

EDUCATION

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

LICENSURE & CERTIFICATION

2013-present	Registered Nurse-Colorado	1625444
2026-present	Registered Nurse-Georgia	
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

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

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

202 -2025	Jim Woodard, Oklahoma Wesleyan University	Committee Member
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SCHOLARLY ACTIVITIES

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.

HONORS & AWARDS

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

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

Regis University Service

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

Loretto Heights School of Nursing Service

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