

Tatyana El-Kour PhD, MA, MS, RDN, FAND

Consultant | Clinical Nutrition | Dietetics & Metabolism

تَيَانَا الْكُور

TATYANA EL-KOUR

BIO

Dr. El-Kour has 18 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 trauma-informed patient care, advises on best evidence-based practices, and customizes products and treatment protocols. Dr. El-Kour currently provides systemic direction and priorities for clinical nutrition and dietetics services, including identifying enablers, partnerships and infrastructure required to best meet the needs of patient and population healthcare.



www.tatyanaelkour.com



tatyana.elkour@gmail.com



[Tatyanaelkour](https://www.linkedin.com/in/Tatyanaelkour)



Check out my
ORCID ID

CAREER EXPERIENCES

Direct Patient Care (2005 – 2022)

Private Practice – Jordan (2005 – 2012).

Virtual/ Hybrid Clinic (2016 – Present).

- Provides direct nutrition-focused physical assessment, diagnosis, care and monitoring to individuals and disadvantaged groups.
- Manages 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.
- Provides patient care, advises on best evidence-based practices and customizes products and treatment protocols.
- Appointed Subject Matter Expert to renowned regional hospitals in Jordan, Egypt, Syria, and Lebanon to advise Opinion Leaders, Doctors, and hospital staff on nutritional support therapy and Standards of Practice development.
- Trained multidisciplinary healthcare staff at Al-Basheer Public Hospital in maintenance of oncology nutrition standards improving SOPs and patient satisfaction.
- Slashed length of critical care/hospital stay and improved electrolyte balance via nutrition support therapy to specific patient populations.

EXPERTISE

- Medical Nutrition Therapy
- Disease Management
- Behavioral Management & Counseling
- 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
- Media Innovation & Social Impact
- Technology Mediated Care
- Nutrition Communication

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

Health & Nutrition System Support (2005 – Present)

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

ADDITIONAL EXPERIENCES

- **Metabolic Nutrition Research Technician** USDA Jean Mayer Human Nutrition Research Center on Aging at Tufts University, Boston, MA.
- **Menu & Recipe Analyst** Tufts University and Tufts Medical Center, Boston, MA.
- **Statistical Data Entry Assistant** Tufts University and Tufts Medical Center, Boston, MA.
- **Nutrition Line Specialist** Novartis Consumer Health Inc., Near East Regional Office, Amman, Jordan.
- **Medical Representative** Jordan Drugstore Company, Amman, Jordan.

EDUCATION

Doctor of Philosophy (Ph.D.) in Psychology (2015 – 2021)

With a concentration in Media Psychology.

Fielding Graduate University, Santa Barbara, CA

Additional doctoral concentration track: Social Impact of Mobile Media and Immersive Technology on Health Behavior Change.

Fielding Graduate University, Santa Barbara, CA

Master of Arts in Psychology (2015 – 2018)

With a concentration in Media Psychology.





Fielding Graduate University, Santa Barbara, CA

Combined Master of Science and Dietetic (2003 – 2005)

Residency in Medical Nutrition Therapy and Policy.

Tufts University and Tufts Medical Center, Boston, MA

LANGUAGES

English	
Arabic	
French	
Spanish	

SOFTWARE APPS

Clinical Apps.

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

Research Apps.

- EndNote
- Mendeley
- Zotero
- Dedoose

Bachelor of Science/Pre-medical Track (2001 – 2003)

General Dietetics.

Kansas State University, Manhattan, KS

Bachelor of Science (1995 – 1999)

Nutrition & Food Technology

University of Jordan, Amman, Jordan

ACADEMIC ACHIEVEMENTS

Ph.D.

- 2018 recipient of The Michael R. Neal Legacy Award in recognition of collaboration, scholarship, innovation, and 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 and Dietetics, Tufts University and Tufts Medical Centre.
- 2005 Friedman School of Nutrition Science and Policy Graduation Class Valedictorian.
- 2004 Frances Stern Nutrition Centre Summer Scholarship.
- 2003 Frances Stern Nutrition Centre First Year Intern Scholarship, Tufts Medical Centre.
- 2003 First International Nutritionist/Dietitian Award, Academy of Nutrition and Dietetics Foundation.

Bachelors

- Dean's honor list.
- Graduate Teaching Assistant, developing tools for effective online.
- Learning and implementing nutrition and dietetic related issues into course curriculum.
- Clinical Nutrition Traineeship, Royal Medical Services, Amman, Jordan.

SELECT AWARDS

2018 The Michael R. Neal Legacy Award. Fielding Graduate University.

2018 Inducted member of the PSI CHI International Honor Society in Psychology.

2015 Leah Horowitz Humanitarian Award. Friedman School Alumni Association Award. Tufts University.

2009 Young Professional of the Year Award. Kansas State University.

2006 Recognized Young Dietitian of the Year Award. Academy of Nutrition and Dietetics.

2005 Rebecca Roubenoff Award for Excellence in Clinical Nutrition and Dietetics. Tufts Medical Center.

SELECT CERTIFICATES

2023 – 2028 Certificate of Training in **Obesity in Adults & Pediatrics** by Commission on Dietetic Registration.

2020 Certificate of e-Training in **Designing Search Strategies for Systematic Reviews** by The Clinical Research Institute (CRI) in collaboration with the University Libraries- Saab Medical Library at the American University of Beirut.

2020 Certificate of e-Training in **Arabic Psychometric Scales in Research: Methods of Cultural and Linguistic Adaptation** by The Clinical Research Institute (CRI) in collaboration with the Initiative for Mental Health Psychology, and Advanced Clinical Training (IMPACT) and the Department of Psychology at the American University of Beirut Medical Center.

2020 Certificate of e-Training in **Designing and Using Web-Based Surveys** by the Clinical Research Institute (CRI) at the American University of Beirut Medical Center.

2020 Certificates of e-Training in **COVID-19 Essential Knowledge** by Action Against Hunger and by World Health Organization.

2020 Certificate of Behavioral Health Nutrition 2-days Online Interactive Retreat 2020: **Expanding the Boundaries of Behavioral Health Nutrition**. Behavior Health Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics.

2019 Certificate of Training Program in **Mental Health and Care Practices** by Action Against Hunger in Paris, France.

2018 Certificate of Training in **Acceptance-Based Approaches for Obesity and Weight-Related Distress**. Post-Conference Continuing Education 7 Credits Workshop at the 126th American Psychological Association Annual Convention.

2017 Certificate of Training on in **Clinical Competencies for Spiritually Integrated Practice**. Pre-Conference Continuing Education Workshop at the 125th American Psychological Association Annual Convention.

PROFESSIONAL BOARD/ RESEARCH CREDENTIALS

2015 – Present Granted "Fellow Status" by the Academy of Nutrition and Dietetics (FAND).

2005 – 2026 Dietetic Board Registration by Commission on Dietetic Registration.

2015 – 2023 Collaborative Institutional Training Initiative (CITI Program) Human Research Certificate at the University of Miami through Fielding Graduate University.

2009 – 2014 Certified Nutrition Support Clinician Credential, National Board for Nutrition Support Certification.

2009 – 2013 The Certified Tobacco Treatment Specialist Credential by Mayo Clinic.

PROFESSIONAL LICENSES

2005 – Present Government of Jordan Full Medical Nutrition Licensure of Practice.

1999 – Present Jordan Agricultural Engineers Association Certificate of Practice for Agricultural Engineers.

SPECIAL ACHIEVEMENTS

- Recipient of **21** awards and honors, **7** grants and fellowships, **8** scholarships, & **> 100** certifications.
- More than **10** publications, **20** peer-reviewed abstracts, **> 100** professional reviews, & **6** books & chapters.
- Delivered **15** visiting lectureships, and **> 150** trainings & capacity building workshops.

MEDIA & JOURNALISM

- Quoted professionally: **> 50** times on radio; **> 50** times in consumer print media.
- Expert interviews: **> 50** appearances in local & regional TV channels & International podcasts.
- Authored **> 550** articles in leading newspapers in Jordan [Al Rai, Al Ghad, and The Jordan Times].
- Authored **> 15** articles in health magazines of Jordan [JoHeart].

ACTIVITIES

Travel, Exercise, Culinary Diplomacy, Extraordinary Architecture, Reading, Writing, Environmental Conservation.

Tatyana El-Kour PhD, MA, MS, RDN, FAND | Clinical Resume.

Copyright© 2005 - 2023. All rights reserved.