

Juan Carlos Rivera Martinez, MD

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Medical Education and Training

Lakeland Regional Health — Internal Medicine Residency PGY-3 (Chief Resident)

Lakeland Regional Health Medical Center, Lakeland, FL
07/2023 - Present

EDUCATION

Universidad Iberoamericana, Dominican Republic — *Doctor of Medicine*

Minor: Health Care Administration
05/2015 - 02/2021

University of Puerto Rico, Puerto Rico — *Bachelor in Pre-Medics*

08/2009 - 05/2014

BOARD SCORES

USMLE: Step 1 (230), Step 2 CK (255), Step 3 (245)

Internal Medicine In-Training Examination: 99th percentile in PGY-1 and PGY-2

CERTIFICATIONS AND LICENSING

Florida Board of Medicine License

07/2023 - Present

ACLS & BLS Certification

07/2023 - Present

SKILLS

Systematic review and meta-analysis (PRISMA-compliant).

- Proficient in RevMan software for meta-analysis.
- Data Interpretation and statistical analysis.
- Data visualization and synthesis.
- Literature search strategies.
- Manuscript writing and publication process.

AWARDS

Competitor, ACP Florida Regional Medical Jeopardy Competition, Orland, FL, 2025.

Outstanding Professional Award, Lakeland Regional Health, Lakeland, FL, 2024.

Hispanic IM Resident Media Spotlight, American College of Physicians, FL Chapter, 2024.

Competitor, ACP Florida Regional Medical Jeopardy Competition, Orland, FL, 2024.

MEMBERSHIP AND HONORARY/PROFESSIONAL SOCIETIES

ACC IM Cardiology Program's 2025 Hispanic/Latinx Cohort

11/2024 - Present

American College of Cardiology, Member

09/2024 - Present

American College of Physicians, Member

07/2023 - Present

LANGUAGES

Fluent in English and Spanish.

WORK EXPERIENCE

Internal Medicine Resident-Physician

Lakeland Regional Health Medical Center, Lakeland, FL

07/2023 - Present

- As an internal medicine resident, I am responsible for providing comprehensive care to hospitalized and outpatient patients, including diagnosing, managing, and treating a wide range of medical conditions. I also supervise medical students, collaborate with interdisciplinary teams, and engage in ongoing learning to enhance clinical skills and knowledge.
- Leadership Experience:
 - PGY-3 Chief Resident
 - Member of the Academic Board Curriculum Committee.
 - Resident Representative in the Rapid Response Committee.

Medical Assistant

Dr. Luis A Rivera Colón Internal Medicine Clinic, San Juan, PR.

04/2021 - 05/2023

- As a medical assistant, I performed patient interviews, physical evaluations, diagnosis, treatment plan formulation, continuous glucose monitoring device (CGM) placement, data interpretation and medication adjustment.
- Mentored two medical school students performing rotations at the clinic.

Supermarket Manager

La Super Bodega, Sabana Grande, PR.

01/2011 - 03/2015

- Responsibilities as a store manager included creating and placing merchandise orders, listing inventory, bank deposits, payroll, and weekly schedule creation.
- Attended daily meetings with sales representatives from different companies to discuss business strategies.
- Customer Service.

QUALITY IMPROVEMENT & RESEARCH EXPERIENCE

Reducing NPO Duration to Improve Outcomes and Satisfaction

Lakeland Regional Health Medical Center, Lakeland, FL

09/ 2024 - Present

- Primary objective: to reduce the average time patients remain NPO (nil per os) before procedures to decrease the incidence of complications (such as dehydration and electrolyte imbalances) and improve patient satisfaction, while ensuring there is no negative impact on patient safety and mortality.

Aplicación de mecanismos para la prevención de complicaciones de tromboembolismo en postquirúrgico e cirugía ortopédica de reemplazo electivo de cadera y rodilla en el Hospital General Plaza de la Salud en pacientes mayores de 40 años durante el año 2019 (Implementation of Mechanisms for the Prevention of Thromboembolism Complications in Postoperative Elective Hip and Knee Replacement Surgery at Hospital General Plaza de la Salud in Patients Over 40 Years During 2019).

Hospital Plaza de la Salud, Santo Domingo, Dominican Republic

10/2020 - 01/2021

- The study evaluated compliance with an already established thromboprophylaxis protocol, which includes the use of pharmacological agents (e.g., low-molecular-weight heparin) and mechanical methods (e.g., compression stockings) to prevent postoperative thromboembolic complications.

VOLUNTEERING

Attention and Care for the Diabetic Patient

San Juan, Puerto Rico

12/2021 - 05/2023

- I served as the coordinator for the "Attention and Care for the Diabetic Patient" educational program, leading efforts to promote diabetic retinopathy screening. I conducted educational talks for patients at high risk, highlighting the importance of early detection and management. Additionally, I managed and scheduled outpatient follow-ups for patients with positive screenings to ensure they received timely care.

Hospital Ship USNS Comfort

Santo Domingo, Dominican Republic

10/2019 - 10/2019

- I conducted initial patient interviews, facilitated Spanish/English translations between patients and physicians, provided education on various diseases and treatment options, and guided patients on necessary outpatient follow-up appointments.

American Medical Student Association

Santo Domingo, Dominican Republic

09/2019- 12/2019

- "Sharing is Caring" was a weekend program at San Francisco de Asis Nursing Home, where I measured residents' vital signs, conducted general physical examinations, presented weekly educational talks, and participated in recreational activities with the residents.

Carol Pharmacy Health Fair

Santo Domingo, Dominican Republic

09/2019- 09/2019

- This health fair was performed in Agora Mall, DR, with a focus on diabetes and hypertension screening and awareness. Responsibilities included obtaining blood pressure and glucose levels, and education.

Hato Mayor del Rey Medical Mission

Hato Mayor del Rey, Dominican Republic

03/2019- 03/2019

- This consisted of a medical and dental clinic in rural Hato Mayor del Rey. Responsibilities included performing adult evaluations, diagnosis, treatment, presenting cases to the supervising physician, and coordinating outpatient follow ups with community leaders.

Yuca Community Medical Mission

Santo Domingo, Dominican Republic

03/2019- 03/2019

- This medical mission took place in one of the poorest communities in the heart of Santo Domingo. Responsibilities included performing adult and children's evaluations, diagnosis, treatment, and presenting cases to the supervising physician.

Our Lady Star of the Sea Medical Mission Project

Santo Domingo, Dominican Republic

01/2019- 01/2019

This annual medical mission team, comprising internal medicine, cardiology, pediatrics, pharmacy, nurses, and medical students, involved conducting comprehensive patient evaluations, developing treatment plans, providing Spanish/English translations between patients and physicians, and delivering educational talks to the community.

Special Olympics International

Santo Domingo, Dominican Republic

11/2018- 11/2018

- The World Tennis Special Olympics Invitational hosts a health fair for athletes, providing eyeglasses, sneakers, and fitness routines. My responsibilities included conducting medical exams for the athletes.

PUBLICATIONS AND NATIONAL PRESENTATIONS

JOURNAL PUBLICATIONS

- **Rivera-Martinez, J, Sabina, M, Khanani, A. et al.** EFFECT OF FINERENONE IN CARDIOVASCULAR AND RENAL OUTCOMES: A SYSTEMATIC REVIEW AND META-ANALYSIS. JACC. 2025 Apr, 85 (12_Supplement) 1198. [https://doi.org/10.1016/S0735-1097\(25\)01682-1](https://doi.org/10.1016/S0735-1097(25)01682-1)
- **Sabina, M, Lurie, A, Khanani, A, Rivera-Martinez, J. et al.** NATRIURESIS-GUIDED DIURETIC THERAPY IN ACUTE DECOMPENSATED HEART FAILURE: A METAANALYSIS OF CLINICAL TRIALS. JACC. 2025 Apr, 85 (12_Supplement) 1348. [https://doi.org/10.1016/S0735-1097\(25\)01832-7](https://doi.org/10.1016/S0735-1097(25)01832-7)
- **Rivera-Martinez, J, Tsai, J, Vozza, S. et al.** CAUGHT IN TRANSIT: THE HIGH-STAKES BATTLE AGAINST INTRACARDIAC THROMBUS AND ITS DEADLY CONSEQUENCES. JACC. 2025 Apr, 85 (12_Supplement) 3279. [https://doi.org/10.1016/S0735-1097\(25\)03763-5](https://doi.org/10.1016/S0735-1097(25)03763-5)
- **Tsai J, Carralero-Somoza D, Rivera-Martinez JC, Patel V, Rosado LL.** From bustle to brilliance: transforming one of the busiest non-academic hospitals into an academic center and its impact on quality of care. J Investig Med. 2025;73(1):682-683.
- **Rivera-Martinez JC, Sabina M, Khanani A, et al.** Effect of Finerenone in Cardiovascular and Renal Outcomes: A Systematic Review and Meta-analysis. Cardiovasc Drugs Ther. Published: January 4, 2025. doi:10.1007/s10557-024-07666-x
- **Rivera-Martinez JC, Owen PS, Baddoura S, Hassan M.** Mycetoma Leading to Effusive Constrictive Pericarditis in an Immunocompetent Individual: A Rare Encounter. Cureus. 2024;16(11):e73287. Published 2024 Nov 8. doi:10.7759/cureus.73287
- **Sabina M, Rivera-Martinez JC, Khanani A, Rigdon A, Owen P, Massaro J.** Drug-Coated Balloon Angioplasty vs Plain Balloon Angioplasty in patients with coronary In-Stent Restenosis: A systematic review and meta-analysis of randomized controlled trials. Curr Probl Cardiol. 2024;49(10):102761. doi:10.1016/j.cpcardiol.2024.102761

- Sabina, M, Khanani, A, **Rivera-Martinez, J.** et al. TCT-493 Drug-Coated Balloon Angioplasty vs Plain Balloon Angioplasty in Patients With Coronary In-Stent Restenosis: A Meta-Analysis of Randomized Controlled Trials. JACC. 2024 Oct, 84 (18_Supplement) B162–B163. <https://doi.org/10.1016/j.jacc.2024.09.572>
- **Rivera-Martinez JC**, Johnson T, Ahmed S. Complexities in Managing Wolf-Parkinson-White Syndrome: A Case of Congenital Inferior Vena Cava Anomaly With Azygos Continuation. Cureus. 2024;16(9):e69426. Published 2024 Sep 14. doi:10.7759/cureus.69426

BOOKS CHAPTERS

- **Rivera-Martinez JC**, Khannani A, Patel V, Sabina M. Cardiology. In: Lugo LD, Williams P, eds. *Intern Mastery: Top 10 Internal Medicine Diagnoses at the Busiest Hospitals in the Nation*. 1st ed. Kindle Direct Publishing.; 2024:9–25. ISBN: 979-8874242954.
 - *Amazon Bestseller Book*

POSTER AND ABSTRACT PRESENTATIONS- REGIONAL AND NATIONAL

- **Rivera-Martinez, J**, Sabina, M, Khanani, A. et al. Effect of Finerenone in Cardiovascular and Renal Outcomes: A Systematic Review and Meta- analysis. Poster presented at the Central Florida Research Symposium, Florida, April 2025.
- **Rivera-Martinez, J.**, Tsai, J., Vozza, S., et al. Caught in Transit: The High-Stakes Battle Against Intracardiac Thrombus and Its Deadly Consequences. Poster presented at the American College of Cardiology Annual Conference, Chicago, March 2025.
- **Rivera-Martinez, J**, Sabina, M, Khanani, A. et al. Effect of Finerenone in Cardiovascular and Renal Outcomes: A Systematic Review and Meta- analysis. Moderator poster presented at the American College of Cardiology Annual Conference, Chicago, March 2025.
- **Rivera-Martinez JC**, Johnson T, Ahmed S. Complexities in Managing Wolf-Parkinson-White Syndrome: A Case of Congenital Inferior Vena Cava Anomaly With Azygos Continuation. Poster presented at the American College of Physicians, Florida Chapter, Fall 2024 Resident & Medical Student Poster Competition, September 2024, FL.
- **Rivera-Martinez, JC**, Munro, S, Martinez, L. Resistant Hypertension or Manifestation of Anxiety? A Diagnostic Dilemma. Poster presented at the Central Florida Research Symposium in April 25, 2024, at Lakeland Regional Health Medical Center, FL.

- **Rivera-Martinez, JC**, Carralero-Somoza D, Lugo-Rosado, LD. An Intriguing Case of Recurrent Optic Neuritis. Poster presented at the Central Florida Research Symposium on April 25, 2024, at Lakeland Regional Health Medical Center, FL.
- **Rivera-Martinez, JC**, Rivera-Alberty P, Portner M, Lall R. Norepinephrine-Induced Coronary Vasospasm Leading to Cardiac Arrest in a Patient with Septic Shock. Poster presented at the Central Florida Research Symposium on April 25, 2024, at Lakeland Regional Health Medical Center, FL.
- **Rivera-Martinez, JC**, Williams P, Xu C, Rivera-Alberty P, Wan S. Decoding the Rhinovirus-Myocarditis Connection: [Click here to add title](#) An In-depth Examination of Two Case Reports in Healthy Young Males. Poster presented at the Central Florida Research Symposium on April 25, 2024, at Lakeland Regional Health Medical Center, FL.
- **Rivera-Martinez, JC**, Munro, Shannon, Martinez, Lauren. Resistant Hypertension or Manifestation of Anxiety? A Diagnostic Dilemma. Poster presented at the Central Florida Research Symposium on April 25, 2024, at Lakeland Regional Health Medical Center, FL.
- Tsai J, Carralero-Somoza D, **Rivera-Martinez JC**, Patel V, Lugo-Rosado LD. From Bustle to Brilliance: Transforming one of the Busiest Non-Academic Hospitals in the USA into a Geolocated Academic Teaching Hub and its Impact on Value of Care. Poster presented at the Society of General Internal Medicine on May 17, 2024, at Boston. MA.
- Carralero-Somoza, D, **Rivera-Martinez, JC**, Sabina M, Lugo-Rosado, LD. Breaking the Chains of the Mind: Investigating Psychogenic Origins of Brittle Diabetes. Poster presented at the Society of General Internal Medicine on May 16, 2024, at Boston. MA.
- Tsai J, Carralero-Somoza D, **Rivera-Martinez JC**, Patel V, Lugo-Rosado LD. From Bustle to Brilliance: Transforming one of the Busiest Non-Academic Hospitals in the USA into a Geolocated Academic Teaching Hub and its Impact on Value of Care. Poster presented at the Central Florida Research Symposium on April 25, 2024, at Lakeland Regional Health Medical Center, FL.
- Tsai J, Carralero-Somoza D, **Rivera-Martinez JC**, Patel V, Lugo-Rosado LD. From Bustle to Brilliance: Transforming one of the Busiest Non-Academic Hospitals in the USA into a Geolocated Academic Teaching Hub and its Impact on Value of Care. Poster presented at the American College of Physicians, Florida Chapter, Fall 2024 Resident & Medical Student Poster Competition on March 23, 2024, at Orlando, FL.
- **Rivera-Martinez, JC**, Williams P, Xu C, Rivera-Alberty P, Wan S. Decoding the Rhinovirus-Myocarditis Connection: [Click here to add title](#) An In-depth Examination of Two Case Reports in Healthy Young Males. Poster presented at the American College of Physicians,

EDITORIAL AND PEER REVIEW

- Reviewed manuscript: “Therapeutic Efficacy of 2% Mupirocin in Managing Staphylococcus aureus and Streptococcus pyogenes Wound Infections.” DOI: [10.7759/cureus.82366](https://doi.org/10.7759/cureus.82366) | Published: April 16, 2025

TEACHING EXPERIENCE AND WORKSHOPS

MS3 Clerkship and MS4 Sub-I Instructor

Lakeland Regional Health Medical Center, Lakeland, FL

Nova Southeastern University College of Osteopathic Medicine

- **Congestive Heart Failure: Diagnosis and Management – August 2024**
 - Delivered a comprehensive lecture covering diagnostic strategies and evidence-based management of congestive heart failure to medical students and fellow residents.
- **Chest pain: Diagnosis and Management – August 2024**
 - Presented an interactive workshop on differential diagnosis and acute management of chest pain, including assessment of acute coronary syndromes.
- **Approach and treatment of Atrial Fibrillation – October 2024**
 - Conducted an educational session focused on the clinical approach, risk stratification, and therapeutic options for atrial fibrillation.
- **Electrocardiogram Basics – October 2024**
 - Led an instructional session on fundamental concepts in ECG interpretation, emphasizing cardiac rhythm and ischemic changes.

INSTITUTIONAL PRESENTATIONS

- **Chest Pain, Coronary Artery Disease, Acute Coronary Syndrome – Academic Half Day, Lakeland Regional Health GME Internal Medicine Residency Program – September 2023.**
- **Morbidity and Mortality: A Near Miss – Academic Half Day, Lakeland Regional Health GME Internal Medicine Residency Program – December 2023.**
- **Wolf Parkinson White Syndrome: Presentation, Diagnosis, and Management – Academic Half Day, Lakeland Regional Health GME Internal Medicine Residency Program – July 2024.**
- **Cardiology Medical Mastery Series – Academic Half Day, Lakeland Regional Health GME Internal Medicine Residency Program – August 2024.**
- **Enhancing Professionalism and Navigating Challenges in**

Medical Practice – Academic Half Day, Lakeland Regional
Health GME Internal Medicine Residency Program – **January**
2025.