

Shaan Mehta, M.D.

Interventional Pain Medicine Physician- Fellowship Trained Sports Medicine Board Certified Physician -Certificate of Added Qualification Family Medicine Board Certified Physician

Florida Medical License: September 2018- present (ME137842)

American Board of Interventional Pain Physicians- Board Eligible (November 2022-present)

American Board of Family Medicine- Board Certified (January 2021-2031)

Sports Medicine Certificate of Added Qualification (August 2021-2031)

DEA: September 2018- present (FM7896410)

Current Position:

Interventional Pain Physician at Florida Orthopedic Institute (Beginning January 3rd, 2023)

-Full time position at Brandon and Sun City clinic locations. Duties include both clinic time and interventional pain procedure services

Previous Training Program:

**1) Deuk Spine Institute Interventional Pain Management Fellowship (July 1, 2021- June 2022)-
Melbourne, FL**

-Fellow physician at Deuk Spine Institute. 3 days spent per week in clinic, evaluating and treating patients. 2 days per week spent doing interventional pain procedures including epidural steroid injection, medial branch blocks, radiofrequency ablations, kyphoplasties, peripheral nerve blocks, and ultrasound guided procedures. Direct experience includes lumbar, thoracic, and cervical spine injections. Averaging 60 interventional procedures per week.

**2) Texas Christian University/John Peter Smith Primary Care Sports Medicine ACGME
Accredited Fellowship (July 1, 2020- June 30, 2021)- Arlington, Texas**

-Fellow physician at John Peter Smith Bardin Sports Clinic. Weekly continuity clinics for both fluoroscopic injections (including lumbar spine) and ultrasound guided injections. Additional 2 days per week is spent seeing new and follow up patients regarding sports injuries and chronic pain conditions, along with regular landmark joint injections. Additionally, training room and event coverage for collegiate athletes is provided weekly at Texas Christian University, Texas Wesleyan University, and Southern Assemblies of God University

3) **University of South Florida Family Medicine ACGME Accredited Residency** (July 2017 to June 2020)- Clearwater, FL

Education:

August 2013- May 2017:

Northeastern Ohio College of Medicine (NEOMED), Rootstown, Ohio

- Doctor of Medicine

July 2011-May2013:

Youngstown State University, Youngstown, Ohio

- Bachelors of Combined Sciences, Magna cum laude

Activities:

Texas Christian University Fellow Physician- July 2020- June 2021 (Fort Worth, TX)

- Provided regular training care for all TCU athletes. Provided weekly training room, practice coverage for the football team. Provided sideline coverage for various sports including football, baseball, basketball, soccer, volleyball.

North Texas Soccer Club - June 2021 (Arlington, TX)

- Provided sideline coverage to North Texas Soccer Club during USL League One matches against FC Tucson and Toronto FC II

USA Gymnastics National Championship -June 3-6, 2021 (Fort Worth, TX)

- Provided sideline care to USA Women's National Championships

2021 NCAA Regional Baseball Tournament- June 4th, 2021- Dallas Baptist University vs Oregon State

- Provided sideline care to both teams during game

2021 College Baseball Showdown at Globe Life Field- February 2021 (Arlington, Texas)

- Provided sideline medical coverage for SEC/Big 12 baseball invitational. Teams included University of Texas, Mississippi State, Univ of Arkansas, Texas Tech Univ

American Athletic Conference NCAA Basketball Championship- March 2021 (Fort Worth, Texas)

- Provided sideline care for the AAC Conference Basketball Championship Game- Univ of Cincinnati vs University of Houston

Texas Wesleyan University Fellow Physician- July 2020- June 2021(Fort Worth, TX)

- Provided weekly training room for all athletes. Provided sideline coverage for including football.

Southern Assemblies of God University Fellow Physician - July 2021- June 2021 (Waxahachie, TX)

- Provided weekly training room for all athletes. Provided sideline coverage for including football.

Carter Riverside High School Physician- July 2020 to June 2021 (Forth Worth, Texas)

- Provided independent sideline coverage for Carter Riverside high school football along with regular training room coverage for entire high school (including concussion care)

Golden Gloves Boxing Tournament Ringside Physician (May 2021)

- Provided ringside coverage along with pre and post-fight physicals of boxers

Tampa Bay Rays Spring Training Physicals- February 2/17/18 (Port Charlotte, FL)

- Performed Spring Training Physicals with EKG interpretation on both Tampa Bay Ray active roster players and various minor leaguers

Philadelphia Phillies Spring Training Physicals- February 28th, 2019 (Clearwater, FL)

- Performing Spring Training Physicals with EKG interpretation on Philadelphia Phillies players

2018 UANA Water Polo Junior Pan American Championship- July 11-15th, 2018 (Tampa, FL)

- Worked as Team USA sideline physician for both USA junior men's and women's water polo team, which included management of concussion along with rotator cuff and facial injuries.

Half Iron Man Challenge- Haines City, FL- April 8, 2018

- Worked as a physician volunteer to help triage and care for athletes in need of urgent medical assistance for the duration of Iron Man. Included cases of dehydration, exhaustion, significant muscle cramping, chest pain.

Volunteer Physician at Disney World Half Marathon in Orlando, FL- Spring 2018 and November 2018

- Worked in finish line tent managing cases such as exhaustion, dehydration, hyperthermia, MSK issues

Sonosite Ultrasound Workshop at University of South Florida- Tampa, FL

- Hands-on ultrasound course on the hip and ankle exams guided by Sonosite ultrasound techs and USF Sports medicine physician

Airway Ultrasound Basics at University of South Florida College of Medicine (November 2018- Tampa, FL)

- Reviewed basics of ultrasound with 2nd year USF medical students and worked on applying to fundamentals of airway

University of South Florida Collegiate Athlete Physicals- June 23rd & August 18, 2018

- Performed preparticipation physicals and EKG interpretation on USF collegiate athletes including football, soccer, basketball, sailing, cheerleading

St. Anthony's Triathlon- St.Petersburg, FL- 4/28/19

- Served as physician volunteer at medical tent

Pinellas County High School Football Sideline Physician Coverage- September 2018- 2019

- Functioned independently as a sideline physician for Dunedin high school, Palm Harbor High school, and Osceola high school

Sports Physical Day at Palm Harbor High School in Tampa, FL- Spring 2018 & 2019

- Performed preparticipation physicals for many student athletes from schools in the surrounding area

Hurricane Irma Primary Medicine Response Team- Morton Plant Hospital, Clearwater, FL

- Served in an emergency response team capacity during the events of Hurricane Irma which included management of medicine service patients and acceptance of patient transfers from neighboring hospitals. Participated during hospital's code green 72-hour period.

PreMed HQ Physician Mentor (May 2018-present)

- Guide and mentor high school and college students aspiring to become future physicians and other medical professionals. Provide assistance with essay writing, interview skills, and finding medical opportunities in local communities.

Wilderness Medicine Track (2018-2020)

- Completing modules in Mountain medicine, desert medicine, tropical medicine, and dive and marine medicine over 2nd and 3rd years of residency
- Gained knowledge and understanding of pre-hospital care, disaster medicine, international and travel medicine, and tactical medicine.
- AWLS Certification

Telemedicine Track (July 2018-June 2021)

- Engaged in regular ambulatory care telemedicine visits along with spending time in overnight eICU

FAFP USF FM Program Representative 2018-2020

- Functioned as the program representative for the state of Florida and attended all FAFP forum meetings. Promoted strong resident attendance and involvement on a state level along with promoting advocacy in the scope of family medicine in Florida.

USF Family Medicine Resident Recruiter for 2019 Match Cycle

- Involved in the process of recruiting prospective residents, facilitating interview dinners, and reviewing ERAS applications

Abroad Medical Experience at King George's Medical College (KGMC) in Lucknow, India, June 2014

- Spent two weeks in the ophthalmology department at KGMC seeing patients in the clinic with ophthalmology attendings and residents; observed multiple cataract and glaucoma surgeries

Memberships:

Member of the American Association of Family Physicians- Fall 2015 to present

Member of Florida Academy of Family Physician- July 2017-present

American Medical Society for Sports Medicine- February 2019- present

Poster Presentations:

- “Parkour No More- A Case Report of Lisfranc Complex Injury” presentation at American Medical Society for Sports Medicine National Meeting 2021
- “The Obstacles of Unique Hematological Disease: A Case review of Waldenstrom Macroglobulinemia” presentation at FAFP Spring Forum Conference 2018
- “The Might of a Splinter- A Case Report of Tenosynovitis from Mycobacterium Marinum”- presentation at FAFP Spring Forum Conference 2019 (awarded top 3 finish in Resident Category)

Research/Academic Papers:

- “Epidemiology Review of Concussed Athletes at Texas Christian University”- Findings presented at John Peter Smith Research Symposium (June 2021)
- (Published in Sports Health: A Multidisciplinary Approach; Sage Journal- July 22, 2021) “Stimulant Therapy Utility for Neurocognitive Deficits in Mild Traumatic Brain Injury” (June 2018- July 2021) University of South Florida Department of Family Medicine, Sports Medicine <https://doi.org/10.1177%2F19417381211031842>

Academic Presentations:

- Served as member of an expert physician panel regarding best practices caring for injured workers at Tampa General health rehabilitation Hospital. February 23, 2023. Event was for case managers, gestures, Worker's Compensation professionals. This was sponsored by the Florida Chapter of Case Management Society of America.
- “Radius/Ulna Fractures” Presentation given at John Peter Smith Sports Medicine Fellowship Weekly Didactics (October 16, 2020)
- “The Diabetic Athlete” Presentation given at John Peter Smith Sports Medicine Fellowship Weekly Didactics (March 26, 2021)
- “Ankle Fractures” Presentation given at John Peter Smith Sports Medicine Fellowship Weekly Didactics (January 8th, 2021)
- Quality Improvement Initiative at Turley Family Health Center Regarding the Management of Acute Low Back Pain- Clearwater, FL
 - Created a standardized approach to management in order to improve rates of physical therapy while decreasing rates of unnecessary imaging and referrals.
- University of South Florida College of Medicine Capstone- Lecture on Resident Wellness (5/7/18)
 - Discussed the concept of resident wellness and coping strategies for rising interns
- University of South Florida College of Medicine Family Medicine Bootcamp (4/16/19)

- o Constructed a lecture consisting of residency advice, career development, and “on-call” cases with M4 students who matched into family medicine.
- “Lessons Learned” Presentation on the Ethical Considerations in Pregnancy at USF Family Medicine Noon Conference – February 16, 2019
 - o Reviewed a complex obstetric case in residency that involved substantial discussion regarding patient autonomy and ethical implications
- ER Shoulder Dislocation Case Presentation at USF Family Medicine Noon Conference- February 2018
 - o Reviewed a case of traumatic anterior shoulder dislocation and discussed the methods/process of shoulder reduction.
- Journal Club Presentation of Management of Acute LBP in ambulatory care setting at USF Family Medicine Noon Conference - September 2018
 - o Reviewed JAMA articles regarding management of acute LBP from a pharmacotherapy perspective and its applications to daily practice
- Wilderness Medicine Presentation during Mountain Medicine Curriculum- Taping, Slings, and Splints
 - o Reviewed basic types of taping and slings and their applications to wilderness and athletic settings. Discussed types of splinting and their applications to suspected MSK traumas in wilderness setting.
- “Management of the Aquatic Athlete” presented during Wilderness Medicine Aquatic Module
- Nominated to present “Narratives of Mental Health” project among an interprofessional audience of peers in medicine and pharmacy at Northeastern Ohio Medical University- May 2014

Conferences/Seminars:

FSIPP Annual State Meeting- July 2022 (Tampa, FL)

FSIPP Cadaever Seminar- May 2022 (Orlando, FL)

AMSSM Annual Meeting in Houston, Texas- April 12th to April 16th 2019- (Houston, Texas)

University of California San Francisco (UCSF) Primary Care Sports Medicine Annual Conference- December 2017 (San Francisco, CA)

- Comprehensive joint-by-joint review of common injuries and offered current Sports Medicine practices which apply to the care of all patients from the recreational participant to the specialized elite athlete

Sonosite Point of Care Ultrasound Seminar (St. Petersburg, FL)- February 2018

- Attended evening seminar introducing the basic modalities of POCUS and applications to various clinical setting

FAFP Spring Forum- April 2018, May 2019 - Presenter (Orlando, FL)

FAFP Summer Forum- August 2018- (West Palm Beach, FL)

Wilderness Medicine Winter Summit- (Big Sky, Montana)- Feb 23-27th

Certifications:

ACLS, BLS (June 2017- present)- Renewed in May 2021

Advanced Wilderness Life Support Certification

Fundamental Critical Care Support (FCCS) Course Certification (April 2018)

- Youngstown State Dean's List
 - Spring 2013, Spring 2012, Fall 2011