

Resident of the Month

Zaghum Abbas, MD

PGY1

During his first rotation of residency, Dr. Abbas has already demonstrated excellence in the areas of medical knowledge, practice based learning and improvement, and professionalism. While serving as an intern on the Family Medicine Service, he has exhibited intellectual curiosity, and has also been able to answer knowledge-based questions well above his level of training. He thinks deeply about the care of his patients, and the care of other patients on the team. He also has excellent insight into his own areas for growth, and is constantly seeking feedback from others. We look forward to working more with Dr. Abbas in the future!

I grew up in a small village in Pakistan where healthcare was hard to access and often delayed. Seeing my loved ones struggle with preventable illnesses pushed me toward medicine from an early age, and over time, I became passionate about primary care and the impact it can have on entire communities. Family Medicine felt like the perfect fit as it allows me to care for people across all stages of life, build meaningful relationships, and focus on education and prevention. Alongside my clinical journey, I have spent years tutoring and mentoring other medical students preparing for their exams, especially those who could not afford formal guidance. I have also volunteered in free medical camps, rural clinics, and disaster relief efforts back home. When I am not working or teaching, I enjoy cycling, football, cooking, and spending time outdoors. I have always believed that both good food and good care are best when shared.



Resident of the Month

Kori Gandara, DO

PGY2

Dr. Gandara also excels in the areas of patient care, practice based learning and improvement, and interpersonal skills and communication. For example, during her current Family Medicine Service rotation as a second-year senior resident, Dr. Gandara has co-led the team along with Dr. Gautum to assist two new interns with assimilating to both the medical and systems-based aspects of caring for patients in the hospital.

Dr. Gandara is always open to feedback, and also does an excellent job of communicating with patients, especially in high-stress scenarios. Perhaps she will also consider being faculty in the program, upon her graduation in two years!

I was born and raised in the small town of Lordsburg, New Mexico. After obtaining my bachelor's degree at NMSU, I attended Burrell College of Osteopathic Medicine for my medical degree.

Growing up in a rural town, I was able to firsthand experience what it was like to have limited access to not only healthcare, but several resources. While in medical school, I had the opportunity to work in both Las Cruces and El Paso and found that these areas struggled with the same issues. This is essentially what drove me to pursue a career in Family Medicine in my home state of New Mexico, specifically in the southern border region. I resonated with this program due to our shared goal in addressing healthcare disparities and serving our communities.

In my free time, I enjoy cooking, reading, watching basketball, and spending time with my family and friends.



Resident of the Month

Sabina Gautam, MD

PGY3

Throughout residency Dr. Gautam has excelled in the areas of patient care, practice based learning and improvement, and interpersonal skills and communication. Her current performance as a third-year senior resident on the Family Medicine Service has been no exception. She provides ample feedback to interns during rounds, and assists them with placing orders and addressing patient concerns in a timely manner.

She accepts feedback well, and her leadership of the team has proven to be invaluable. Perhaps Dr. Gautam will even consider becoming faculty in our program, a role for which she would be well suited!

I was born and raised in Kathmandu, Nepal and went to medical school at Nepal Medical College in Kathmandu. My love for Family Medicine stemmed from the fact that Family Medicine providers are equipped with the ability to take care of a family as a whole. I like to connect with my patients and be able to take care of them in the long run. After residency I would like to practice as a primary care provider. In my spare time I like to hike, play with my children and cook food.

