. Municipal Medical College.

School years First Place - District Science Model-Making Competition

Vidyamandir School Campus Science Fair.

WORKSHOPS AND CERTIFICATIONS

Sep 2024 Advanced Cardiovascular Life Support (ACLS)

Valid through Sep 2026.

Sep 2024 Basic Life Support (BLS)

Valid through Sep 2026.

Sep 2025 Collaborative Institutional Training Initiative (CITI)

Research ethics and study-design training.

Sep 2025 Research Study Design

Research methods training.

Jul 2023 ILAE School on Neuroimaging in Epilepsy

SPECT, ESI, PET, and fMRI methods and interpretation.

Aug 2022 Neuro-Intervention Simulator Workshop

Zydus Hospital - Ahmedabad, India.

Mar 2018 Laparoscopy and Live-Tissue Suturing Workshop

AMCON - Smt. N.H.L. Municipal Medical College.

Aug 2023 Bloodborne Pathogens and Infection Control/Barrier Precautions

Healthcare worker safety training.

MEMBERSHIPS AND AFFILIATIONS

American Association of Physicians of Indian Origin (AAPI) | American Academy of Neurology | Gujarat Medical Council | Indian Medical Association | Junior Doctors' Association

SKILLS AND TOOLS

Clinical EMRs: EPIC, Cerner, Medent, eClinicalWorks, Tebra, PCC, Gehrmed.

Documentation and Revenue Cycle: ICD-10/CPT coding, medical billing workflows, accounts receivable, claim settlement, reimbursement tracking, PDMP review, ACP/CCM documentation, and payer-compliance support.

Clinical Skills: History and physical examination, SOAP presentations, medication reconciliation, chronic-care management, advanced-care planning, emergency stabilization, burns/wound care, procedure assistance, USG interpretation support.

Research and Data: R-Studio, descriptive and inferential statistics, ANOVA, systematic reviews, meta-analysis, Cochrane RevMan, manuscript methods/results writing, QI measurement.

Technology: AI prompt engineering and LLM application development for clinical documentation, outpatient EMR decision/billing support, medical learning applications, forensic medicine/eFOS handoff workflows, 3D modeling/animation, and web design.

LANGUAGES

Gujarati and Hindi: native/bilingual proficiency | English: full professional proficiency | Sanskrit and Spanish: elementary proficiency

PERSONAL INTERESTS

Mountaineering and trekking: Winter Kuari Pass, Hampta Pass, Sandakphu, Chandrakhani Pass, Sar Pass, and Kedarkantha in India; Virginia Capital Trail and Harpers Ferry in the U.S.

Technology and design: AI tools, 3D modeling/animation, website design, EMR workflow design, and medical education applications.

Reading and inquiry: science fiction, non-fiction, psychology, humanity, philosophy, astronomy, physics, and science magazines.

Active pursuits: cycling, swimming, tennis, and gaming. Studied Basic and Advanced Pranic Healing through the World Pranic Healing Foundation.

PROFESSIONAL REFERENCES

Sanjay Bharti, MD - Internal Medicine, Medbridge Healthcare - West Virginia | sbharti@bhartimd.com

Mayank Shah, MD - Consultant Physician, Amrutam Hospital - Palanpur, India | +91 98253-60380

Gaurav Parikh, MD - Director of Hospital Medicine, WVU Medicine Berkeley Medical Center - Martinsburg, WV | gparikh1@yahoo.com

Darshil Rajgor, MS - Plastic Surgery, Narendra Modi Medical College / Rajgor Multispeciality Hospital - Ahmedabad, India | +91 94267-07474