

**PY 2022 PROMOTION CURRICULUM VITAE**

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**Last Temporary Promotion Date**            10/01/2018

**PRECEPT 1: PERFORMANCE RATING AND REVIEWING OFFICIAL’S STATEMENT (PERFORMANCE)**

**USPHS ASSIGNMENT(S), DUTIES & IMPACT**

**Current Agency Title:**     Nurse Practitioner  
**Billet Grade:**                O-4 (non-supervisory)  
**Date:**                            08/31/2019 - present  
**Agency:**                        Bureau of Prisons (BOP)

**Duties & Responsibilities:**

- Provide essential primary care services to a population of over 4,000 new inmates annually, ranging from history/physicals to chronic care visits to urgent visits.
- Serve as primary care provider for empaneled population of 150 female inmates
- Responsible for assessment, diagnosis, management, and personalized health treatment plans of male and female incarcerated populations including primary care, preventative health, interpreting lab results, and emergency response.
- Over 7,000 patient encounters per year.

**Impact/Accomplishments:**

- Initiated new diabetes screening measures, identifying five new cases of diabetes and enabling earlier treatment and prevention of complications.
- Initiated and led a new hypertension management program to help increase adherence to National Performance Measures—decreased the percentage of patients with uncontrolled blood pressure from 30% to under 11% in two quarters.
- Provided medical coverage for special flight mission to transport a vulnerable patient to a hospital in Missouri.
- Taught 100 staff members at FCI Danbury Annual Refresher Training in both Infectious Disease and Emergency Response.
- Led staff wellness program with personalized health counseling for over 20 staff.

**USPHS ASSIGNMENT COLLATERAL DUTIES**

<b>Role</b>	<b>Description &amp; Impact</b>	<b>Date(s)</b>
Reviewer	American Public Health Association Conference Abstracts	2020
Coordinator	Medication-Assisted Treatment Program	2019 - present

Acting during absence	Health Services Administrator; FCI-Danbury	2019 - present, as needed basis
Lead Alternate	Federal Women's Program	2019 - present
Local Representative	Bureau of Prisons Compassionate Release Program	2019 - present
Local Representative	Bureau of Prisons Workman's Comp Program	2019 - present

**Prior Agency Title:** Senior Staff Nurse  
**Billet Grade:** O-3 (non-supervisory)  
**Date:** 07/26/2015 - 08/30/2019  
**Agency:** Bureau of Prisons

**Duties & Responsibilities:**

- Providing expert nursing care in 1000 bed administrative detention facility.
- Complete intake screening and assessment, and PPD administration on all incoming inmates- approximately 12,000 annually.
- Prepare medical transfer summaries on all inmates transferring or leaving facility; approximately 12,000 annually.
- Administer medications and insulin to inmates in their housing units and monitor for adverse reactions. Average 73,000 encounters annually.
- Frequently scheduled as sole medical staff member after hours and weekends, responsible for triage and all emergency medical care.
- Maintain accurate inventory of all needles, syringes, and controlled substances.

**Impact/Accomplishments:**

- Conducted monthly chart audits of chronic care patients. Monthly audits resulted in 20% higher compliance of Chronic Care Clinic requirements.
- Created tracking and monitoring program for Preventive Health.
- Created new system for ensuring 100% of female patients were offered cervical cancer screening and contraception in accordance with USPSTF recommendations.
- Initiated and managed staff and inmate influenza program, provided > 3,000 vaccinations annually.

**USPHS ASSIGNMENT COLLATERAL DUTIES**

Role	Description & Impact	Date(s)
Acting during absence	Health Services Administrator; FDC: Houston	2017-2019, as needed basis
Coordinator	Quarterly Duty Station Blood Drive	2017-2019
Lead Alternate	Federal Women's Program	2016 - 2019
Local Representative	Bureau of Prisons Compassionate Release Program	2017 - 2019
Local Representative	Bureau of Prisons Workman's Comp Program	2017
Lead	Staff Wellness Week Campaign	2016

**AWARDS HISTORY**

<b>Type of Award/Recognition</b>		<b>Year(s) Awarded</b>
<b>USPHS</b>	Achievement Medal	2020
	PHS Citation	2018
	Presidential Unit Citation (2)	2020, 2016
	Unit Commendation	2017
	Hazardous Duty Award	2016
	Crisis Response Service Award	2019
	COVID-19 Pandemic Campaign Medal	2020
	Regular Corps Ribbon	2016
	Commissioned Corps Training Ribbon	2016
	Field Medical Readiness Badge	2018
<b>Uniformed Services</b>	Armed Forces Humanitarian Service Medal	2018
<b>Other Awards</b>	Bureau of Prisons FCI Danbury Employee of the Quarter, FY2020 Q3	2020
<b>Letters/Certificates of Appreciation</b>	Health Occupations Students of America Spring Leadership Conference Judge	2020
	Bureau of Prisons Medication Assisted Treatment Program	2020
	Nurse Ambassador, Region 6	2020
	American Public Health Association Abstract Reviewer	2020
	HRSA Nurse Scholarship Reviewer	2020
	JOAG Meet & Greet Certificate	2019
	HRSA Nurse Corps Scholarship	2019
	Acting Health Services Administrator	2018-2019
	Step It Up Fun Run/Booth staffing	2019
	Health Occupation Students of America Spring Leadership Conference Judge	2019
	CDC Reach Reviewer	2018
	National Commission on Correctional Health Care Presenter	2018
	Federal Women’s Program Alternate Program Manager	2017-2018
	Superhero Fun Run for Breast Cancer	2017
	Virtual Walking Challenge	2016

**PRECEPT 2: EDUCATION, TRAINING & PROFESSIONAL DEVELOPMENT**

**CREDENTIALS**

<b>Degree</b>	<b>Specialty</b>	<b>College/University</b>	<b>Year Received (Actual/Projected)</b>
<b>Qualifying Degree:</b>			
Bachelor of Science	Nursing	New York University	2015
<b>Additional Degree(s):</b>			
Master of Science	Adult-Gerontology Nurse Practitioner	Texas Woman’s University	2019

**CERTIFICATIONS, REGISTRATION & ADDITIONAL TRAINING PROGRAMS**

<b>Description</b>	<b>Organization</b>	<b>Date Obtained</b>	<b>Expiration Date</b>	<b># of CE Hours Required per Licensing Period</b>
Certified in Public Health	National Board of Public Health Examiners	09/01/2018	12/31/2022	50
Adult-Gerontology Nurse Practitioner (A-GNP)	American Academy of Nurse Practitioners	09/01/2019	08/31/2024	100
Basic Life Support	American Heart Association	2015	2022	N/A

**LICENSURE**

<b>Type</b>	<b>State</b>	<b>Expiration Date</b>	<b># of CE Hours Required per <u>2</u> years</b>
Registered Nurse	Texas	December 2021	20
Advanced Practice Registered Nurse	Texas	December 2021	60

**CONTINUING EDUCATION (PLANS, DEVELOPS, LEADS)**

<b>Type of Activity</b>	<b>Role</b>	<b>Date(s)</b>
National APRN “Train the Trainer” Virtual Training	Planned and developed	July 2021

**PUBLIC HEALTH TRAINING & EXPERIENCE**

<b>Description</b>	<b>Organization</b>	<b>Role</b>	<b>Date Completed</b>
PACE (Prevention through Active Community Engagement)	USPHS – PACE	Presenter - Presented at 2	3/16/2021, 4/9/2021, 9/22/2021, 10/25/2021

		local elementary schools on healthy dental habits and hand hygiene	
Naloxone Train the Trainer	Houston Harm Reduction Alliance	Participant	2019
National MLP/RN Skills Workshop	Bureau of Prisons	Participant	2017
National Association of Emergency Medical Technicians course	National Association of Emergency Medical Technicians	Participant	2016
Nursing Leadership Course	Bureau of Prisons	Participant	2015

**PRECEPT 3: CAREER PROGRESSION & POTENTIAL**

**USPHS CAREER PROGRESSION OVERVIEW**

Date	Temporary Rank & Grade	Billet Grade	Agency Position Type	Agency Position Title	Agency & Location	Mission Priority Factor
08/31/19 – Current	LT O-3	O-4 (non-supervisory)	Team Member	Nurse Practitioner	Bureau of Prisons; Danbury, CT	1,2,3,4
7/26/2015 – 08/30/2019	LTJG O-2 & LT O-3	O-3 (non-supervisory)	Team Member	Senior Staff Nurse	Bureau of Prisons; Houston, TX	1,2,3,4

**PRECEPT 4: PROFESSIONAL CONTRIBUTIONS & SERVICE TO THE PHS COMMISSIONED CORPS (OFFICERSHIP)**

**HONOR/INTEGRITY/DUTY (Deployments)**

	Mission	Role & Impact	Year(s)
USPHS	Remote Area Medical	Nurse Practitioner: Provided women’s health clinical care to 20 community members.	2019
	Hurricane Harvey	Staff Nurse: Maintained daily operations at a federal prison, including responding to 3 medical emergencies and providing daily pill line and triage.	2017
	Presidential Inauguration	Team Member: Provided clinical care to 15 attendees and responded to 2 medical emergencies.	2017
Agency	TDY to Beaumont, TX	Vaccine campaign leader--Led flu vaccine campaign during period of critical staffing levels for 100 inmates.	2019
	TDY to Marianna, FL	Hurricane Michael Response Team Member: Provided staffing support and critical care assistance	2018

**OTHER COMMISSIONED CORPS AND PROFESSIONAL CONTRIBUTIONS**

*Category Collateral Duties*

Group/Committee	Role & Impact	Year(s)
N-PAC Communications Subcommittee	Website Workgroup Member: Revised 2 subcommittee pages viewed by 3,000 people in 2019. Created a template for social media posts, developed 10 social media posts on nursing topics: 3,000 views	2018 – present
	508 Compliance Workgroup Member: Reviewed 14 documents and provided extensive edits to ensure accessibility for persons with disabilities	2016 - 2018
N-PAC Clinical Skills Training	Instructor: Diabetes Skills Trainer at the USPHS Scientific and Training Symposium, instructed 25 nurse officers	2017

*USPHS Collateral Duties*

Group/Committee	Role & Impact	Year(s)
HRSA Nurse Scholarship Program	Reviewer: Reviewed 14 nomination packages	2019 & 2020
Future Health Professionals-Health Occupations Students of America	Guest Judge, Spring Leadership Conference: Reviewed 10 student presentations and 20 poster presentations, offering ratings and feedback for students.	2019 & 2020
CDC Racial & Ethnic Approaches to Community Health Grant Review	Chairperson/Reviewer: Reviewed 11 applications for the program, offering ratings and feedback for public health applicants. Served as chairperson for discussion of 11 applications.	2019
JOAG Meet & Greet Houston Chapter	Co-Lead: Provided 4 social events for over 40 officers in the Houston area.	2019

*Professional Organizations*

Group/Committee	Role & Impact	Year(s)
(APHA) American Public Health Association	Peer Reviewer - Reviewed 13 abstracts and provided constructive feedback and/or approval for publication	2019 - present
American Correctional Nurses Association	Member: Participant in 2 virtual networking events.	2021
Commissioned Officers Association, Houston Chapter	Member: Organized one Zoom social event for 20 officers in the Houston area.	2019 - present
American Association of Nurse Practitioners	Member: Co-authored article in organization’s journal	2019 - present

*Mentoring Activities*

	Role	Year(s)
<b>Official Category Program</b>	N-PAC Mentor: CDR Alexandra Cabot	2017
<b>Other PHS/Agency Program</b>	Bureau of Prisons Mentee: LTJG Perlina Edozi	2020 - 2021

**Publication(s)**

- 1) **Benson, O.**, Cragen, D., & Rollins, A. (2020). Reaching For the Sky: Incorporating the Latest Hypertension Guidelines into Your Primary Care Practice. Journal of the American Association of Nurse Practitioners. 57(7), p. 15-19.

**Presentation(s)**

Title of Presentation	Title of Meeting	Type of Activity	Location	Date(s)
Introducing the Patient Care Clinical Measures	National Bureau of Prisons Teleconference	Web-based/ Teleconference	Online	2019
Hypertension Clinical Case Studies	National Conference on Correctional Health Care	CME	Los Angeles, CA	2018
Recruitment Fair/Presentation	Recruitment Fair/Presentation	Job Fair	Danbury, CT	2017

**Outreach (Civic, community, and volunteer/Outside Activities)**

Activity Type	Date(s)
Relief Foster Family Caregiver; Depelchin Children’s Center	2019 - present