

Curriculum Vitae



SUMMARY

Paulo Alexandre Silva Ramos obtained his BSc in Nursing from Escola Superior de Enfermagem do Porto (2002) and the Msc in Wounds and Tissue Viability from Instituto de Ciências e Saúde do Porto - Universidade Católica Portuguesa (2013). In 2019 he got a Post-graduate certificate in Advanced Wound Care, Ostomy and Incontinence. Paulo has 10 years of nursing experience in a hospital (Centro Hospitalar Universitário de São João) and since 2011 is a nurse at Administração Regional de Saúde do Norte. Paulo is vice-president of the Portuguese Association for Wound Care (APTferidas) and council member of the European Wound Management Association. He is author of several publications in pressure ulcers and wound healing, and principal investigator in projects involving studies with patients in the same field. He also performs some teaching activity on Wounds and Tissue Viability course. His large experience and skills allowed him to integrate important committees such as the working group in pressure ulcers from APTferidas and the working group for the standard regulations in the prevention and treatment of pressure ulcers in pediatric, adult and elderly people, from the National Health Service, Direcção-Geral da Saúde (Portugal).

PERSONAL IDENTIFICATION

- Name: Paulo Alexandre Silva Ramos

CITATION NAMES

- Ramos, Paulo

AUTHOR IDENTIFIERS

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- Rua Marcelino Souto Maia, 170, 4480-370, Retorta, Vila do Conde, Portugal (Personal)

WEBSITE

- <https://www.aptferridas.com/geral/default.aspx> (Professional)

KNOWLEDGE FIELDS

- Health and Medical Sciences – Health Sciences - Nursing

LANGUAGES

Language	Speaking	Reading	Writing	Listening	Peer-review
Portuguese (mother language)					
English	Upper Intermediate (B2)	Advanced (C1)	Intermediate (B1)	Upper Intermediate (B2)	Intermediate (B1)

EDUCATION

Start date- End date	Degree/Institution	Classification
2021/09 – 2022/09	Nurse specialist in Community care and Public Health Escola Superior de Saúde Santa Maria	18
2018/09 - 2019/07	Post-graduate certificate in advanced wound care, ostomies and incontinence Universidade Católica Portuguesa Instituto de Ciências da Saúde, Portugal	18
2011/09 - 2013/02	MSc in wounds and tissue viability Universidade Católica Portuguesa Instituto de Ciências da Saúde Porto, Portugal <i>Thesis: "Prevalence of wounds in a central hospital of Porto district"</i>	18
1998/10 - 2002/07	BSc in Nursing Escola Superior de Enfermagem do Porto, Portugal	15

PROFESSIONAL EXPERIENCE

SCIENCE

Start date- End date	Category	Employer
2020/03 - until the present	Researcher	Universidade Católica Portuguesa Instituto de Ciências da Saúde Porto, Portugal

OTHER CARRERS

Start date- End date	Category	Employer
2018/02 - until the present	Nurse	Administração Regional de Saúde do Norte IP, Portugal
2011/06 - 2018/02	Nurse	Administração Regional de Saúde do Norte IP, Portugal
2008 - 2011	Nurse	Centro Hospitalar Universitário de São João, Portugal
2001 - 2008	Nurse	Centro Hospitalar Universitário de São João, Portugal – Neurosurgery service

POSITIONS/APPOINTMENTS

Start date- End date	Category	Employer
2020/05 - until the present	Council member	European Wound Management Association, Denmark
2017/02 - until the present	Vice- President	APTferidas - Associação Portuguesa de Tratamento de Feridas (Portuguese Association for Wound Care), Portugal

OTHERS

Start date- End date	Category	Employer
2022/11 - until the present	Invited Professor	Escola Superior de Enfermagem de Coimbra
2021/11 - until the present	Invited Professor	CESPU – Cooperativa de Ensino Superior Politécnico e Universitário
2021/10/10 - until the present	Member of the parish assembly	União de Freguesias Retorta e Tougues, Portugal
2017/03 - until the present	Professional formation	Bwizer, Portugal
2015 - until the present	Teaching	Administração Regional de Saúde do Norte IP, Portugal Departamento de educação permanente ARS Norte IP, Portugal
2008/01 - 2014/04	Comunicator Nurse	LCS - Linha de Cuidados de Saúde SA, Portugal

PROJECTS

Start date- End date	Title/Institution/Role/Framework
2019 - Atual	Characterization of the vascular state of hypertensive/smoking population of an USF USF Corino de Andrade Principal Investigator ACeS Grande Porto IV Póvoa de Varzim/Vila do Conde, Portugal
2018 - 2019	Characterization of people with pressure ulcers and of their clinicians belonging to ACeS Grande Porto IV Póvoa de Varzim/Vila do Conde ACeS Principal Investigator ACeS Grande Porto IV Póvoa de Varzim/Vila do Conde, Portugal

OUTPUTS

PUBLICATIONS

Type of publication	Designation Status/URL
Journal Article	<ol style="list-style-type: none">1. Marques, R.; Lopes, M.; Ramos, P.; Neves Amado, J.; Alves, P. Prognostic Factors for Delayed Healing of Complex Wounds in Adults: A Scoping Review Protocol. <i>Nurs. Rep.</i> 2022, 12, 904–911. https://doi.org/10.3390/nursrep120400872. Ramos P, Borges C, Azevedo I, Almeida P, Soares A, Alves P, et al. Burden of informal caregivers of patients with pressure ulcers in a primary care setting. https://doi.org/10.12968/jowc20223110864 [Internet]. 2022 Oct 14 [cited 2023 Jan 21];31(10):864–71. Available from: https://www.magonlineibrary.com/doi/10.12968/jowc.2022.31.10.8643. Ramos, Paulo; Sousa, Filomena; Alves, Paulo; Carneiro, Patrícia. "ÚLCERAS DE PRESSÃO ASSOCIADAS A DISPOSITIVOS MÉDICOS". <i>Revista Sinais - ISSN 1981-3988</i> (2017) 126: 44-53.

Working Paper

1. Vicente, Helena; Matos, Marisa; Gomes, Sylvie; Rocha, Ana; Carvalho, Sara; Ramos, Paulo; Alves, Paulo. Autor correspondente: Vicente, Helena. 2021. "(DES)COBRIR A FERIDA MALIGNA".

Published. <https://www.aptferidas.com/geral/paginas.aspx?cod=263>
2. Alves, Paulo; Teixeira, Abílio Cardoso; Albuquerque, Luísa; Borges, Cátia; Magalhães, Bruno; Mendes, Diana; Ramos, Paulo. Autor correspondente: Alves, Paulo. 2021. "O PAPEL DA NUTRIÇÃO NA PREVENÇÃO E TRATAMENTO DE FERIDAS".

Published. <https://www.aptferidas.com/geral/paginas.aspx?cod=264>
3. Ramos, Paulo; Moura, Anabela; Malta, Domingos; Sousa, Filomena; Peixoto, Fernanda; Nuno Muralha; Almeida, Ana; Alves, Paulo. Autor correspondente: Ramos, Paulo. 2021. "Tomada de decisão no desbridamento de feridas: UpDate 2021".

Published.
https://www.researchgate.net/publication/337636619_TOMADA_DE_DECISAO_FERIDA_INFETADA_-_UPDATE
4. Ramos, Paulo; Miranda, Liliana Sofia Grilo; Sousa, Filomena; Almeida, Armando. 2021. "ABORDAGEM À PESSOA COM LESÕES DE PELE ASSOCIADAS À HUMIDADE".

Published. <https://www.aptferidas.com/geral/paginas.aspx?cod=250>
5. Ramos, Paulo; Gonçalves, Viviana; Moura, Anabela; Vaz, André; Azevedo Ferreira, António; Malcato, Ester; Sousa, Filomena; et al. 2020. "Prevenção de Úlceras por pressão na Posição PRONa e em Doentes com ECMO e outros dispositivos médicos em contexto de Cuidados Intensivos (Medicina Intensiva – Doente Crítico)".

Published. <https://www.aptferidas.com/geral/paginas.aspx?cod=226>
6. Paulo Ramos; Anabela Moura; André Vaz; António Ferreira; Gustavo Afonso; Filomena Sousa; Ester Malcato; et al. 2020. "Prevenção de lesões cutâneas causadas pelos Equipamentos de Proteção Individual (Máscaras faciais, respiradores, viseiras e óculos de proteção) - PREPI".

Published. <https://www.aptferidas.com/geral/paginas.aspx?cod=224>

Manual

1. Paulo Ramos; Ana Almeida; Anabela Moura; Anibal Justiniano; Ester Malcato; Paulo Alves; Viviana Gonçalves. *Tomada de Decisão na Ferida Infetada – Update*. Porto, Portugal: APTFeridas. 2019. Published.
2. Paulo Ramos; Domingos Malta; Filomena Sousa; Nuno Muralha; Fernanda Peixoto; Ana Almeida; Paulo Alves. *Decisão clínica no desbridamento de feridas*. Porto, Portugal: APTFeridas. 2018.

Published.
https://www.researchgate.net/publication/329281655_Decisao_clinico_no_desbridamento_de_feridas

- Poster in Conference** 1. Paulo Ramos. "P 21 Caregivers overload of patients with pressure ulcers in a community care setting of Portugal". *21st Annual Meeting of the European Pressure ulcer Advisory Panel*, 2019.
- Report** 1. Alves, Paulo; Ramos, Paulo; Moura, Anabela; Vaz, André; Pinto, Mário; Afonso, Gustavo; Gonçalves, Viviana. 2021. *PELE: O "TEMPLO" QUE NOS IDENTIFICA E PROTEGE*.
- Chapter in book** 1. Paulo Ramos; Jorge Oliveira; Filomena Mota. "Tratamento de úlceras de pressão" In *Prevenção e Tratamento de Feridas - Da Evidência à Prática*. 2014.

ACTIVITIES

EVENT ORGANIZATION

Start date- End date	Even Name Event type (Role)	Institution / Organization
2012 - Atual	Annual Meetings from APTFeridas Conference (Member of scientific committee)	APTFeridas, Portugal

EVALUATION COMMITTEE

Start date- End date	Activity description	Institution/Organization
2017/11 - Atual	Reviewer of abstracts in the APTFeridas Conferences	APTFeridas, Portugal

COURSE/DISCIPLINE TAUGHT

Start date- End date	Discipline	Course (Type)	Institution/Organization
2017/03 - Atual	Wounds and tissue viability	Other	Several

ASSOCIATION MEMBER

Start date- End date	Association name	Type of participation
2011/09 - Atual	APT Feridas - Associação Portuguesa de Tratamento de Feridas	Administration Member: Working group for pressure ulcers

COMMITTEE MEMBER

Start date- End date	Activity description Role	Institution/Organization
2016 - 2017	Working group for the elaboration of the standard regulations for the prevention and treatment of pressure ulcers in pediatric, adult and elderly people Member	Direcção-Geral da Saúde, Portugal