

# *Alejandro Jose Herrera Ramos*

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Mobile Phone: + 1(432)-294-3978

Marital status: Married

DOB: 06 de October 1989

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## **-ACADEMIC FORMATION**

### **Post-Graduate Training**

#### **Texas Tech University Health Science center at the Permian Basin**

07/2021-to the present (expected year of graduation: 06/2024)

ACGME Residency in Internal Medicine

### **Medical Education**

#### **National Autonomous University of Honduras (UNAH)**

09/2007 - 04/2016

*Doctor on medicine and surgery*

M.D., Medical School Graduation Date 05/16/2016

### **Prior education**

#### **The Mayan School. Tegucigalpa, Honduras**

1989- 2007

*High School Diploma in Sciences and Arts*

### **Certification/Licensure**

ACLS Certified, 07/20/2024

ECFMG certified

### **State Licenses**

Physician in Training Texas

Medical board license Exp. Date 06/2024

### **Membership:**

American Heart Association (AHA)

American College of Cardiology (ACC)

Medical College of Honduras

### **Proficiencies**

Cerner

Native Spanish

## Work Experience

- **Texas Tech University Health Science center at the Permian Basin, Internal Medicine Department**  
Position: Internal Medicine Resident  
Dr.Sarah Kiani Program Director  
06/2021-Present
- **Centro medico Sanpedrano CEMESA, San Pedro Sula, Honduras**  
Position Attending Physician,  
01/2021 - 04/2021
- **Hope 4 Honduras, Tegucigalpa, Honduras**  
Position: Director of Hope clinics, Shelley Jones  
09/2016 - 12/2020
- **Public health secretary, metropolitan region, Tegucigalpa, Honduras**  
Position: Primary care physician, Dr. Harry Bock  
04/2015 - 04/2016
- **Hospital Escuela Universitario, Tegucigalpa, Honduras**  
Position: Medical Intern, Dr. Betty Avila  
11/2013-11/2014

## Specialty Electives and Focus prior to Medical Residency

- **CHI St Luke Baylor Medical Center, Houston, TX, United States of America**  
Externship, Michele Sartori MD  
07/2020 - 09/2020
- **Cardio Center, San Pedro Sula, Honduras**  
Position : Attending Physician  
02/2020-02/2020

Publications and research

### Peer Reviewed Journal Articles/Abstracts

Carmenate L , Herrera A , Ramos D, Lagos K, Lagos T & Somoza C. Situation of the Health System in Honduras and the New Proposed Health Model. Archives of Medicine. 2017, Jul; Volume 9(No. 4): 1-8. Pub Status: Published.

Siebenförcher M, Fritz F, Irarrázaval M, Benavides A, Dedik C, Fresán A, Herrera A, Martínez N, Molina C, Rivas F, Rivera G, Sandia I, Torales J, Trujillo N, Heinz A and Mundt A.. Psychiatric beds and prison populations in 17 Latin American countries between 1991 and 2017: rates, trends and an inverse relationship between the two indicators. Psychological Medicine, Cambridge University Press. 2020, Aug; Volume 51(Issue 11): 1-10. Cited in PubMed; PMID: 32772968. Pub Status: Published.

An impending downfall: Metastatic right atrial spindle cell sarcoma complicated with tumor thrombus  
March 2022  
JACC CardioOncology 4(1):S2-S3  
DOI:10.1016/j.jacc.2022.01.077

Management of a large intraluminal thrombus in an aneurysmal coronary segment with normal coronary flow  
November 2021 BMJ Case Reports 14(11) DOI: 10.1136/bcr-2021-245219

Diffuse Gastrointestinal Polyposis in Bannayan-Riley-Ruvalcaba Syndrome: A Rare Phenotype Among Phosphatase and Tensin Homolog Hamartoma Tumor Syndromes October 2021 Cureus 13(10) DOI: 10.7759/cureus.18543

Right Atrial Metastatic Spindle Cell Sarcoma in a 52-Year-Old Woman November 2021.

Conference: ACC Latin America 2021

At: <https://ovation-vaas.s3.amazonaws.com/2021/ACC-LATAM/abstracts/77.%20Erick%20Fernando%20Caballero%20Vasquez.pdf>

Cardiac Resynchronization Therapy in An Amyloid-Induced Heart Failure. October 2021

Conference: Ohio-ACC 2021 At: <https://virtual.oxfordabstracts.com/#/event/2293/submission/27>

Volume: JAAC 2021

Outcome of Telemedicine Compared With Traditional In-Person Follow-Up Visits in Patients With Acute Coronary Syndromes. Virtual Heart Study. November 2022

Conference: AHA Scientific session 2022

Originally published 30 Oct 2022 *Circulation*. 2022;146:A10049

Gender and Racial Disparities in Reported Cardiac Arrest Death in United States, 1999 to 2019. November 2022

Conference: AHA Scientific session 2022

Originally published 30 Oct 2022 *Circulation*. 2022;146:A9856

Demographics and Clinical Characteristics of Patients Presenting With Sinus Bradycardia After Bariatric Surgery. November 2022

Conference: AHA Scientific session 2022

Originally published: 30 Oct 2022 *Circulation*. 2022;146:A12861

Effects of Adjunct Ketamine Sedation in Critically Ill Patients with COVID-19 ARDS January 2023

Congress: Critical Care Congress (SCCM) 2023

Originally published: *Critical Care Medicine* 51(1):p 467, January 2023. | DOI: 10.1097/01.ccm.0000909524.60492.02

Sepsis Secondary to Streptococcus Pneumonia Treated with Intravenous Immunoglobulin Therapy. (ATS 2023)

Conference: American Thoracic Society International Conference 2023

Originally published: May 2023 [https://doi.org/10.1164/ajrccm-conference.2023.207.1\\_MeetingAbstracts.A5184](https://doi.org/10.1164/ajrccm-conference.2023.207.1_MeetingAbstracts.A5184)

Ischemic Cardiomyopathy Post COVID-19 in a Young Patient

Conference: American Thoracic Society International Conference 2023

Originally published: May 2023 [https://doi.org/10.1164/ajrccm-conference.2023.207.1\\_MeetingAbstracts.A5263](https://doi.org/10.1164/ajrccm-conference.2023.207.1_MeetingAbstracts.A5263)

#### **Peer Reviewed Journal Articles/Abstracts(Other than Published)**

Improving appropriate gastrointestinal prophylaxis in hospitalized medical patients on high doses of steroids at Medical Center Hospital in Odessa, TX ( Texas Tech Research day 2023)

Long Term Follow Up of Stenting of Left Coronary Arising from Opposite Sinus with Interarterial Course (submitted AHA 2023)

Heart failure with preserved and mildly reduced ejection fraction in east Cleveland OH : A cross-sectional analysis nested in a community cohort. (Submitted to AHA 2023)

Walking Through the Valley of the Shadow of Death November 2021 Conference: ACP Texas Chapter abstract competition 2021

The Secret Guest: JAK2-Negative Polycythemia Vera Self-Controlled by Bleeding of Colon Cancer Debuting as Iron Deficiency Anemia

November 2021 Conference: ACP Texas chapter abstract competition 2021

Artificial intelligence in echocardiography and cardiac POCUS during COVID-19 pandemic: A new paradigm. (Submitted for Current Cardiology Reviews)

Post- MI Pseudoaneurysm Complicated With Free Wall Rupture (ACP 2023)

Migration of a Contraceptive Sub-Dermal Device Into The Lung (SGIM 2023)

Infective Endocarditis Caused by *Neisseria elongata* on a Native mitral Valve. (Texas Tech Research day 2023 )

Hemodialyzer: The perils of hydroxocobalamin (submitted CHEST 2023)

Kickstart My Septic Heart (submitted CHEST 2023)

## Oral Presentation

Demographics and Clinical Characteristics of Patients Presenting With Sinus Bradycardia After Bariatric Surgery. November 2022  
Conference: AHA Scientific session 2022  
Originally published 30 Oct 2022 *Circulation*. 2022;146:A12861

ECMO CS trial  
Journal Club 02/06/2023

Alejandro Herrera, Dany Ramos. (August, 2016). *HIV prevalence according to conditions and factors associated risks in the private population of liberty, the prisons of Danlí and Choluteca, between December 2015 and March 2016. "The health care worker conditions and exposure perspective"* Oral Presentation presented at: FECACSO VIII Congress Central American and Caribbean international health occupational August 2016; Tegucigalpa, HND.

Demographics and Clinical Characteristics of Patients Presenting With Sinus Bradycardia After Bariatric Surgery. November 2022  
Conference: AHA Scientific session 2022  
Originally published 30 Oct 2022 *Circulation*. 2022;146:A12861

## Other Articles

Alejandro Herrera. (2020, August 22). when numbers and statistics became names of friends and family, *La Tribuna* No.19686 , Daily newspaper Honduras. *when numbers and statistics became names of friends and family*, Pub Status: Published.

Alejandro Herrera. (2020, April 01). Your dead will be many Honduras, but all will fall without a ventilator, *La Tribuna* No.19548 , Daily newspaper Honduras. Online version:  
<https://www.latribuna.hn/2020/04/01/seran-muchos-honduras-tus-muertos-pero-todos-caeran-sin-ventilador/#>. *Your dead will be many Honduras, but all will fall without a ventilator*, Pub Status: Published.

Alejandro Herrera. (2016, December 08). The health reform in Honduras, chronicle of a announced privatization, *La Tribuna* No.18355 , Daily newspaper Honduras. *The health reform in Honduras, chronicle of a announced privatization*, Pub Status: Published.

## Volunteer Experience and community service

- ACC's Young Scholars programs, Texas, USA

Ryan Meyer, MPP  
5/2023 - present

The Young Scholars program is an initiative of ACC's Academic Cardiology Member Section and local State Chapters that aims to provide promising young students (high school and college) with an introduction to the field of cardiology and strengthen the pipeline of talent for the future. Designed for students interested in a career in science, the Young Scholars program pairs participants with an ACC member mentor for a year of research and education about cardiology and cardiovascular disease. Mentor Responsibilities include to conduct a minimum of 5, 30–60-minute calls with your mentee, at least every quarterly and Committing to a minimum of one year of formal mentorship ending at ACC.

- "Por su Salud" (for your health), Texas, USA

08/2021 - present

"Por su Salud" (for your health) was a series of medical education directed to the local Hispanic population. Topics such as diabetes, hypertension, COVID-19 and screening test for malignancies were given to the local communities in Spanish alongside chronic disease preventive measures and COVID-19 education was given in both English and Spanish with the support of the local chamber of commerce. At the same time, a motivational talk was delivered to female high school students at the young women leadership in Midland, Texas to inspire girls to join the medical field.

- Give back series

Texas, USA 12/2021 – 03/2022

08/2021 - present

Consisted of medical education given in Spanish directed to Latin-American health providers in their respective countries via zoom. This was supported by an amazing team of critical care physicians and faculty members of TTUHSC. Topics such as sepsis management, use of vasopressors, ABGs interpretations, fundamentals of sedation in ICU, and the principle of mechanical ventilation were taught in these sessions. All of these efforts were possible by the support of our faculty including yourself and the passion of a former resident of TTUHSC IM

- 911 Honduras, Tegucigalpa, Honduras

04/2020 - 05/2020

During the pandemic of COVID-19, a special unit of volunteers was created to answer phone calls from patients who were referring symptoms of COVID 19 or need some assistant. I became part of this volunteering team to answer phone consultations once per week, where I took a brief medical history and provide the consulting patient with a treatment plan over the phone. Telemedicine is non a common practice in Honduras but the unit receives more the 100,000 calls per month. This has helped reduce the number of visits to the ER and hospitals preventing further propagation of the virus.

- One world surgery & Our little brothers NPH, Talanga, Honduras

01/2020 - 02/2020

One World Surgery is a non-profit U.S. organization that in partnership with Our Little Brothers, responded to an overwhelming need for quality surgical care in Honduras. The organization supports the Holy Family Surgical Center located in Talanga, Honduras. They arrange multiple medical brigades to provide medical and surgical treatment under American standards. I had the privilege to join the team for 2 months and as in other medical brigades I participated in, I assumed multiple duties. These duties included acting as; attending physician, surgical assistant, and Spanish medical interpreter. It was an honor to be a part of this amazing team. It allowed me to learn how to work outside our comfort zone. This particular brigade provided surgical intervention to hundreds of patients during those two months, allowing patients to have access to prosthesis, surgical implants and procedures that they would have never been able to afford.

- International Medical Relief, Montaña de la Flor, Honduras

12/2019 - 12/2019

International Medical Relief is a registered medical organization with NGO status, based in the United States. The mission brigade I volunteered with provided medical attention in several villages in Honduras. Some of these included, Santa Maria del Real, Guapote & Montana de la Flor, where health care is almost non-existent. Montana de la Flor is a very remote location of an indigenous population named Tolupanes. Most of this population lives in extreme poverty & suffers from malnutrition. I had the privilege to help provide medical care to this population alongside many other physicians, nurses & dentists. It was truly an honor to serve this particular indigenous population. It astonished me that even though we are living in the same country & in the same century, the gap between their reality & conditions with the general population is measurable. If the general population in poverty conditions are precarious, the living conditions of these indigenous people is even more so precarious.

- Global Health Outreach, Tegucigalpa, Honduras Surgeon

11/2019 - 11/2019

Global Health Outreach is a short-term international mission organization. The program I volunteered with was an orthopedic surgery mission team at Hospital Escuela and Hospital San Felipe. These are the two main teaching hospitals in Honduras. The team worked alongside and partnered with Honduran surgeons, surgical residents, anesthesiologists, operating room nurses and other hospital staff. The team offered training in surgical procedures that would allow Honduran medical staff to advance their skills and provide an increased level of care after

the team departed. Medical mission teams often provide advanced equipment such as the ones necessary for arthroscopic and laparoscopy procedures. The US physician in these brigades help, train the surgeons in appropriate use of this equipment and then leave the equipment to the hospitals.

- US navy Enduring promise mission USSN Comfort, Trujillos, Honduras

12/2018 - 12/2018

The USSN Comfort was an 11-week medical support mission trip to Central and South America as part of the United States Southern Command's Enduring Promise initiative. They work in partnership with health departments and governments in Ecuador, Peru, Columbia and Honduras. The medical team on the ship provides medical care on board and at land-based medical sites, helping to relieve pressure on the national medical systems. I stayed on board the USSN Comfort for 8 days to serve as an interpreter between the members of the medical team and patients. I was given the opportunity to also observe surgeries, procedures and medical rounds.

- Hope Rescue, Tegucigalpa, Honduras

Attending Physician & translator, Dr. Micah Tomlinson  
09/2017 - 09/2017

As the medical director of the two medical clinics of Hope for Honduras, I formed a medical team that hosted a 2- day medical brigade partnering with Hope Rescue from the United States. During the 2 day brigade, we were able to provide healthcare and supply needed medications to 496 Honduran people of all ages in the area.

- United nations UN, Siguatepeque, Honduras Participant and speaker, Antonio Pizzouto

06/2016 - 06/2016

The United Nations Development Program (UNDP) and the Ministry of Security held the "First Peace, Prevention and Reintegration Meeting". This meeting's purpose was to improve the workflow of all the networks and organizations linked to volunteering in the cities of multiple cities of Honduras. During this meeting I was representing a non-profit organization call say yes to life, I shared our experience and strategies to fight violence and poverty with a medical stand of view, to motivate our fellow members participating and at the same time learn from their experience and perspectives.

- Say yes to life, Tegucigalpa, Honduras

05/2015 - 12/2019

Medical care, training and delivery of lectures on different types of violence, drug abuse and sexual education to adolescent's population located in marginal and poor locations

## Other Awards/Accomplishments

Appointment as Coordinator of Doctors in Medical Social Service 2015-2016

Distinction in community service awarded by Texas Tech University Internal Medicine Department 2021-2022

Participant for the Texas Tech University President Advisory Board 2022

Member of the continuing medical education executive committee at Texas Tech University Health Science Center 2022

Member of ACC Internal Medicine Cardiology Program Hispanic/Latino cohort 2023