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Personal Data

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Birthplace: St Louis MO
Citizenship: USA
Marital status: Divorced

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. 10/1/2021-9/30/2023. Number 64387. Since 1979.

Advanced Practice Nurse-Clinical Nurse Specialist (CNS). State of Colorado, Department of Regulatory Agencies. 10/1/2021- 9/30/2023. 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, 1993-2019. Certified Critical Care Registered Nurse- Knowledge 2019-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 2018 to present Regis University Assistant Professor. Taught Medical Surgical Nursing II, Clinical Reasoning, and Pathophysiology. On Pre-licensure Curriculum Committee 2011- present. St. Anthony DEU.

2013 Regis University-Promotion to Assistant Clinical Professor.

1/2005 to 7/2/2018 Cardiovascular Clinical Nurse Specialist, St Anthony Hospital, Denver, CO.

Outcomes include:

2005-present: Led hospital initiatives in process improvement, quality measures for Acute Coronary Syndrome impacting physicians, nursing and patient outcomes. Multiple national presentations and consultations.

2005-present: Offered 12 Lead EKG Class for Nursing- > 400 participants.

2006- 2010 Offered CCRN Review Courses- 60 participants, 31 received certification

Led team for The Joint Commission Disease Specific Certification 2007, 2009, 2011, 2013.

Chest Pain Center: Site coordinator and led team 2012.

Mission LifeLine Certification: Led team 2013-2015.

Resuscitation: Led team (2006-2018) for Get with Guidelines Silver (2014) and Gold (2015). Refined and distributed data bank.

Catheter Associated Urinary Tract Infection Lead- substantially reduced rate to 1 event/six months 2018.

Outcomes include: Developed robust Rapid Response Team and Code Blue Team. Increased Rapid Response Events 50% reduced acute care Code Blue events by 30%, reduced Narcan reversal events by 50%.

Outcomes include: Educational offerings in 12 Lead EKG workshops and Cardiac Care nationally.

10/2007 to 2018 Joint Appointment Faculty, Regis University, Denver Colorado
 Responsible for senior level Medical Surgical Nursing, Accelerated Nursing includes didactic and oversight of clinical experience for two sessions/year.

August 2013 to June 2015 Appointment by Governor Hickenlooper to the Colorado STEMI
Task Force Outcome: Documents prepared for submission to Colorado Legislation- July 2015

June 2014 University of Pharmacy and Medicine, Saigon Viet Nam. Visiting Faculty

2004-2007	Appointment, graduate program Medical Surgical Nursing. 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 <i>Outcomes include:</i> New hire orientation, 12 week Critical Care Course for HealthOne throughout Colorado, 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 <i>Outcomes include:</i> 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 <i>Outcomes include:</i> Responsible for process improvement, education in three units.
1983-1988	Assistant Director of Nursing: Critical Care Services Denver General Hospital, Denver Colorado <i>Outcomes include:</i> 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 at Level I Trauma Center.
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

March 2016	Colorado Nightingale Nominee for Advocacy in Patient Care
May 2015	St. Anthony Hospital Nursing Service Award for "New Knowledge and Innovation" Excellence.
August 2013	Appointment by Governor Hickenlooper to STEMI Task Force as Nursing representative

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.
May 2005	Colorado Nightingale Nomination
May 1999	Colorado Nightingale Nomination

Leadership of Clinical Team Recognitions

July 2017	Get with the Guidelines- Resuscitation Gold award
July 2017	Mission Life Line Gold Plus Award: American Heart Association
July 2016	Get with the Guidelines- Resuscitation Gold award
April 2016	Mission Life Line Gold Plus Award: American Heart Association
July 2015	Mission Life Line Gold Plus Award: American Heart Association
April 2015	Get with the Guidelines- Resuscitation Gold award
April 2014	Get with the Guidelines- Resuscitation Silver award
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

- Stroup, C, **Benz J**, Fuller S. Thomas S. Whalen K., "Adapting Interprofessional Acute Care Simulations to a Virtual Platform" in [Handbook of Research on Updating and Innovating Health Professions Education: Post-Pandemic Perspectives](#). IGI Global. 2022 . DOI: 10.4018/978-1-7998-7623-6.ch010
- Benz, J.** (2021). Building resilience through team training: Rapid response and in-hospital cardiac arrest events. In Oster C and Braaten J (eds.), *High Reliability Organizations. A healthcare handbook for patient safety and quality (2nd ed., pp. 353-370)*. Sigma Theta Tau International Publications
- Benz, J.** (2016). "High Reliability is Built with Resilience", *A Healthcare Handbook for Patient Safety and Quality*, Oster, C and Braaten J. Indianapolis, IN: Sigma Theta Tau International. American Journal of Nursing Book of the Year.
- Benz, J.** (2016) Perianesthesia "Cardiovascular" *Nursing Core Curriculum*, Schick L, Windle, PE (3rd Ed) St Louis: Elsevier
- 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. (2017, July)**. *Application of urban clinical practice guidelines to rural settings for Heart Attack Care*. Sigma Theta Tau International Research Conference, Dublin Ireland. Abstract accepted, unable to attend.
- Benz, J.** (2016, February). *Regional Emergency STEMI Plans and Challenging Case Studies*, Duke's Regional Systems Accelerator Implementation of Mission Lifeline, Denver CO.
- Benz, J.** (2015, November). *Improving access to Heart Attack Health Care*, 8th Annual Centura Health EBP Conference, Denver, CO.
- Benz, J.** (2015, October). *Evidenced-Based Practice: Improving Care for the MI Patient in Rural Colorado*. Health Care Summit, Regis University, Denver CO
- Benz, J.** (2015, March). *Staff involvement in Narcan reversal Process Improvement programs*. Podium 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.** (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- 2017 Peer Reviewer: Critical Care Nurse, AACN Publications.

Professional, Scientific, Honorary Associations

Doctor of Nursing Practice since 2012
 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 2012-2017

Service

Service to the University, College, Department

- 2018-present NR666 "12 Lead EKG" Guest Lecturer for FNP candidates
- 2017-present Oral Comprehensive presentation panelist, MSN candidates for leadership and education foci.
- 2011-2013 Interview of Accelerated student candidates
- 2011-present Pre-licensure Curriculum Committee, member

Service to the Hospital & Community

- 2019-present Friends of Nursing Scholarship Selection Committee
- 2018-present Denver Regional Nightingale Association, member
- 2013- present Volunteer- Denver Rescue Mission
- 2007-2018 American Heart Association, Colorado Mission Life Line, member
- 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