

April 24, 2026

Address

RE: **Ryan (Sameen) Meshkin, MD**, letter of support for Heed Ophthalmic Foundation Resident Retreat

Dear Review Committee:

As Chair of Ophthalmology at Harvard Medical School and Mass General Brigham, I am very pleased to recommend Ryan (Sameen) Meshkin, MD, to participate in the 2026 Heed Ophthalmic Foundation Resident Retreat. Dr. Meshkin distinguished himself by his performance in clinic, his efficiency, and his excellent fund of knowledge. Following residency, Dr. Meshkin plans to pursue a vitreoretinal fellowship, and I believe the Heed Retreat would be an excellent opportunity in preparation for his career in academic ophthalmology.

The annual Heed Foundation Residents Retreat is an important experience for our trainees, and we are nominating two individuals: Drs Meshkin and Henry Zhou. Both candidates are equally deserving of this opportunity, and our department is fully committed to providing support for a second candidate, if selected.

Dr. Meshkin graduated *summa cum laude* from Virginia Commonwealth University (VCU) Honors College in 2017 as part of in the Guaranteed Medical Admission Program. As an undergraduate, he received a research fellowship for his project focused on preserving empathy and professionalism in medical training. He went on to earn his MD from Harvard Medical School in 2022, where he received a grant with Harvard Ophthalmology faculty Drs. Ankoor Shah and Grayson Armstrong to create a narrated surgical video library curriculum for medical students in their ophthalmology clinical rotations. The project has since expanded nationally and is supported by the Association of University Professors of Ophthalmology (AUPO)/American Academy of Ophthalmology (AAO), with plans for publication on the AAO medical student website. Its outcomes selected as a podium presentation for the 2025 AUPO Annual Meeting.

As a resident, Dr. Meshkin has demonstrated exemplary clinical and surgical skills and an impressive fund of knowledge. One preceptor said, "He went well beyond what we expect as far as benchmarks for our residents and demonstrated impressive educational leadership while on our service with medical students." Jennifer Lindsey, MD, MBA, Program Director for the Harvard Ophthalmology Residency Training Program, said: "Sameen is a person of integrity and initiative. He is tremendously innovative, as evidenced by his extensive research, curriculum design, and service productivity during medical school and residency. He is committed to a career in academics and has a profound devotion to education. He is an outstanding clinician and surgeon. Sameen is also a people-person, who is kind to all he meets, easy to talk with, and has a wonderful sense of humor and positivity. He will be a joy to train as a fellow and will undoubtedly be a leader in our field. Working with him in clinic, I found him to have a positive attitude and manner with patients and care team members, and an excellent fund of knowledge. He is truly interested in educational opportunities and leadership."

Dr. Meshkin's research during residency has spanned clinical and translational ophthalmology, education, and health economics, with a focus on retinal care. Working with Drs. Nimesh Patel, John Miller, and Dean Elliot, he has led studies on surgical outcomes, cost analysis, and education, including a first-author publication in *Ophthalmology Retina* examining operative time and value in retinal detachment repair. He also developed the novel "double-operation success" outcome metric for re-detachment after vitrectomy (under review). He has presented at major meetings (AAO, ASRS, ARVO, AUPO, Retina Society) and has authored 31 peer-reviewed publications during residency, including seven as first author, with additional manuscripts under review.

Dr. Meshkin is also committed to becoming a leader in resident and fellow education. As a resident, he developed a curriculum on professional development and residency culture, which he presented at the 2025 AUPO Annual Meeting. He has mentored over 30 students across training levels and, with Drs. Alice Lorch and Grayson Armstrong, helped launch a grant-funded program to deliver comprehensive ophthalmic care and screenings to underserved Boston communities. He also created opportunities for high school students in Chelsea, MA, to explore health careers and received the HMS John D. and Gretchen H. Bullock Ophthalmology Award and the Harvard Community Service Award. He also received the Mass General Brigham 2025 Resident/Fellow as Teacher Award and the Real World Ophthalmology 2025 Extraordinary Mentorship Award. His leadership roles include service on the Massachusetts Society for Eye Physicians and Surgeons Young Ophthalmologists Committee and the GME Steering Committee, as well as Co-Chair of the 2024 Harvard Ophthalmology Paul A. Chandler Conference.

In summary, Dr. Meshkin is a compassionate physician, skilled surgeon, and astute researcher, and I believe that he is just the kind of resident that the Heed Foundation Residents Retreat is meant for. I am very pleased to recommend him fully and enthusiastically.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Rishi P. Singh', with a stylized flourish at the end.

Rishi P. Singh, MD
RPS/jla