

Julie Benz, RN, DNP, MS, CNS-BC, CCRN
Cardiovascular Clinical Nurse Specialist
St. Anthony Hospital
11600 W. 2nd Place
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Contact Information

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Education

DNP, Doctorate of Nursing Practice, Regis University 3333 Regis Blvd. Denver CO 80221, May 2012. Capstone: Rural Heart Attack Care. Capstone Chair: Patricia Mullen RN PhD.

MS, Critical Care Nursing, Rush University 600 Paulina St. Chicago IL 60612, 1978.

Thesis: Communication with temporarily aphonic patients.

BSN, University of Illinois Medical Center 1740 W. Taylor St. Chicago IL 60612, 1976.

Undergraduate nursing.

Graduate Nurse, Michael Reese Hospital School of Nursing 2929 S. Ellis Ave. Chicago IL 60616, 1974.

Licensure and Certification

Registered Nurse (RN). State of Colorado, Department of Regulatory Agencies. 10/1/2011-9/30/2013. Number 64387. Since 1979.

Clinical Nurse Specialist (CNS). State of Colorado, Department of Regulatory Agencies. 10/1/2011- 9/30/2013. Number 575.

Registered Nurse (RN). State of Illinois. 7/1974-12/1980.

Board Certification Clinical Nurse Specialist- American Nurse Certification Corporation, May 28, 2010 to present, active.

Six Sigma Green Belt, 2006, active.

Fundamental of Critical Care Support, Society of Critical Care Medicine. 2006 to present, active.

Certified Critical Care Registered Nurse, American Association of Critical Care Nurses, 1993-present, active.

Advanced Cardiac Life Support Provider, American Heart Association, 1993- present, active.

Basic Life Support, American Heart Association, 1993-present, active.

Employment History

August 2013 to present	Appointment by Governor Hickenlooper to the Colorado STEMI Task Force for three year term, as only nurse appointee.
2013 to present 1/2005 to present	Regis University-Promotion to Assistant Clinical Professor. Cardiovascular Clinical Nurse Specialist, St Anthony Hospital, Denver, CO. 2005- present- STEMI/Acute Coronary Syndrome Team Leader: Responsibilities include patient program development, quality improvement programs, metrics, team development and evidenced based practice enhancement for cardiac patients pre-hospital to discharge. In 2013: Chest Pain Center Coordinator for Chest Pain Center Accreditation and Mission Life Line Receiving Center Accreditation leader. 2007 to present- Leads The Joint Commission Disease Specific Certification in Acute Coronary Syndrome. 2006 to present-Resuscitation Products: Responsibilities include development, quality improvement and team development for Resuscitation (Code Blue) and Rapid Response Teams. Staff development in CCRN preparation (2006-2010) and advanced cardiology issues. Offerings in 12 Lead EKG workshops, New Graduate Course and Nursing Grand Rounds. Consultation throughout Centura Health in Cardiac, Resuscitation and rural patient care issues. Presents process improvement metrics and data programs regionally and nationally.
10/2007 to present	Joint Appointment Faculty, Regis University, Denver Colorado Responsible for NR 464, Accelerated Nursing includes didactic and oversight of clinical experience for two five week sessions/year.
2004-2007	Adjunct Faculty, Regis University, Denver Colorado Responsible for NR 476, Accelerated Nursing includes didactic and oversight of clinical experience for two five week sessions/year.
2004	Cardiovascular Clinical Nurse Specialist, Longmont United Hospital, Longmont, Colorado. Responsible for Critical Care Cardiology and Cardiovascular Surgery patient care standards
1998- 2003	Clinical Nurse Specialist: Critical Care and Telemetry The Medical Center of Aurora, Aurora Colorado Responsible for quality improvement, metrics, staff development and process development for five Critical Care Units and two telemetry units, and new hire orientation. For HealthOne Denver Hospitals: 12 week critical care orientation course, four week telemetry course, and six week basic EKG Rhythm courses.
1989- 2003	Staff Nurse: The Medical Center of Aurora, 36 beds Trauma, Level II, cardiac surgery and general ICU. 2 12-hour shifts/month.

- 1992-1997 Clinical Nurse Specialist: Critical Care, Telemetry and Surgical Intermediate Care Unit Lutheran Medical Center, Wheat Ridge Colorado Responsible for process improvement, education and practice strategies in two-12 bed Intensive Care Units.
- 1988-1992 Clinical Nurse Specialist: Critical Care, Telemetry Porter Memorial Hospital, Denver Colorado Responsible for process improvement, education in three units.
- 1983-1988 Assistant Director of Nursing: Critical Care Services Denver General Hospital, Denver Colorado Responsible for financial stability, management, staffing, competencies and practice standards for Surgical-Trauma Intensive Care, Neuro Intensive Care, Medical Intensive Care, Coronary Care, Surgical Step Down and Rehabilitation Units. Supervision of 175 employees.
- 1980-1983 Instructor, Presbyterian St. Lukes Medical Center, School of Nursing Senior Critical Care and Leadership Courses, Denver Colorado
- 1980-1989 Staff Nurse ICU: Presbyterian St. Lukes Medical Center. Intensive Care Unit weekend staff position: two 8 hour shifts/month.
- 1978-1980 Unit Leader: Rush Medical Center, Chicago Illinois Nurse Manager for respiratory and post ventilator patients in medical surgical setting. Guest lecture responsibility.
- 1974-1978 Staff Nurse Medical ICU, Northwestern Memorial Hospital, Chicago Illinois Staff nurse duties in 60 bed cardiac and respiratory care unit.

Honors and Awards

Individual Recognitions

- April 2012 Sigma Theta Tau International Scholarship for Academic Excellence in Doctoral Study
- November 2011 American Association of Critical Care Nurses Scholarship for Practicing Nurses Post Graduate Study
- December 2007 Award of Excellence in Innovation, Institute of Health Care Improvement International Conference, Poster session: "Safely Compressing Time for STEMI Care", Orlando FL.
- 2005 Colorado Nightingale Nomination
- 1999 Colorado Nightingale Nomination

Leadership of Clinical Teams Recognitions

- Spring 2014 Mission Life Line Award, Gold Recognition; American Heart Association. For ST Elevation Myocardial Infarction care exceeding the national benchmarks for four consecutive quarters.

March 2013	Completed Accreditation as Chest Pain Center- St. Anthony Hospital, Society of Cardiovascular Patient Care, 2013-2015.
March 2013	Completed Accreditation as STEMI Receiving Center- St. Anthony Hospital, American Heart Association, 2013-2015.
Spring 2013	Mission Life Line Award, Gold Recognition; American Heart Association. For ST Elevation Myocardial Infarction care exceeding the national benchmarks for four consecutive quarters.
Winter 2012	Completed application for Society of Cardiovascular Patient Care for Chest Pain Center designation.
Fall 2012	Mission Life Line Award, Gold Recognition; American Heart Association. For ST Elevation Myocardial Infarction care exceeding the national benchmarks for four consecutive quarters.
Spring 2012	Platinum Status, American College of Cardiology. For more than four quarters of care for Acute Myocardial Infarctions exceeding the national benchmarks.
Fall 2011	The Joint Commission Disease Specific Certification- Acute Coronary Syndrome- recertification
Fall 2009	The Joint Commission Disease Specific Certification- Acute Myocardial Infarction- recertification
Fall 2008 to present	Get with the Guidelines, Gold Recognition: American Heart Association For Acute Myocardial Infarction Care exceeding the national benchmarks for four consecutive quarters.
Spring 2008 to present	Disease Specific Accreditation for Acute Myocardial Infarction Care; The Joint Commission. For outstanding care for Acute Myocardial Infarction and Acute Coronary Syndromes.
Fall 2007	Rutgers's "Top 100 Hospital" for Acute Myocardial Infarction Care.
Fall 2007	The Joint Commission Disease Specific Certification- Acute Myocardial Infarction

Publications

- Benz J.** (2015). "Cardiology Issues" in *PeriAnesthesia Nursing Core Curriculum*, Schick L. & Windle P (Eds) (3rd Ed). Philadelphia: JB Lippincott.
- Hudak C, Gallo R, & **Benz J** (1994). "Heart Failure", "Acute Myocardial Infarction", "Anatomy and Physiology of the Respiratory System", "Assessment: Respiratory System", "Pharmacologic agents", "Common Pulmonary Disorders", and "Adult Respiratory Distress Syndrome", *Critical Care Nursing: A Holistic Approach*, (6th Ed). Philadelphia: JB Lippincott
- Hudak C, Gallo R, & **Benz J** (1986). "Heart Failure", "Acute Myocardial Infarction", "Disseminated Intravascular Coagulation Syndrome", and "Assessment: Respiratory System". *Critical Care Nursing: A Holistic Approach*, (5th Ed). Philadelphia: JB Lippincott
- Benz J**, "Acute Myocardial Infarction" in *Critical Care Nursing: A Holistic Approach*, ed., Hudak C, Gallo R, & Lohr, R (4th Ed.). (Philadelphia: JB Lippincott, 1982).

Presentations

Refereed Presentations

- Benz, J.** (2012, November). *Rural Heart Attack Health Care*. Podium presentation at 5th Annual Centura Health Evidence Based Practice, Research and Innovation Conference, Denver CO.
- Benz, J.** (2012, September). *Application of Urban Heart Attack Clinical Practice Guidelines to Rural Health Care*. Poster presentation at 5th Annual DNP Conference, St. Louis MO.
- Benz, J.** (2011, November). *Application of Clinical Practice Guidelines to Rural Health Care*. Poster presentation at Evidence-based Practice, Research and Innovation Conference, Denver CO.
- Benz, J.** (2010, March). *Increasing Volume of RRT Events to Improve Patient Outcomes*. Poster presentation at University of Colorado Health Science Center 21st Annual Rocky Mountain Regional Multi-disciplinary Research and Evidenced Based Practice Symposium, Denver CO.
- Benz, J.** and Bourg, P. (2009, December). *"Next Evolution for RRT: Missed Opportunities"*. Poster presentation at Institute for Health Care Improvement, International Conference. Orlando, Florida.
- Benz, J.** (2009, April). *Using the 12 Lead EKG as an Assessment Tool in PACU*. American Society of Post Anesthesia Nursing. Washington DC.
- Benz, J.** and Candlin, T. (2009, March). *Teaming with Pre-Hospital Service to Improve Care to STEMI Patients*. Podium presentation at University of Colorado Health Science Center 20th Annual Rocky Mountain Regional Multi-disciplinary Research and Evidenced Based Practice Symposium. Denver CO.
- Benz, J.** (2008, May). *Virtual CCU in the Emergency Department for STEMI Patient Care*. Poser presentation at American Association of Critical Care Nursing, National Teaching Institute. Chicago, IL.
- Benz, J.** (2008, April). *Best Practice in Transfer of Acute Myocardial Infarction Patients*. Podium Presentation at American Heart Association/Colorado Foundation for Medical Care. Denver CO.
- Benz, J.,** Hansen, J., Haycock, C. and Bourg, P. (2008, March). *Development of a Self-Governed Advanced Practice Nurse Council*. Poster presentation at 19th Annual Rocky Regional Multidisciplinary Research & Evidence Based Practice Symposium. Denver, CO.
- Benz, J.** (2007, December). *Safely Compressing Time for STEMI Care*. Poster presentation at Institute for Healthcare Improvement International Symposium. Orlando, FL.
- Benz, J.** (2007, November). *Strategies for Success*. Podium presentation at American Heart Scientific Session. Orlando, FL.
- Benz, J.** (2007, March). *System Wide Excellence in STEMI Care for the Acute MI Patient*. Podium presentation at University of Colorado Health Science Center Evidenced Based Practice Symposium. Denver, CO.

Non-Refereed Presentation list upon request

Scholarly Professional Activities

2007-present Peer Reviewer: Critical Care Nurse, AACN Publications.

Professional, Scientific, Honorary Associations

American Association of Critical Care Nursing, member since 1976
Sigma Theta Tau International, member since 1978
National Association of Clinical Nurse Specialists, member since 2010
Society of Cardiovascular Patient Care, member since 2012

Service

Service Internationally

2014 Visiting Professor, University of Medicine and Pharmacy, Ho Chi Minh City (Saigon), Vietnam. Graduate level Medical Surgical Nursing Course.

Service to the University, College, Department

2012 Interview of Accelerated student candidates
2011-2012 Curriculum Committee, member
2011 Interview of Accelerated student candidates

Service to the Community

2007-2014 American Heart Association, Colorado Mission Life Line, member
2012-2014 Leadership Team, American Heart Association
2012 Hospital Engagement, co-chair Colorado Mission Life Line
2010-2011 Evidence Base Practice Protocol, co-chair Colorado Mission Life Line
2010-2011 Rocky Mountain Honor Flight, Nurse Volunteer
2011 Christmas Veteran Honor lunch
2010 Christmas Veteran Honor lunch
2010 Veteran trip to Washington, DC
2005-2008 Volunteer teacher, Basic EKG courses at volunteer Fire Departments in Arapahoe County, Elbert County, and Weld County

Teaching Responsibilities

Regis University

Fall 2014 NR 464, AN 20 Course Coordinator, clinical oversight
Spring 2014 NR 464, CHOICE Course Coordinator, clinical oversight
Fall 2013 NR 464, AN 20 Course Coordinator, clinical oversight
Spring 2013 NR 476, AN 20 Course Coordinator, clinical oversight
Fall 2012 NR 476, AN 20 Course Coordinator, clinical oversight

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Fall 2007 NR 476, AN 20 Course Coordinator, clinical oversight
Spring 2007 NR 476, AN 20 Course Coordinator, clinical oversight
Fall 2006 NR 476, AN 20 Course Coordinator, clinical oversight
Summer 2006 NR 476, Steamboat Springs offering, Course Coordinator
Fall 2005 NR 476, AN 20 Course Coordinator, clinical oversight
Spring 2005 NR 476, AN 20 Course Coordinator, clinical oversight
Fall 2004 NR 476, AN 20 Course Coordinator, clinical oversight

Mentorships

Graduate Student Clinical Nurse Specialist, 40-80 clinical hours.

Raven Starr, University of Colorado Health Science Center, 2014
Nancy Smith, University of Colorado Health Science Center, 2014
Jennifer Laymon, University of Colorado Health Science Center, 2013
Lori Mulcare, University of Colorado Health Science Center, 2013
Kristin Oster, University of Colorado Health Science Center, 2012
Melinda Ray, University of Colorado Health Science Center, 2012
Allison Fike, University of Colorado Health Science Center, 2011
Stephanie Craddock, University of Colorado Health Science Center, 2010
Melissa Swanson, University of Colorado Health Science Center, 2008
Sharon Edwards, University of Colorado Health Science Center, 2007
Christie Rose, University of Colorado Health Science Center, 2007
Cynthia Heise, University of Colorado Health Science Center, 2007
Paul Labrodor, University of Colorado Health Science Center, 2007
Olinda Spitzer, University of Maryland, 2006