

CURRICULUM VITAE

Cecilia Renee Bennis, DNP, FNP-C
Assistant Professor, Loretto Heights School of Nursing
Rueckert-Hartman College for Health Professionals
Regis University
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Contact Information

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Education

Doctor of Nursing Practice (DNP)	2017
Helen and Arthur E. Johnson Beth-El College of Nursing	
University of Colorado	
Colorado Springs, Colorado	
Doctorate Capstone: Compassion Fatigue in New Graduate Pediatric Nurses: Evaluation of a Caritas-HeartMath Intervention	
(Dr. Lynne Bryant, PhD, Advisor)	
 Bachelor of Science in Nursing	 2013
Colorado Mesa University	
Grand Junction, Colorado	

Licensure and Certification

APN – 0993271-NP, State of Colorado, Active
RXN - 0102756, State of Colorado, Active
DEA Licensure – U.S. Department of Justice, Drug Enforcement Administration, Active
FNP-C – F07170868, American Academy of Nurse Practitioners, Active
RN - 1625444, State of Colorado, Active
BLS, American Heart Association, Active
NIMS Certified

NIH Protecting Human Research Participants Certified
CPN, PNCB, Inactive
PALS, American Heart Association, Inactive
CNA, State of Colorado, Inactive

Employment History

Assistant Professor 2021 to Present

Loretto Height School of Nursing, Rueckert-Hartman College for Health Professions
Regis University
Denver, Colorado

Responsibilities include participation in Nursing Faculty Organization, LHSON FNP Workgroup, and Student Affairs Committee. Teaching responsibilities include lecturing pre-licensure and post-licensure courses with a focus on Family Nurse Practitioner graduate students.

Nurse Practitioner 2018 to Present

TRU Community Hospice & Palliative Care
Lafayette, Colorado

Responsibilities include direct patient care in the setting of Palliative and Hospice care including in-patient unit rounding at Longmont United Hospital on behalf of TRU Care Center, home and facility visits, Face to Face visits for Hospice certification and recertification, routine and acute symptom visits. Pharmaceutical and Non-pharmaceutical symptom management, Goals of Care conversations and assistance, assessment of functional status, and collaboration with interdisciplinary teams on patient plan of care. Patient and Family education, support as on-call Provider, and Medicare/Medicaid Compliance.

Palliative & Hospice Consultant 2018 to 2021

Boulder Community Hospital
Boulder, Colorado

Responsibilities included consultation on symptom management needs of Palliative & Hospice patients as a Community Partner, review of Palliative and Hospice appropriateness in patient population, collaboration with interdisciplinary teams on patient plan of care, Goals of Care conversations and assistance, assessment of functional status, patient and family education, and referrals and follow up in the community.

Nurse Practitioner

2017 to 2018

Pikes Peak Hospice & Palliative Care
Colorado Springs, Colorado

Responsibilities included direct patient care in the setting of Palliative and Hospice care including in-patient unit rounding at Memorial Hospital on behalf of Pikes Peak Care Center, home and facility visits, Face to Face visits for Hospice certification and recertification, routine and acute symptom visits. Pharmaceutical and Non-pharmaceutical symptom management, Goals of Care conversations and assistance, assessment of functional status, and collaboration with interdisciplinary teams on patient plan of care. Patient and Family education, support as on-call Provider, and Medicare/Medicaid Compliance.

Nurse Practitioner/Lead Primary Care Provider

2017 to 2018

Lookout Mountain Youth Services Center
Golden, Colorado

Responsibilities included meeting the acute and chronic medical needs of 148 patients, patient and staff education, direct supervision of 2 Nurse Practitioners and 1 RN, and management of team building and direction. Focused on development and implementation of new Quality Improvement initiatives and Evidence Based Practice projects which improved patient safety and decreased medication errors by over 50%, as well as monitoring adherence to state and facility standards, policy, and procedure.

Policy & Procedure Compliance Specialist

2016 to 2017

Children's Hospital Colorado
Aurora, Colorado

Responsibilities included policy and standing order creation and revision. Policy and standing order compliance audits, assessment, and assistance. Policy and procedure implementation, education, and publication. Ownership of Joint Commission Provision of Care Standards. Collaboration with Division of Nursing Leadership, Accreditation Readiness, Risk Management, Patient Safety, and Nursing Informatics for all areas of regulatory standards. Clinical Policy & Procedure Committee co-chair. Standing Order Committee Chair. Medication Safety Committee Member.

Pediatric Registered Nurse

2012 to 2016

Children's Hospital Colorado
Aurora, Colorado

Responsibilities included direct patient care on general medical & pulmonary floors. Creation of patient and family care plans to drive measurable outcomes. Patient and family education.

Scholarly Activities

Presentations

Benns, C., Vali, H., Hicks, L, Saiki, R., & Duggan, C. (2024, July 17-21). Palliative Care: An Educational Intervention in Nurse Practitioner Students [Poster presentation]. *National Nurse Practitioner Symposium*. Keystone, CO.

Benns, C., Medina, R., Papachrisanthou, M., & Rudner, N. (2024, July 17-21). Okay - I Got my Master's, Now What? [Podium presentation]. *National Nurse Practitioner Symposium*. Keystone, CO.

Benns, C. (2024, July 17-21). Palliative Care to Hospice: What's the Difference and When to Refer? [Podium presentation]. *National Nurse Practitioner Symposium*. Keystone, CO.

Vali, H., Hicks L, Saiki, R., **Benns, C.,** & Duggan. C. (2023, July 20-24). Leveraging professionalism in nurse practitioner students: A performance assessment tool [Poster presentation]. *National Nurse Practitioner Symposium*. Keystone, CO.

Vali, H., Hicks L, Saiki, R., **Benns, C.,** & Duggan. C. (2023, March 16). Leveraging professionalism in nurse practitioner students: A performance assessment tool [Poster presentation]. Rueckert-Hartman College for Health Professions Research Symposium. Denver, CO.

Benns, C. *Compassion Fatigue in New Graduate Pediatric Nurses: Evaluation of a Caritas-HeartMath Intervention*. Helene Fuld Health Trust National Institute for Evidence-Based Practice in Nursing and Healthcare Inaugural Summit, The Ohio State University: Columbus, Ohio; August, 2017. (Podium presentation.)

Benns, C. *Compassion Fatigue in New Graduate Pediatric Nurses: Evaluation of a Caritas-HeartMath Intervention*. Third Annual Nursing Evidence Based Practice Conference, Wichita State University: Wichita, Kansas; April, 2017. (Podium presentation.)

Benns, C. *DNP Capstone preliminary findings: Compassion Fatigue in New Graduate Pediatric Nurses: Evaluation of a Caritas-HeartMath Intervention*. Winter Research Poster Symposium, Children's Hospital Colorado: Aurora, Colorado; December, 2016. (Poster presentation.)

Media Interviews

Hadden, A. (Host). (2021, June 27). No time to waste (No. 36). [Audio podcast episode]. *Palliative care nurse Cecilia Benns; My ride or die*. <https://podcasts.apple.com/us/podcast/36-palliative-care-nurse-cecilia-benns-my-ride-or-die/id1534681507?i=1000527046771>

Current Research Activities

Benns, C. Physician Assistant Students as Agents of Change through Service-Learning Opportunities. *Jesuit Higher Education: A Journal*. June, 2024. [Peer review].

Benns, C. *Nurse Educators Conference of the Rockies*. Breckenridge, Colorado; February, 2024. [Peer review].

Benns, C., Vali, H., Hicks L, Saiki, R., & Duggan. C. (2024 to Present). *Palliative Versus Hospice Care: An educational Intervention in Nurse Practitioner Students*. Role: Principle Investigator.

Craig Hospital. *Board for Privacy in Research*. (2023 to Present). Role: Board member.

Vali, H., Hicks L, Saiki, R., **Benns, C.,** & Duggan. C. (2023 to Present). *Leveraging professionalism in nurse practitioner students: A performance assessment tool*.

Benns, C., Griffin, C., Mogensen, D., and Sekol, M. *Compassion Fatigue in New Graduate Pediatric Nurses: Reevaluation of a Caritas-HeartMath Intervention*. (2017 to 2022). Role: Principle Investigator.

Professional, Scientific, Honorary Associations or Societies Membership

American Academy of Nurse Practitioners, Member
Sigma Theta Tau International Nursing association, Member
American Nurses Association, Member
Colorado Nurses Association, Member

Service

Service to the Loretto Heights School of Nursing

Student Affairs Committee (2021 to 2022), Member and Faculty Liaison to Graduate Student Governance

QAEC (2022 to Present), Co-Secretary (2022 – 2023), Co-Chair (2023 – Present)

LHSON FNP Workgroup (2021 to Present), Member

College Assessment Committee (2022 to Present), Member

Preceptor to Regis FNP Student at TRU Community Care for clinical rotations (2021 to Present)

Service to the Community

Nurse Outreach Trip to Nicaragua, Organizer, Fundraising, Volunteer Care Provider, Grand Junction, CO/Managua, Estele, Jalapa, Nicaragua

St. Vincent De Paul Society, Montrose, Grand Junction, Denver, CO

Volunteer Toys for Tots, Montrose, Grand Junction, Denver, CO, Volunteer

Volunteer Denver Rescue Mission

Volunteer Food Bank of the Rockies- Mobile Pantry

Teaching Responsibilities

NR 607, Advanced Pharmacology for Advanced Practice	Fall 2021
NR 661, Primary Care Across the Lifespan II	Fall 2021
NR 660, Primary Care Across the Lifespan I, Rural Track	Fall 2021
NR 662, Primary Care Across the Lifespan III	Spring 2022
NR 661, Primary Care Across the Lifespan II, Rural Track	Spring 2022
NR 660, Primary Care Across the Lifespan I	Summer 2022
NR 715, Application to Clinical Practice Hours	Summer 2022
NR 414, Health Assessment Across the Lifespan	Summer 2022
NR 661, Primary Care Across the Lifespan II	Fall 2022

NR 662, Primary Care Across the Lifespan III	Spring 2023
NR 708, Health Policy Analysis and Development	Spring 2023
NR 660, Primary Care Across the Lifespan I	Summer 2023
NR 600, Theoretical Frameworks and Leadership	Summer 2023
NR 661, Primary Care Across the Lifespan II	Fall 2023
NR 600, Theoretical Frameworks and Leadership	Fall 2023
NR 662, Primary Care Across the Lifespan III	Spring 2024
NR 708, Health Policy Analysis and Development	Spring 2024
NR 660, Primary Care Across the Lifespan I	Summer 2024
NR 600, Theoretical Frameworks and Leadership	Summer 2024