**Curriculum Vitae**

**Date:** March, 22 2022

**Name:** Sophia L. Ambruso

**Work Address:** 1700 North Wheeling Street, Renal Division G3 111c Aurora, CO 80045

***EMPLOYMENT***

**2018-present Nephrologist,** Rocky Mountain VA Medical Center

Director; Renal Clinic

Director; Inpatient Dialysis

Director, Resident and Medical Student Nephrology Education

1700 North Wheeling St.

Renal Division G3 111c

Aurora, CO 80045

***ACADEMIC APPOINTMENTS***

**2018-present Assistant Professor,** University of Colorado School of Medicine

Aurora, CO

Division of Hypertension and Renal Diseases

13001 E 17th Pl

Aurora, CO 80045

***EDUCATION***

# 1998-2002 Bachelor of Arts Biology, The Colorado College

# Colorado Springs, CO

# 2007-2011 Doctor of Osteopathy, Kansas City University of Medicine and Biosciences

# College of Osteopathic Medicine

Magna cum laude

Kansas City, MO

***POSTDOCTORAL TRAINING***

# 2011-2012 General Surgery Preliminary Internship

# Swedish Medical Center

Seattle, WA

# 2012-2015 Internal Medicine Residency

# University of Washington – Boise Internal Medicine Residency

# Boise, ID

# 2015-2016 Chief Resident Internal Medicine

# University of Washington – Boise Internal Medicine Residency

# Boise, ID

# 2016-2018 Nephrology Fellowship

# University of Colorado Denver - Division of Renal Diseases and Hypertension

# Denver, CO

**2020-2021 NSMC Internship**

Nephrology Social Media Collective

**2021-present** **Teaching Scholars Program**

In process (completion 2023)

***HONORS AND AWARDS***

**2021 5280 Top Doctors List**

Denver, CO

**2021 Winner: Innovations in Kidney Education Contest – ABC Kidney PhysioSim**

American Society of Nephrology

**2021 APS Select: Distinction in Scholarship in AJP Lung**

Ambruso et al. AJP Lung 2021

**2020 AJKD Editors Choice Award - co-author**

Griffin et al. AJKD 2020

**2020 Finalist: Innovations in Kidney Education contest – ABC Kidney**

American Society of Nephrology

**2017 Team Jeopardy Nephron Challenge Winners (with PedroTeixeira, Asad Shafiq & Adam Bregman)**

ASN Kidney Week

New Orleans, LA

**2012 House Officer of the Month**

University of Washington – Boise Internal Medicine Program

Boise, ID

**2011 American Medical Womens’ Association Glasgow Rubin Award**

**Women in top 10% of the class**

Kansas City University of Medicine and Biosciences

Kansas City, MO

**2011 Psi Sigma Alpha Honor Society**

**Top 15% of the class**

Kansas City University of Medicine and Biosciences

Kansas City, MO

**09-11 Lawrence W. Mills, Ph.D. Physicians’ Hall of Sponsors Scholarship**

Kansas City University of Medicine and Biosciences

Kansas City, MO

***PROFESSIONAL SOCIETY AND COMMITTEE SERVICES***

***EDITOR POSITIONS***

**2020-present Associate Editor of Visual and Social Media -** KI Reports Journal

In affiliation with International Society of Nephrology (ISN)

***PROFESSIONAL SOCIETIES***

**2020-present** International Society of Nephrology

**2017-present** American Society of Nephrology

**2014-present** American College of Physicians **–** Associate Member

***LOCAL***

**2017-present** Multidisciplinary Translational Research in AKI Collaborative

**2018-present** Renal Mass Workgroup Committee Representative

**2019-present** University of Colorado Internal Medicine Resident Selection Committee

**2019-2021** Life-Sustaining Treatment Decisions Initiative Advisory Committee

***NATIONAL***

**2020-present** Nephrology Social Media Collective(NSMC) Executive committee

**2020-present** Journal of Nephrology Visual Abstract Creation committee

**2020** Jointsupervisory role in Visual Abstract creation for Advances in Chronic Kidney Disease

upcoming issue

***LICENSURE AND CERTIFICATIONS***

**2018-present** Board Certified in Nephrology (ABIM)

**2015-present** Board Certified in Internal Medicine (ABIM)

**2015-present** Colorado Medical Board – Full Physician License

**2012-2015** Idaho Medical Board – Resident Physician License - expired

**2011-2012** Washington Medical Board – Resident Physician License - expired

***REVIEW AND REFEREE WORK***

**2019-present**: Ad-hoc reviewer for BMC Nephrology Journal

**2020-present:** Abstract reviewer ISN World Congress of Nephrology

**2020-present:** Ad-hoc reviewer for CJASN

***BIBLIOGRAPHY***

1. Rizzolo K, Beck N, **Ambruso SL**. Syndromes of pseudohyperaldosteronism. Clin J Am Soc Nephrol. 2022 Feb 8:CJN.14201021. doi: 10.2215/CJN.14201021. Epub ahead of print.

2. **Ambruso SL**, Teitelbaum I. Diabetes Secrets; Diabetic Kidney Disease. 1st ed. McDermott MT. Elsevier; 2021, pp.

3. **Ambruso SL**, Linas S. Hypernatremia and Hyperosmolar Disorders. Chapter In press

4. **Ambruso SL,** Chan CT. Home HD: Outcomes and patient selection. *ASN Dialysis Core Curriculum 2021*. Asn-online.org. 2021. Invited.

5.Tomacruz ID, Teodosiu C, **Ambruso SL**, Lim M. The Nephrology social media collective internship: cultivating leaders in the age of social media. *Kidney news*. 2021

6. **Ambruso SL**, Gil H, Fox B, Park B, Altmann C, Bagchi RA, Baker PR, Reisz JA, Faubel S. Lung metabolomics after ischemic acute kidney injury reveals increased oxidative stress, altered energy production, and ATP depletion. *Am J Physiol Lung Cell Mol Physiol.* 2021

7. **Ambruso SL**. Is it time to rethink the age-old practice of permissive hyperkalemia in renin-angiotensin-aldosterone inhibition? *Kidney Int Rep*. 2021; 6 (5): 1203-1204.

8. Hilburg R, Patel N, **Ambruso SL**, Biewald MA, Farouk SS. Medical Education During the COVID-19 Pandemic: Learning from a Distance. *Adv Chronic Kidney Dis.* 2020; 27 (5): 412-417.

9. Griffin BR, **Ambruso SL**, Jovanovich A, Bansal A, Linas S, Dylewski J. Continuous Renal replacement therapy dosing in the severely underweight: a case report. *Kidney Med*. 2019;1(4):217-220.

10. Teixeira JP, **Ambruso SL**, Griffin BR, Faubel S. Pulmonary Consequences of Acute Kidney Injury. *Semin. in Nephrol*. 2019; 39 (1): 3-16.

11. **Ambruso SL**, Teitelbaum I. Preventing Peritoneal Dialysis Drop-out. *Adv. Perit Dial.* 2018; 34: 19-23.

12. Griffiin BR, Thomson A, Yoder M, Francis I, **Ambruso SL**, Bregman A, Feller M, Johnson-Bortolotto S, Kind C, Bonnes, D, Dufficy L, Wu C, Bansal A, Tad-Y D, Faubel S, Jalal D. Continuous renal replacement therapy dosing in critically ill patients; a quality improvement initiative. *Am J Kidney Dis.* 2019 Dec;74(6):727-735.

13. Griffin BR, Teixeira JP, **Ambruso SL**, Wells M, Matter C, Bronsert M, Soohoo M, Reece TB, Pal JD, Cleveland JC, Fulleron DA, Gist KM, Jovanovich A, Faubel S, Muhammad A. Stage 1 acute kidney injury is independently associated with infection following cardiac surgery. *J Thorac Cardiovasc Surg*. 2019 Nov 25: S0022-5223 (19)33070-3.

14. Briggs KK, Steadman JR, Hay CJ, **Hines (Ambruso) SL**. Lysholm Score and Tegner Activity Level in individuals with normal knees. *Am Journal Sports Med.* May 2009; 37(5):898-901.

15. Steadman JR, Dragoo JL, **Hines (Ambruso) SL**, Briggs KK. Arthroscopic release for symptomatic scarring of the anterior interval of the knee. *Am J Sports Med.* Sep 2008; 36 (9):1763-9.

***EXTRAMURAL PRESENTATIONS***

1. **Ambruso SL**. Tips for success; developing your career at the digital & social media intersection. NSMC Internship class of 2021 graduation. Keynote speaker. 12/2021.

2. **Ambruso SL,** Chan CT. Home HD: Outcomes and patient selection. *ASN Dialysis Core Curriculum 2021*. Asn-online.org. 2021. Invited.

2. **Ambruso SL.** Literature update in CKD and ESRD. *47th Annual Course on Renal Disease & Electrolyte Disorders. Aspen*, CO; July 2021. Invited

3. **Ambruso SL,** Berl T**.** An interactive session on electrolyte disorders. *47th Annual Course on Renal Disease & Electrolyte Disorders. Aspen*, CO; July 2021. Invited

4. **Ambruso SL**. Scleroderma and your kidneys. *Scleroderma Patient Education Day*. Aurora, CO. October 2018. Invited.

5. **Ambruso SL**, Hagman M, Orchard D. Workshop: An Interactive, Team-Based Clinical Problem-Solving Competition with a High Value Care Twist. *Association of Program Directors in Internal Medicine (APDIM)*. Houston, TX; April 2015.

***EXTRAMURAL POSTERS***

1. Beck NM, Rizzolo KM, **Ambruso SL**. Not just licorice: Abiraterone and apparent mineralocorticoid excess. *ASN Kidney Week*. Virtual. October 2021.

2. **Ambruso SL**, Fox B, Gil H, Bagchi R, Baker P, Altmann C, Faubel S. Metabolomics in the lung after ischemic acute kidney injury reveals increased oxidative stress, altered energy production and energy depletion. *ASN Kidney Week*. Washington DC. November 2019

3. **Ambruso SL**, You Z, Griffin BR, Hiroyasu K, Holmen J, Srinivas T, Chonchol M, Faubel S, Jovanovich A. Acute Kidney Injury Followed by complete recovery is associated with increased bone fracture risk. *ASN Kidney Week*. San Diego, CA. 2018.

4. **Ambruso SL**, Griffin BR, You Z, Kendrick JB, Palevsky PM, Jovanovich A, Faubel S. Association of body mass index with outcomes in a critically ill population on renal replacement therapy. *ASN Kidney Week*. San Diego, CA 2018.

5. **Ambruso SL**, Griffin BR, You Z, Kendrick JB, Palaevsky PM, Jovanovich A, Faubel S. Effects of obesity on mortality in critically ill patients with acute kidney injury. *ASN Kidney Week*. San Diego, CA. 2018.

6. Griffin BR, Arruda N, Teitelbaum I, **Ambruso SL**, Teixeira JP, Gist KM, Jovanovich A, Faubel A. Pre-Filter CVVH results in longer filter life than CVVHD. *ASN Kidney Week*. San Diego, CA. 2018.

7. Griffin BR, Arruda N, **Ambruso SL**, Teixeira JP, Jovanovich A, Faubel S. Phosphorus and magnesium nadirs following continuous renal replacement therapy initiation are associated with mortality. *ASN Kidney Week*. San Diego, CA. 2018.

8. Griffin BR, **Ambruso SL**, Teixeira JP, Linas S, Dylewski J. Volumes of distribution of sodium and bicarbonate in a severely underweight female are better approximated by ideal body weight than actual body weight. *ASN Kidney Week*. San Diego, CA. 2018.

9. **Ambruso SL**. An atypical presentation of pregnancy associated thrombotic microangiopathy identified upon renal biopsy. *American College of Physicians*. McCall, ID; January 2015.

10. **Hines (Ambruso) SL**. Varicella zoster virus associated cerebral infected aneurysm in an immunocompromised patient. *Northwest Society of General Internal Medicine*. Seattle, WA; February 2014.

11. **Hines (Ambruso) SL**. Varicella zoster virus associated cerebral infected aneurysm in an immunocompromised patient. *American College of Physicians*. McCall, ID; January 2014.

12. **Hines (Ambruso) SL**. Acute Mesenteric Ischemia after cardioversion in a supratherapeutic patient. *Northwest Society of General Internal Medicine*. Portland, OR; February 2013.

13. **Hines (Ambruso) SL**. Acute Mesenteric Ischemia after cardioversion in a supratherapeutic patient. *American College of Physicians*. McCall, ID; January 2013.

***TEACHING RECORD***

***CONFERENCE SERIES AND CURRICULUM DEVELOPMENT, ETC***

**2021-present:** R2/R3 acid/base lecture - 2x annually Univ Colorado IM residents

**2021-present:** R1 acid/base lecture – 2x annually Univ Colorado IM residents

**2018-present:** MS1 Renal Physiology course: Instructor Univ Colorado Medical students

**2018-present:** Neph Noon Conf Series: Director/instructor Denver VAMC IM housestaff

**2018-2021:** Curriculum development: Neph for PCP lecture series Denver VAMC IM housestaff

**2019-present:** Clinical case conference:Co-director Univ Colorado Nephrology Fellows

**2020-present** Curriculum development: Diabetic Kidney Disease Univ Colorado Diabetes Fellow

**2018-present:** Fellows educational conference: Instructor Univ Colorado Nephrology Fellows

***INTRAMURAL PRESENTATIONS***

**Grand Rounds**

**09/21:** Updates in CKD and ESRD Univ of Colorado, Aurora

**04/21:** APOL1 Univ of Colorado, Aurora

**04/18:** pAVF Univ of Colorado, Aurora

**12/17:** Obesity Paradox in HD Univ of Colorado, Aurora

**10/16:** Frailty in Dialysis Univ of Colorado, Aurora

**Recurring lectures**

**2022-present Nephrology board review**

Monthly case-based board review with fellows

**2018-present** **Nephrology Noon Conference Series**

5 lectures per year – Topics include hypernatremia, AKI, proteinuria, hypercalcemia, hyperkalemia, hypokalemia, post-infectious glomerulonephritis

**2018-present** **Fellows Education Conference – annual lectures**

Renal artery stenosis

Emergent Hypertension

APOL1 Epidemiology, mechanisms and clinical significance

**2018-2021 Nephrology for the PCP**

5-6 lectures per year – Topics including Diabetic nephropathy, nephrolithiasis, resistant hypertension, primary hyperaldosteronism, imaging, proteinuria

**2018-present Renal Journal Club**

**05/2021:** CREDENCE Univ of Colorado, Denver Renal Journal Club

**02/18:** Metformin in Advanced CKD Univ of Colorado, Denver Renal Journal Club

**Other lectures**

**09/15:** Hypothyroidism Univ of Washington, Boise

**05/15:** COPD Univ of Washington, Boise Int Med JC

**02/15:** Complications the leukemias Univ of Washington, Boise

**12/14:** SOLVD and MERIT-HF trials Univ of Washington, Boise Int Med JC

**05/14:** MIRACL trial Univ of Washington, Boise Int Med Journal

**03/14:** Interpreting the Dipstick Univ of Washington, Boise NP residency

**10/13:** Rhabdomyolysis Univ of Washington, Boise

**10/12:** Hypoxemia Univ of Washington, Boise

***OTHER TEACHING EXPERIENCE***

**2020-present ABC Kidney PhysioSim – An online animated and interactive kidney physiology tutorial (abckidney.com)**

https://www.kidneynews.org/view/post/education-7/contest-spotlights-creative-tools-to-help-students.xml

**2021-present R1, R2 and R3 Acid-base twice annual lectures**

Instructor

**2021-present Academic CME – accredited serialized tweetorial feed from @ckd\_ce**

Faculty

“Mechanism of action and the impact of medications commonly used in patients with or at risk for DKD progression – mineralocorticoid receptor antagonists, GLP-1 agonists and DPP-4 inhibitors.”; <https://twitter.com/ckd_ce/status/1496099044501958658>

“optimizing interprofessional & multidisciplinary care & medical therapy for patients with Diabetic kidney disase” (ADD twitter link to tweetorial)

**2021-present Teaching Scholars Program – 18-month program**

-in process

**2021-present Freely Filtered Podcast – Contributor as ‘Filtrate’ discussant**

http://www.nephjc.com/freelyfiltered

Monthly podcast discussing topics from NephJC, an international twitter-based nephrology journal club

**2020-present Nephrology Social Media Collective (NSMC)**

Graphical Communications & Podcast faculty & Executive committee member

**2020-present Kidney Essentials Podcast co-founder and co-host**

Podcast covering nephrology topics for the non-nephrologist practitioner

Co-hosts: Sarah Young, MD and Judy Blaine, MD

KidneyEssentialspodcast.com

**2020-present University of Colorado School of Medicine**

CU Diabetes Fellowship Training Program

Faculty member

**2019-present Foundations of Doctoring preceptor**

Precept MS1 in clinic, provide guidance in interviewing, presentation, exam skills and medical judgement – 80 hours

**2019-2020 MS2 Primary Care preceptor**

During COVID-19 pandemic there was a shortage of primary care clinics and I was asked to host 3 MS2s provide access/experience to my renal continuity clinic.

**2018-present University of Colorado School of Medicine (annual recurrence)**

**MS1 Renal Pathophysiology Course**

6-day course of teaching renal physiology through problem-based learning.

**2018- present Denver VA Medical Center (VAMC)**

Inpatient attending – Inpatient supervision of Renal fellows 5 months/year

Inpatient attending - Inpatient supervision of housestaff 2 weeks/year

Continuity clinic - Weekly continuity clinic

Continuity Clinic – supervision of Renal fellows and residents; 36/100 clinics/yr.

Various Outpatient and Noon conferences given

Developed Nephrology Noon Conference series

Developed Nephrology for the PCP Curriculum.

**2018- present University of Colorado School of Medicine**

Assistant Professor

**2018 Scleroderma Patient Education Day**

Invitedspeaker: “Scleroderma and Your Kidneys”

**2018 University of Colorado, Denver**

**Residents as Teachers Course**

Facilitating Fourth year Medical Students; Preparation for residency – the art of “feedback” and chalk-talks.

**2018 University of Colorado, Denver**

**Residents and Fellows as Educators Elective Certificate**

Month-long curriculum aimed atdevelopment of teaching skills, engagement in medical education and promotion of excellence in medical education.

**02015** **Association of Program Directors in Internal Medicine National Conference, Houston, TX**

Co-developed and presented an innovative workshop titled: An Interactive, Team-Based Clinical Problem-Solving Competition with a High Value Care Twist.

**2015-2016** **University of Washington, Boise**

Chief Resident

***NON-TRADITIONAL SCHOLARSHIP***

**Visual abstract designer (add link) – twitter handle @Sophia\_kidney**

Handbook for Glomerular Nephritis: made visual abstracts for the ANCA/anti-GBM, LN and Amyloid sections (14 total) – in press

KI Reports: 10-12 visual abstracts per year kireports.org

Kidney News (pg. 27) https://www.asn-online.org/publications/kidneynews/archives/2021/KN\_2021\_03\_mar.pdf

Kidney Medicine

Journal of Nephrology

Clinical Transplantation

Seminars in Nephrology:

2021-2022: designed 3 visual abstracts for the Onconephrology edition

2020: supervised designers and created two visual abstracts for the --Nephrology and Social Media edition

NephMadness (AJKDblog.org): annual visual abstract design (2-3 visual abstracts per year) for the nephrology educational initiative modeled after March Madness in college basketball.

**Educational infographics**

**NephJC -** An international nephrology journal club that uses Twitter to discuss the research, guidelines, and editorials that drive nephrology

**Commentaries** – Journal summary

**08/2020** “Albuminuria = Proteinuria, Sorta”

http://www.nephjc.com/news/acrpcr?rq=ambruso

Sumida K et al. Ann Intern Med. 2020

**09/2020** Can drug coating pop the balloon of dysfunctional dialysis access?

<http://www.nephjc.com/news/drugcoatedballoon?rq=ambruso>

Lookstein RA et al. NEJM 2020

**Freely Filtered Podcast** – discusses recent NephJC journal clubs.

**03/2022** NephMadness Animal House

**02/2022** Nephrin antibodies cause

http://www.nephjc.com/freelyfiltered

**11/2021** The first annual ASN #kidneyWk draft

<http://www.nephjc.com/freelyfiltered/2021/kidneywk?rq=ambruso>

**07/2021** The first guideline draft: KDIGO hypertension guidelines

<http://www.nephjc.com/freelyfiltered/2021/kdigo-htn-draft?rq=ambruso>

**06/2021** AKIKI-2, How soon is now?

<http://www.nephjc.com/freelyfiltered/2021/akiki-2?rq=ambruso>

**05/2021** Terlipressin for hepatorenal syndrome

<http://www.nephjc.com/freelyfiltered/2021/confirm-terlipressin?rq=ambruso>

**11/2020** Interventional nephrology meet NephJC, NephJC meet interventional nephrology

http://www.nephjc.com/freelyfiltered/2020/11/6-balloons-paclitaxil?rq=ambruso

**Infographics**

***MENTORSHIP***

**Fellows**

**2019-present** Arian Gower, DO, Kristen Lile, DO

**2020-present** Ruth Campbell, DO

**2021-present** Nervick Roy, DO

**Residents**

**2019-present** Amy Li, MD

**2020-present** Eva Stein, MD, Tyler Harris, MD

**2021-present** Nathan Rocky, MD, Jacob Hershey, MD

**Medical students**

**2019-present** Spencer Evans, Andrea Chau

Adriana (Sofi) Hall (Foundations of Doctoring)

Alexander Zang (Foundations of Doctoring)

***OTHER LEADERSHIP POSITIONS & ACCOLADES***

**01/01 First National All Independent Team- Division I Women’s Soccer**

The Colorado College

Colorado springs, CO

**01/00-05/02** **Team Captain – Division I Women’s Soccer**

The Colorado College

Colorado Springs, CO

**08/98-06/02** **Athletic Scholarship – Division I Women’s Soccer**

The Colorado College

Colorado Springs, CO

***PREVIOUS WORK EXPERIENCE***

**08/06-08/07 Steadman Philippon Research Institute**

Hip Arthroscopy Clinical Research Fellow

Vail, CO

**08/05-08/06 Steadman Clinic**

Surgical Coordinator for Marc J. Philippon, MD

Vail, CO

**08/04-08/05 Steadman Philippon Research Institute**

Clinical Research Intern

Vail, CO

**08/03-08/04 The Colorado College - Division I Women’s Soccer**

Assistant Soccer Coach

Colorado Springs, CO

**08/02-07/03** **The Asgard Pub and Restaurant**

Bartender and Waitress

Cambridge, MA

***COMMUNITY INVOLVEMENT***

**08/12-05/15 Terry Reilly Internal Medicine Consult Service**

Volunteer Internal Medicine service in an underserved community based clinic.

Boise, ID

**08/07-05/09** **Score 1 for Health**

Performed health screenings for urban-core elementary school children.

Kansas City, MO

**09/2008** **Whatsoever Community Center**

After school mentoring for underprivileged and mentally challenged children.

Kansas City, MO

**05/08 Newhouse Womens’ Shelter**

Participated in a children’s carnival at a women’s shelter for domestic violence.

Kansas City, MO

***PRE-PROFESSIONAL CAREER ABSTRACTS & PRESENTATIONS***

***ABSTRACTS***

1. Philippon MJ, Briggs KK, **Hines (Ambruso) SL**, Kuppersmith DA**.** Early results of labral repair*. Arthroscopy: The Journal of Arthroscopic and Related Surgery*. June 2007; 23(6).

2. Philippon MJ, Briggs KK, Kuppersmith D, **Hines (Ambruso) SL**, Maxwell RB. Outcomes following hip arthroscopy with microfracture. *Journal of Arthroscopic and Related Surgery*. June 2007; 23(6):11

***PRESENTATIONS***

1. Philippon MJ, Briggs KK, **Hines (Ambruso) SL**, Kuppersmith DA. Correlation of a functional exam to patient function and activity following hip arthroscopy(Poster). Annual meeting of the Arthroscopy Association of North America. Washington, DC; May 2008.

2. Philippon MJ, Briggs KK, **Hines (Ambruso) SL**, Kuppersmith DA. Correlation of a functional exam to patient function and activity following hip arthroscopy (Poster). Biennial meeting of the European Society for Sports Traumatology and Knee Arthroscopy. Porto, Portugal; May 2008.

3. Briggs KK, **Hines (Ambruso) SL**, Steadman JR. Lysholm score and tegner activity level in normal knees (Poster). European Society of Sports traumatology Knee surgery and Arthroscopy. Innsbruck, Austria; April 2006.

4. Briggs KK, **Hines (Ambruso) SL**, Steadman JR. Patient knee function and activity level 5 year post-arthroscopy compared to normal values (Poster). European Society of sports traumatology Knee surgery and Arthroscopy. Innsbruck, Austria; April 2006.