

Milagros I. Figueroa Ramos

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Education

2010	Ph.D. Nursing, GPA 4.0	University of California at San Francisco, School of Nursing Dissertation: The Effect of a Wake-up Trial and Spontaneous Breathing Trial on the Occurrence of Delirium and Perception of Sleep in Critically Ill Trauma Patients.
2004	Certification	University of Puerto Rico, Medical Sciences Campus, School of Nursing Wound & Skin Nurse Specialist Certification, UPR-Medical Sciences Campus, School of Nursing
2002		University of Puerto Rico, Medical Sciences Campus, School of Nursing Education Role
2001	Certification	University of Puerto Rico, Medical Sciences Campus, School of Nursing Emergency Nurse
1998	MSN GPA 4.0	University of Puerto Rico, Medical Sciences Campus, School of Nursing Clinical Nurse Specialist Role Critical Care Track
1990	BSN	University of Puerto Rico, Medical Sciences Campus, School of Nursing

Professional Experience

2000 – present	Associate Professor , UPR-Medical Sciences Campus, School of Nursing <ul style="list-style-type: none">• Critical Care• Evidence-based Practice
2015 – present	Assistant Dean for Research , UPR-Medical Sciences Campus, School of Nursing
2013 – 2014	Interim Associate Dean for Academic Affairs , UPR-Medical Sciences Campus, School of Nursing
2000 – 2001	Emergency Department Clinical Nurse Specialist , University District Hospital, San Juan, PR <ul style="list-style-type: none">• Develop guides and clinical pathways for patient management• Interdisciplinary personnel education• Consultant

- 1995 – 2000 **Supervisor – Nursing Services**, Medicine Intensive Care Unit, University District Hospital, San Juan, PR
- Supervise nursing personnel
 - Interdisciplinary team development
 - Develop protocols and guides for patient management
- 1997 – 1998 **Instructor**, Advanced Professional Program, UPR-Medical Sciences Campus, School of Nursing
- Critical Care I Course Certification
- 1993 – 1995 **Nurse Leader**, Medicine Intensive Care Unit, University District Hospital, San Juan, PR
- Supervise nursing personnel
- 1990 – 1993 **Staff Nurse**, Medicine Intensive Care Unit, University District Hospital, San Juan, PR
- Provide direct patient care

Courses and Continuing Education

- 2017 Designing and Conducting a Mixed Methods Dissertation or Thesis Workshop, University of Michigan (July 13-14)
- 2017 7th Annual Meeting American Delirium, Nashville (June 4-6)
- 2017 24th Puerto Rico Critical Care Convention and COCECATI 2017, San Juan, PR
- 2016 23rd Puerto Rico Critical Care Convention, San Juan, PR
- 2016 45th Critical Care Congress (SCCM), Orlando FL
- 2015 3rd Central American and the Caribbean Intensive Therapy Congress, (COCECATI) San Salvador, El Salvador (June 22-26)
- 2015 The Fifth Annual Meeting of the American Delirium Society. Delirium: A Multidisciplinary Challenge. Baltimore, MD
- 2015 Fundamentals of Patient-Centered Comparative Effectiveness Research online course- University of Pittsburgh, Institute for Clinical Research
- 2015 22nd Puerto Rico Critical Care Convention, San Juan, PR
- 2015 Evidence-based Practice Mentor Immersion Program, The Ohio State University, College of Nursing, Columbus, Ohio. (March 9-13)
- 2015 44nd Critical Care Congress (SCCM), Phoenix, Arizona
- 2014 21st Puerto Rico Critical Care Convention, San Juan, PR
- 2013 20th Puerto Rico Critical Care Convention, San Juan, PR
- 2013 42nd Critical Care Congress (SCCM), San Juan, PR
- 2012 25th Annual Congress of The European Society of Intensive Care Medicine, Portugal
- 2012 19th Puerto Rico Critical Care Convention, San Juan, PR
- 2012 41st Critical Care Congress (SCCM), Houston, TX
- 2011 Introduction to Responsible Conduct of Research
- 2011 18th Puerto Rico Critical Care Convention, San Juan, PR
- 2010 23rd Annual Congress of The European Society of Intensive Care Medicine, Barcelona-Spain
- 2009 16th Puerto Rico Critical Care Convention, San Juan, PR
- 2008 15th Puerto Rico Critical Care Convention, San Juan, PR

2008	37 th Critical Care Congress- Honolulu, Hawaii
2007	36 th Critical Care Congress- Orlando, Florida
2006	19 th Annual Symposium on Advanced Wound Care & Medical, Research Forum on Wound Repair- San Antonio, Texas
2006	A Primer of Sleep Research Course- San Diego, California
2006	35 th Critical Care Congress- San Francisco, California
2005	19 th Annual Meeting APSS- Denver, Colorado
2004	National Teaching Institute & Critical Care Exposition, American Association of Critical Care Nurses, Orlando, Florida

Volunteer Experience

2002	Mission to health clinic, Danlí, Honduras
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Awards

2017	25 th RCMI Professional Development Awards (grant # G12 MD 007600)
2009	President's Dissertation Fellowship Award, University of California, San Francisco
2008	Excellence in Critical Care Award, Puerto Rico Society of Critical Care Medicine
1998	Adelaida Sanavitis Award, UPR-Medical Sciences Campus, School of Nursing
1998	Academic Excellence, UPR-Medical Sciences Campus, School of Nursing
1996-98	Honor List, Academic Excellence, UPR-Medical Sciences Campus, School of Nursing
1990	Practicum Leadership Medal, UPR-Medical Sciences Campus, School of Nursing

License and Certifications

- Professional Nurse License, Puerto Rico
- Emergency Nursing Certification, UPR-Medical Sciences Campus, School of Nursing
- Wound & Skin Nurse Specialist Certification, UPR-Medical Sciences Campus, School of Nursing
- Fundamentals of Critical Care Support (FCCS) Instructor and Director
- Pediatric Fundamentals of Critical Care Support (PFCCS) Instructor and Director
- Advance Cardiac Life Support (ACLS)

Professional Memberships

- Puerto Rico Professional Nursing College
- Puerto Rico Society of Critical, Intensive, and Coronary Care Medicine
 - 2010 – present Advisory board
 - 2001 – 2004 President
 - 2000 Vice-president
 - 1999 Vocal
- American Association of Critical Care Nurses
- Society of Critical Care Medicine
- American Delirium Society
- Mixed Methods International Research Association

Publications

Gerena, E., **Figueroa-Ramos, M.**, Arroyo-Novoa, C., González-Barreto, W., & Rodríguez-Vega, G. (2016). ABCDEF Bundle: Preliminary data from a private tertiary hospital in Puerto Rico. [Abstract]. *Critical Care Medicine*, 44(12), 392.

Figueroa-Ramos M.I. and Arroyo-Novoa C.M. (2015). Assessment and Management Practices of Pain, Agitation/Sedation, and Delirium in Adult Intensive Care Patients in San Juan, Puerto Rico. [Abstract]. *Puerto Rico Health Sciences Journal*, 34(Supp 1): 56.

Arroyo-Novoa C.M. and **Figueroa-Ramos M.I.** (2015). Occurrence of pain, agitation/sedation, and delirium in adult intensive care patients in San Juan, Puerto Rico [Abstract]. *Puerto Rico Health Sciences Journal*, 34(Supp 1): 37.

Figueroa-Ramos M.I., Arroyo-Novoa C.M., Padilla G., Rodríguez-Ortiz, Cooper, B.A., Puntillo, K.A. (2013). Feasibility of a sedation wake-up trial and spontaneous breathing trial in critically ill trauma patients: A secondary analysis. *Intensive and Critical Care Nursing*, 29(1): 20-27.

Arroyo-Novoa C.M., **Figueroa-Ramos M.I.**, Miaskowski C., Padilla G., Paul, S.M., Rodríguez-Ortiz, P., Stotts N., Puntillo K.A. (2011). The efficacy of small doses of ketamine with morphine to decrease procedural pain responses during open wound care. *Clinical Journal of Pain*, 27(7):561-566.

Figueroa-Ramos M.I., Arroyo-Novoa, C.M., Puntillo K.A. (2010). The effect of a sedation wake-up trial on the occurrence of delirium in critically ill trauma patients. [Abstract]. *Intensive Care Medicine*. 36(Supp 2):S221.

Arroyo-Novoa C.M., **Figueroa-Ramos M.I.**, Stotts N., Puntillo K.A. (2010). The effectiveness of small doses of ketamine with morphine on decreasing pain responses during open wound care. [Abstract]. *2010 Symposium on Advanced Wound Care and Wound Healing Society Meeting*. p. S15

Arroyo-Novoa C.M., **Figueroa-Ramos M.I.**, Miaskowski C., Padilla G., Stotts N., Puntillo K.A. (2009). Acute wound pain: gaining a better understanding. *Advances in Skin and Wound Care*, 22(8):373-80.

Figueroa-Ramos, M.I., Arroyo-Novoa, C.M., Lee, K.A., Padilla, G., & Puntillo, K.A. (2009). Sleep and delirium in ICU patients: A review of mechanisms and manifestations. *Intensive Care Medicine*, 35(5), 781-795

Arroyo-Novoa, C.M., **Figueroa-Ramos, M.I.**, Puntillo, K.A., Stanik-Hutt, J., Thompson, C.L., White, C., & Wild, L.R. (2008). Pain related to tracheal suctioning in awake acutely and critically ill adults: A descriptive study. *Intensive and Critical Care Nursing*, 24(1), 20-27.

Freytes, D., Arroyo-Novoa, C.M., **Figueroa-Ramos, M.I.**, Ruiz-Lebrón, R.B., Stotts, N.A., & Busquets, A. (2007). Skin disease in HIV positive persons living in Puerto Rico. *Advances in Skin & Wound Care*, 20(3), 149-156.

Figueroa-Ramos, M.I., Arroyo-Novoa, C.M., & Ruiz, R.B. (2004). Proyecto educativo de un estudio de caso: Resultados en un mes versus veinticinco años de tratamiento en el manejo de úlceras de estasis venosa. [Educative project of a case study: Results in one month versus twentieth years of treatment in the management of venous stasis ulcers]. [Abstract]. *XXIV Annual Forum: Research and Education*. UPR, MSC. p. 58.

Arroyo-Novoa, C.M. & **Figueroa-Ramos, M.I.** (1998). Aportación del Especialista Clínico en Enfermería en el Proyecto de Cuidado Interdisciplinario en Unidades de Cuidado Crítico. [Contribution of Clinical Nurse Specialist in the Interdisciplinary Care Project in Critical Care Units]. *Impulso*, 4(23) 4-7.

Research

2016 – present	Principal Investigator: Reliability and Validity of the Pediatric and PreSchool Confusion Assessment Method for the Intensive Care Unit-Spanish versions (pCAM-ICU and psCAMICU).
2016 – present	Principal Investigator: Occurrence of pain, agitation, and delirium in Critically-Ill Pediatric Patients.
2016- present	Co-Principal Investigator: Iatrogenic Withdrawal Syndrome in Adult Trauma Intensive Care Unit Patients.
2013 – 2014	Co-Principal Investigator: Occurrence and current practices of assessment, management, and prevention of pain, agitation, and delirium in intensive care unit [Project supported by Vice Presidency for Development and Technology - UPR (MFP-6251123)]
2008 – 2010	UCSF PhD Dissertation Research Project: The Effect of a Sedation Wake-up Trial and Spontaneous Breathing Trial on the Occurrence of Delirium and Perception of Sleep in Critically Ill Trauma Patients.
2008 – 2010	Co- Investigator: The Efficacy of Small Doses of Ketamine with Morphine on Decreasing Pain Responses during Open Wound Care.
2004	Co- Investigator: Skin Disease in HIV Positive Persons Living in Puerto Rico [Project was supported by NIH Research Grants P20 NR008359 (Holzemer, PI) and P20 NR008342 (Rivero, PI)]
1997	Master's Research Project: Knowledge level in pain management and postsurgical pain management strategies in patients with abdominal surgery

Conferences and Poster Presentations

3rd Central American and the Caribbean Intensive Therapy Congress, (COCECATI) San Salvador, El Salvador (June 22-26, 2015)

Topics: Delirium in ICU: Prevention, Identification, and Management, Top Ten Medical Errors in the ICU, and New Guidelines of Sedation for Critically-ill Patients

35th Annual Research and Education Forum, Medical Sciences Campus-UPR San Juan, Puerto Rico (March 25-26, 2015)

Poster: Assessment and Management Practices of Pain, Agitation/Sedation, and Delirium in Adult Intensive Care Patients in San Juan, Puerto Rico

20th Puerto Rico Critical Care Convention, Puerto Rico Convention Center (2013)

Audience: Nurses, Physicians, Respiratory Therapist, and Dietitians

Topic: Pain, Agitation, and Delirium: Guidelines 2013

18th Puerto Rico Critical Care Convention, Puerto Rico Convention Center (2011)

Audience: Nurses, Physicians, Respiratory Therapist, and Dietitians

Topic: Delirium in ICU: Prevention, Identification, and Management

23rd Annual Congress of The European Society of Intensive Care Medicine,
Barcelona-Spain (October 9-13, 2010)

Poster: The Effect of a Sedation Wake-up trial on the Occurrence of Delirium in Critically Ill Trauma Patients.

16th Puerto Rico Critical Care Convention, Puerto Rico Convention Center (2009)

Audience: Nurses, Physicians, Respiratory Therapist, and Dietitians

Topic: Protocol Driven Sedation Management

Medical Sciences Campus, UPR (Continuous Education and Professionals Studies Department)

Course: Critical Care Certification (2003)

Course: Emergency Care Certification (2000, 2001, 2002)

Universidad Autónoma de Santo Domingo (UASD), Dominican Republic (May, 2003)

Audience: Nurses

Topic: Different topics related to Critical Care