



## **PROFILE**

Dr. El-Kour possess 25 years of clinical practice providing direct nutrition-focused physical assessment, diagnosis, care and monitoring to individuals and disadvantaged groups, including prevention and management of multiple macronutrient (protein and energy malnutrition) and micronutrient (iron, zinc, calcium, vitamins A, B, C, D and E, iodine, selenium, copper) deficiencies, fluid and electrolyte imbalances, drug-nutrient and food-related interactions, behavior change management, and diverse health and diet related challenges. Dr. El-Kour observes patient care, advises on best evidence-based practices, and customizes products and treatment protocols. She also provides direction and priorities for clinical nutrition services, including identifying enablers, partnerships and infrastructure required to best meet the needs of patient and population health and nutrition care.

## **EDUCATION**

**2015 - 2021**

Doctor of Philosophy  
(Ph.D.) in Psychology.

Dual Concentrations:  
Media Psychology &  
Social Impact of Mobile  
Media and Immersive  
Technology

Fielding Graduate University

**2015 – 2018**

Master of Arts in Media  
Psychology

Fielding Graduate University

**2003 – 2005**

Combined Master of  
Science & Dietetic  
Internship

Tufts University & Tufts  
Medical Center

**2001 – 2003**

Bachelor of Science in  
Dietetics

Kansas State University

**1995 – 1999**

Bachelor of Science in  
Nutrition & Food  
Technology

University of Jordan

## **ACADEMIC ACHIEVEMENTS**

### **Doctor of Philosophy (Ph.D.)**

// 2018 recipient of The Michael R. Neal Legacy Award in recognition of collaboration, scholarship, innovation, & advocacy.

// 2017 recipient of the Worldwide Network for Gender Empowerment Research Fellowship.

// 2016 recipient of the Wagenheim Endowed Scholarship for International Doctoral Students.

### **Masters**

// 2005 Rebecca Roubenoff Award for Excellence in Clinical Nutrition & Dietetics, Tufts University & Tufts Medical Center.

// 2005 Friedman School of Nutrition Science & Policy Graduation Class Valedictorian.

// 2004 Frances Stern Nutrition Center Summer Scholarship.

// 2003 Frances Stern Nutrition Center First Year Intern Scholarship, Tufts Medical Center.

// 2003 First International Nutritionist/Dietitian Award, Academy of Nutrition & Dietetics Foundation.

### **Bachelors**

// Dean's honor list.

// Graduate Teaching Assistant, developing tools for effective online.

// Learning & implementing nutrition & dietetic related issues into course curriculum.

// Clinical Nutrition Traineeship, Royal Medical Services, Amman, Jordan.

## **FOCUS AREAS**

- // Medical Nutrition Therapy
- // Disease Management
- // Behavioral Management & Counselling
- // Motivational Interviewing
- // Trauma Informed Nutrition Care
- // Nutrition-Focused Physical Assessment
- // Evidence-Based Practice
- // Drug-Nutrient Interactions
- // Integrative & Complementary Therapy
- // Psychology of Food Intake
- // Cognitive Science
- // Nutritional Psychiatry
- // Nutrition Research & Analysis
- // Clinical Operations Leadership
- // Clinical Training & Presentations
- // Clinical Implementation & Outcome Research
- // Nutrition Informatics
- // MediaInnovation & Social Impact
- // Technology Mediated Care
- // Nutrition Communication

## **LANGUAGES**

- // **Fluent** in English & Arabic
- // **Conversant** in French
- // **Intermediate** in Spanish

## **CAREER EXPERIENCES**

### **Health & Nutrition System Support (2005 – 2025)**

- // Delivers evidence-based, gender-focused, multicultural, mediation, facilitation, training, & policy development services targeting humanitarian & development of clinical nutrition program leadership & management, clinical protocols & policy, clinical writing, monitoring & evaluation, basic & advanced project cycle management, referral pathways, evaluations, surveys, monitoring, & impact assessments.
- // Portfolio of global organizations include World Health Organization, Aga Khan Foundation, Action Against Hunger, & redcr uk.

### **Direct Patient Care – Amman, Jordan & Virtual (2005 – 2025)**

#### **Virtual Clinic (2016 – 2025).**

#### **Private Practice - Jordan (2005 – 2012).**

- // Provides direct nutrition-focused physical assessment, diagnosis, care & monitoring to individuals & disadvantaged groups.
- // Manages multiple macronutrient (protein & energy malnutrition) & micronutrient deficiencies (iron, zinc, calcium, vitamins A, B, C, D & E, iodine, selenium, copper), fluid & electrolyte imbalances, drug-nutrient, & food-related interactions, behavior change management, & diverse health & diet related challenges.
- // Provides patient care, advised on best evidence-based practices & customized products & treatment protocols.
- // Appointed Subject Matter Expert to renowned regional hospitals in Jordan, Egypt, Syria, & Lebanon to advise opinion Leaders, Doctors, & hospital staff on nutritional support therapy & standards of practice and standards of professional performance development.
- // Trained multidisciplinary healthcare staff at Al-Basheer Public Hospital in delivery of oncology nutrition standards improving patient care & satisfaction outcomes.

## **SKILLS**

- // Program & Policy Development
- // Social & Behavior Change Communication
- // Nutrition Specific & Sensitive Programming
- // Evidence-Based Practice
- // Nutrition Research & Analysis
- // Strategic Planning
- // Operations Leadership
- // New Media & Public Relations
- // Training & Presentations
- // Implementation & Outcome Research
- // Proposals
- // Reporting
- // Budget
- // Performance Management
- // Data & Information Management
- // Problem Solving
- // Social Marketing
- // Collateral Development

## **SOFTWARE APPS.**

### **Nutrition Apps.**

- // Microsoft Suite
- // Nutritionist Pro
- // Food Processor
- // Minnesota Nutrition Data System
- // Computrition
- // Nutritionist V

### **Research Apps.**

- // EndNote
- // Mendeley
- // Zotero
- // Dedoose

// Slashed length of critical care/hospital stay & improved electrolyte balance via nutrition support therapy to specific patient populations.

// Designed & implemented a program for pediatricians/ pediatric gastroenterologists at Mashfa Al-Asad Al Jame'ey in Damascus to apply pediatric nutrition support therapy that reduces mortality rates in neonatal & pediatric ICUs, particularly during times of reorganization & disruption.

### **Tufts University – Boston, MA (2003 – 2005)**

// Metabolic Nutrition Research Technician USDA Jean Mayer Human Nutrition Research Center on Aging.

// Menu & Recipe Analyst Tufts University & Tufts Medical Center.

// Statistical Data Entry Assistant Tufts University & Tufts Medical Center.

### **Novartis Consumer Health Inc., Near East Regional Office - Amman, Jordan (2000 – 2002)**

// Nutrition Line Specialist

### **Jordan Drugstore Company - Amman, Jordan (1999 – 2000)**

// Medical Representative

## **SELECT PUBLICATIONS**

Moussa Rogers, M., Cuccolo, K., McKinney, C., Edlund, J. E., Grahe, J. E., Zlokovich, M. S., Bauer, L. M., **EI-Kour, T.**, Hässler, B., Jia, F., Norvilitis, J., Shane-Simpson, C., Yockey, R. A., Cramblet Alvarez, L. D., Eisner, L., Rhys Evans, T., Farahani, H., Haden, S., Hawkins, G., Kawabata, Y., Stoppa, T., ... Kalibatseva, Z. (2024). Understanding Family Dynamics in a Cross-Cultural Sample: A Multi-National Study. *Psi Chi Journal of Psychological Research*, 29(2), 140–149. doi.org/10.24839/2325-7342.JN29.2.140

Almasri, A., **EI-Kour, T.**, Silva, L., & Abdulfattah, Y. (2024). Evaluating the Energy Efficiency of Popular US Smartphone Health Care Apps: Comparative Analysis Study Toward Sustainable Health and Nutrition Apps Practices. *JMIR Hum Factors*, 2024 (11). doi: 10.2196/58311.

**EI-Kour, T.** (2023, July). Reorienting Global Efforts to Effectively Deliver on Nutrition Outcomes. *Dietetics and Nutrition Around the World*, 5. <https://internationaldietetics.org/wp-content/uploads/2023/08/DRAFT-DNAW-FOR-JULY-2023-2023-07-21.pdf>

**EI-Kour, T.** (2022). Increasing Covid-19 Vaccine Uptake in Africa. K4D Helpdesk Report. *Institute of Development Studies*. doi: 10.19088/K4D.2022.099

**EI-Kour, T.** (2021). Digital Behavior Response in Augmented Reality Versus Non-Augmented Reality Contexts: A Randomized Controlled Trial. Fielding Graduate University ProQuest Dissertations Publishing, 2021.28316944. <https://www.proquest.com/openview/2604451f481d67e57dca359542d4c82c/1?pq-origsite=gscholar&cbl=18750&diss=y>

**EI-Kour, T.,** Kelley, K., Bruening, M., Robson, S., Vogelzang, J., Yang, J., & Jimenez, E. (2020). Dietetic Workforce Capacity Assessment for Public Health Nutrition and Community Nutrition. *Journal of the Academy of Nutrition and Dietetics*, 121(7), pp. 1379-1391. doi: 10.1016/j.jand.2020.08.078

Burgermaster, M., Wong, S., Bateson, W., Qamar, Z., McGuirt, J., MacMillan Uribe, A., **EI-Kour, T.,** Spielmaker, A. & Stage, V. (2019). DigiTech Division: Positioning SNEB to Lead the Way in Digital Technology for Nutrition Education and Behavior Change. *Journal of Nutrition Education and Behavior*, 51(3), pp. 265-266. doi: 10.1016/j.jneb.2019.01.016

**EI-Kour, T.,** Hogg, J., (2018). Misinforming Arabs with Facebook in Mind: A Mixed-Methods Approach. *Journal of Nutrition Education and Behavior Advancing Research, Practice & Policy, Society for Nutrition Education and Behavior*, 50(7). doi: 10.1016/j.jneb.2018.04.134

## **CREDENTIALS & LICENSURES**

- 2015 – ∞**      Granted Lifetime “Fellow Status” by the Academy of Nutrition & Dietetics (FAND).
- 2015 – 2027**      Collaborative Institutional Training Initiative (CITI Program) Human Research Certificate at the University of Miami through Fielding Graduate University.
- 2005 – 2026**      Dietetic Board Registration by Commission on Dietetic Registration.
- 2005 – 2024**      Government of Jordan Full Medical Nutrition Licensure of Practice.
- 1999 – 2024**      Jordan Agricultural Engineers Association Certificate of Practice for Agricultural Engineers.

## **SCHOLARLY BRIEF**

- // Clinical Profile:      <https://www.tatyanaelkour.com/clinical-service>
- // Multi-Media:      <https://www.tatyanaelkour.com/my-multi-media-hub>
- // Projects:      <https://www.tatyanaelkour.com/my-projects>
- // Public Speaking:      <https://www.tatyanaelkour.com/achievements>
- // Publications:      <https://www.tatyanaelkour.com/achievements>

// Find me on ORCID, Web of Science, Scopus, Google Scholar, Academia, & ResearchGate.