**CECILIA BENNS, DNP, FNP-C, RN | Curriculum Vitae**
1601 Maple Street | Carrollton, GA 30118 | 678.839.6552 | cbenns@westga.edu

## EDUCATION

| | | | |
|---|---|---|---|
| 2013-2017 | DNP | University of Colorado | Family NP |
| 2009-2013 | BSN | Colorado Mesa University | Nursing |

## LICENSURE & CERTIFICATION

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| 2013-Present | Registered Nurse-Colorado | 1625444 |
| 2026-Present | Registered Nurse-Georgia | 720285 |
| 2017-Present | Family Nurse Practitioner Certification-AANP | F07170868 |

## PROFESSIONAL EXPERIENCE

University of West Georgia, Tanner Health School of Nursing, Carrollton, GA
2026-Present Associate Professor of Nursing

Regis University, Loretto Heights School of Nursing, Denver, CO
2020-2026 Assistant Professor of Nursing

TRU Community Hospice & Palliative Care, Lafayette, CO
2018-Present Nurse Practitioner

Boulder Community Hospital, Boulder, CO
2018-2021 Palliative & Hospice Consultant

Pikes Peak Hospice & Palliative Care
2017-2018 Nurse Practitioner

Lookout Mountain Youth Services Center, Golden, CO
2017-2018 Nurse Practitioner/Lead Primary Care provider

Children's Hospital Colorado, Aurora, CO
2016-2017 Policy & Procedure Compliance Specialist
2012-2016 Pediatric Registered Nurse

## TEACHING RESPONSIBILITIES

**Courses Taught at Regis University**

| | | |
|---|---|---|
| NURS 607 | Advanced Pharmacology for Advanced Practice | Faculty |
| NURS 660 | Primary Care Across the Lifespan I | Co-Coordinator |
| NURS 661 | Primary Care Across the Lifespan II | Coordinator |
| NURS 662 | Primary Care Across the Lifespan III | Coordinator |

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| NURS 715 | Application to Clinical Practice Hours | Clinical Instructor |
| NURS 414 | Health Assessment Across the Lifespan | Faculty |
| NURS 708 | Health Policy Analysis and Development | Faculty |
| NURS 600 | Theoretical Frameworks and Leadership | Faculty |

**Courses Taught at University of West Georgia**

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|---|---|---|
| NURS 3000 | Holistic Health Assessment | Faculty |
| NURS 4202 | Health Care of Client IV | Faculty |
| NURS 4300 | Clinical Practice Specialty | Overseeing Faculty |
| NURS 6205 | Advocacy for Health | Faculty |
| NURS 9019 | Comprehensive Exam | Committee Member |
| NURS 9020 | Devel Nursing Dissertation | Committee Member |
| NURS 9021 | Appl Nursing Inq Dissertation | Committee Member |

**Doctor of Nursing Practice Advisement**

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| 202 -2025 | Jim Woodard, Oklahoma Wesleyan University | Committee Member |

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## SCHOLARLY ACTIVITIES

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**Presentations**

Benns, C. (2025, July 17-21). The Right Tool for the Job: Palliative Care for Complex Symptom Management [Invited Podium presentation]. National Nurse Practitioner Symposium. Keystone, CO.

Benns, C. (2025, May 7). Resiliency and Compassion Fatigue in Palliative and Hospice Nursing Care: How Do We Survive? [Invited Podium presentation]. TRU Community Hospice & Palliative Care Nurses Week Symposium. Lafayette, CO.

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? [Invited 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

**Peer Reviews**

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].

**Current Research Activities**

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.

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

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

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.

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## HONORS & AWARDS

| | | |
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| 2025 | Nightingale Excellence Nominee: Nurse Practitioner | Denver Regional Nurses Association |
| 2025 | Junior Teaching Faculty Award | Regis University |
| 2024 | Daisy Faculty Award | LHSON, Regis University |
| 2023 | Daisy Faculty Award Nominee | LHSON, Regis University |
| 2023 | Cura Personalis Faculty Award Nominee | LHSON, Regis University |
| 2022 | Cura Personalis Faculty Award Nominee | LHSON, Regis University |

## PROFESSIONAL MEMBERSHIPS

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|---|---|
| 2026-Present | Georgia Nurses Association |
| 2022-Present | Colorado Nurses Association |
| 2017-Present | American Association of Nurse Practitioners |
| 2013-Present | American Nurses Association |
| 2013-Present | Sigma Theta Tau |

## ADMINISTRATIVE RESPONSIBILITIES

**University of west Georgia Tanner SON Service**

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|---|---|---|
| 2026-Present | Faculty Search Committee | Committee Member |

**Regis University Service**

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| 2024-2025 | College Assessment Committee | Committee Member |
| 2018-2019 | RHCHP Service Learning Committee | Committee Member |

**Loretto Heights School of Nursing Service**

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|---|---|---|
| 2025-2026 | QAEC | Chair |
| 2023-2025 | QAEC | Co-Chair |
| 2021-2023 | QAEC | Secretary |
| 2020-2026 | LHSON FNP Workgroup | Member |
| 2024-2026 | LHSON Strategic Planning Committee | Member |
| 2020-2026 | FNP Clinical Hospice Rotations | Preceptor |
| 2017-2018 | Curriculum Committee | Co-Chair |

**Other Community Service**

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

Volunteer 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