

Resident of the Month

Rikelle Trent, DO

PGY1

Dr. Trent excels in the areas of professionalism, practice-based learning and improvement, and especially interpersonal skills and communication. During her recent Family Medicine Service rotation during the day, her presentations during rounds were organized with well developed assessments and plans. In addition, while conversing with patients, she exhibited a calm bedside manner that allowed her to convey information about their medical conditions and management in a way that was detailed, accurate and easy to understand. Finally, while performing her first colposcopy ever, she required much less guidance than would be expected for a first-year resident. We look forward to seeing Dr. Trent grow throughout the rest of her intern year!

Hello! My name is Rikelle Trent and I am so grateful to be attending The Southern New Mexico Family Medicine Residency Program here in Las Cruces, NM! I was born and raised in NJ where I attended Rutgers University for Undergraduate Studies and majored in Exercise Science. I explored the beauty and healthcare of Athens, Greece in a study abroad internship and worked as a surgical care nursing assistant where I learned to provide compassionate care, listen attentively, and to advocate for my patients. Taking a leap of faith, I moved across the country to attend Burrell College of Osteopathic Medicine, where I had a wonderful experience studying medicine, establishing new friendships, and learning the community. It was at Burrell that I found a home in Las Cruces and found my passion for Family Medicine! I affectionately call Las Cruces, my “River in the Desert” as it is a place of Divine faithfulness, provision, and grace for me and my family. With family being foundational in my life and the foundation of society, I press forward to be a family physician who serves as a resource to my family, advocate to my patients, and pillar in the community.



Resident of the Month

Jyoti Gurung, MD

PGY2

Dr. Gurung also excels in the areas of patient care, professionalism, and practice-based learning and improvement. During his recent rotation as a senior resident on the Family Medicine Service during the day, he provided excellent feedback to interns during rounds and kept the team running smoothly and efficiently. He also exhibited sound clinical reasoning and judgement with his own management plans. In the outpatient setting, Dr. Gurung has provided highly thoughtful and conscientious care to his patients. Due to his openness to feedback, he also has grown tremendously in the area of communication with patients and colleagues. We look forward to working with Dr. Gurung during the remainder of his residency training!

I was born and raised in Nepal. I belong from one of the minority groups in Nepal and I feel blessed to represent my community. My family is the reason I am here today. I have graduated from Chitwan Medical College, Nepal. I am excited for my residency training at memorial medical center. For my careers , I am exploring the beauty of family medicine and open to any possibility family medicine offers. I am huge soccer supporter, love to play and watch soccer during my free time.



Resident of the Month

Zarmeena Sethar, MD

PGY3

Dr. Sethar excels in the areas of patient care, professionalism, and practice-based learning and improvement. During her recent rotation as a senior resident on the Family Medicine Service overnight, she provided excellent guidance and supervision to her intern. In addition, she made wise management decisions and exhibited good judgement regarding when to call the attending for more complicated admissions and changes in a patient's clinical status. Thanks to her openness to feedback, she has demonstrated remarkable growth in the area of communication with patients and colleagues. We look forward to working with Dr. Sethar during the rest of her residency training and applaud her interest in outpatient Family Medicine upon graduation!

I owe my deepest gratitude to my parents and husband for their unwavering support, and for making this entire adventure possible.

My medical journey began at Liaquat University of Medical & Health Sciences in Jamshoro, Pakistan. Increasingly, I became drawn to family medicine for its all-encompassing nature: from caring for the tiniest of infants to our wise elders. Above all, I am passionate about treating underserved, historically marginalized communities—with a focus on women's health and preventive care.

Beyond the hospital's walls, I'm a proud parent of two wonderful kids. Amidst the daily hustle, you can find me engrossed in the pages of a captivating book or seeking out the calming embrace of nature.

These different pieces of my life come together to form my commitment to comprehensive healthcare and education. I cannot wait to dive into this new adventure and see where it leads.

