

FALAH N RASHOKA

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Education

University of Nebraska- Lincoln, Lincoln, NE

Master of Science in the Department of Nutrition & Health Sciences, Awarded, May 2020

Specialization: Community Nutrition & Health Promotion. GPA: 3.875/4:00

Thesis: Rashoka, F.N (2020). Roadblocks to Accessing Healthcare Service Among Marginalized Refugees: Insight From A Qualitative study of Yezidis (Master Thesis). University of Nebraska-Lincoln

University of Nebraska Medical Center, Omaha, NE

College of Public Health- Graduate Certificate in the Public Health, May 2021

CPH, GPA: 4:00/ 4:00

University of Nebraska-Lincoln, NE

Doctor of Philosophy (Ph.D.), Department of Nutrition & Health Sciences

Specialization: Human Sciences, Community Nutrition & Health Sciences.

(Summer 2020- May 2024)

University of Duhok, Kurdistan Region, Iraq

Bachelor of Health Science (2013-2014)

Major: Nursing Sciences. GPA (3.34)

Total semesters credit: 136

Undergraduate Thesis: (Malnutrition and *Communicable disease among Sinjar City people*) published on April 14, 2014. I got an excellent A, as shown on my transcripts.

The University of DUHOK - Kurdistan Region, Iraq-I had completed a bachelor's (BSN) degree in nursing sciences. Duhok University at fourth-ranked university in Iraq according to the Spanish Ranking webometrics of universities in Iraq and number 10th in the Middle East.

Southeast Community College, Lincoln, NE: 2017 - 2018

Included the following classes:

- Business and professional communication 2810
- Reading and Writing ENGL 0960 (3 credit).
- English Composition I ENGL 1010(3 credit).
- Introduction to Sociology SOCI 1010 (3 credit)
- Intermedia college algebra 1100 (3 credit)
- Reading and Writing ENGL 0985 (3 credit)
- Intermedia college algebra 1100 (3 credit)

Certification and Awards

- Fellowship awards: **Elinor Kerrey Excellence Fund, \$ 2700.** August 2020
- Fellowship awards: Engelkemier fellowship awards August 2019
- Certificate of Teaching Assistant, UNL, graduate studies. Summer 2020
- Certification of Appreciation, US Army December 2009
- Certificate of participation as a nurse – Digla University, Turkey August 2013
- Certification of Appreciation, UNHCR, refugee camps September 2016
- Lincoln Lancaster County Health Department Award. April 2019

Skills

- Nutritionist Educator
- Disease prevention and intervention specialist and how to manage outbreaks
- Leadership and Management Skills
- Health communication and Health Education skills
- Medical and Health Interpretation and document translation
- Patient and family advocacy
- Patient Evaluation/intervention
- Ability to communicate with people from different cultures, languages
- Ability to deal with the immigrant, variety of diverse cultures
- Computer skills: Office, Photoshop, Coral, SPSS, NVIVO

Work History and Professional Experience

Interpreter with the US army in Iraq (GLS Troops medical center US, Army)

May 2009- to May 2010

- Full-time interpreter with the US Army for nearly two years.
- Perform Arabic and Kurdish translation and interpretation for the U.S. Army.
- Training Iraqi Army on First Aid, health education, and how to rescue in an emergency.
- Conduct medical translation and interpretation from Kurdish and Arabic into English for Iraqi soldiers at the hospital.
- Won numerous certifications and recommendations.

Nurse - Turkey- Diyarbakir- Digla Hospital

May 2013- to October 2013

- Prepare patients for general examination, check vitals sign, height, and weight.
- Provide immediate care during emergencies such as accidents, burns, and heart attacks.
- Attend educational workshops daily to enhance professional and technical knowledge.
- Pharmacological and non-pharmacological management and treatment of various diseases.

- Self-directed with astute judgment skills. High level of personal accountability.
- Provide effective counseling and management.

Registered Nurse (RN)-Azadi hospital in Duhok- Kurdistan, Iraq, Sep 2014- to October 2016

- Work directly with the General Health Director to achieve nutrition programs in refugee camps.
- Coordinate care in collaboration with a wide array of healthcare professionals.
- Observe and record patient behavior upon admission.
- Perform initial client assessment and analysis to begin the diagnosis and research process.
- Provide health promotion for the patient, education, and counseling.
- Provide emergency interventions, including wound care, medication administration, and other personalized necessary interventions.
- Develop patient care plans, including assessments, evaluations and nursing diagnoses.
- Support and direct subordinate nursing staff.

RN- Team Leader for the Nutrition Team in Refugee Camps/ Kurdistan Region-North of Iraq August 2014- October 2016

- Manage a staff of 10 health care provides.
- Educate refugees in refugee camps about healthy food and ensure they have access to safe, nutritious food.
- Support and educate pregnant and breastfeeding women. Ensure that infants younger than six months who are not breastfed have food and provide them with adequate formula.
- Management of acute and severe malnutrition among refugees and displaced people in camps.
- Address the prevention of undernutrition and micronutrient deficiencies by providing access to food, and/or vouchers for food to the general population, and special nutritional products for vulnerable groups. Promote and support adequate infant and young child feeding and care practices.
- Treat malnourished individuals such as those who suffer from impeded growth or development.
- Direct and support other team members to accomplish his/her duties.

LLCHD Interpreter & Cultural Advisor

Lincoln Lancaster County Health Department, Lincoln, NE, USA February 2017 – October 2019 (Still in work as a volunteer for COVID-19)

- Interpret and translate for Kurdish and Arabic languages with more than five dialects.
- Assist the WIC program with communication, including client coordination and nutritionist visit. WIC is the nation's premier public health nutrition

program that helps low to moderate-income families by providing nutritious food, health information, and support to pregnant and breastfeeding women, infants, and children.

- Home visit with a nurse specialist, educating the community, health promotion, and nutrition.
 - Working with community health service (CHS) staff to help clients with language barriers.
 - Working with the Refugee Health Clinic that provides health assessments, immunizations, and general exam to refugees resettled in Lincoln, NE.
 - Scheduling, interpreting for Dental Health and Nutrition Service deviation, Dental Program is committed to promoting and improving Lincoln's citizens' dental health status through dental health education, promotion of healthy behaviors and practices.
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Graduate Research Assistant, University of Nebraska- Lincoln August 2018- May 2020
College of Education, Graduate Research Assistant, Nutrition & Health Science, Lincoln, NE

- Working on the research concerning Minority Health Initiative
- Literature review on communication and health promotion
- Preparing and publishing articles on trusted health information sources
- Typical duties included statistically analyzing and interpreting public health data; drafting, proofreading, editing and revising reports and manuscripts;
- Conducting literature reviews and drafting portions of manuscripts for advisor
- Translating research questions, IRB forms, to the Arabic and Kurdish languages

Research Assistant, University of Nebraska- Lincoln May 2019- August 2019
College of Education, Department of Child, Youth, and Family Studies, Lincoln, NE

- Working with Dr. Megan Kelley and Dr. Julie Tippens on data collection among the Yazidi refugees
- Interpretation for research participants from Kurdish Kurmanji and Arabic languages
- Coordination with community cultural centers to encourage recruitment
- Translating consent forms from English to Arabic language for **IRB**

Graduate Research Assistant, University of Nebraska- Lincoln May 2020- August 2020
College of Art and Sciences, Graduate Research Assistant, **Sociology**, Lincoln, NE

- Working on the research concerning Covid-19 in refugees
- Literature review on Covid-19 impact and health disparities
- Preparing and submitting a manuscript to the New England Journal of Medicine
- Preparing and submitting commentary to Lancet Public Health

Graduate Teaching Assistant- Instructor, University of Nebraska- Lincoln August 2020- May 2021
College of Graduate Studies, Instructor, Nutrition & Health Science, Lincoln, NE

Nutrition and Metabolism 250, Fall 2020

- Independently taking responsibility for this large class under the supervision of Sarah Hortman with 147 students in the Fall semester, including bi-weekly lectures and exams online.
- Grading student's assignments, tests, quizzes
- Designing weekly discussion questions and watching up students' progress
- Working with students during office hours to learn about barriers they are having with course material.
- My work included designing the tests and how to grade students.

Community Nutrition 956, Fall 2020

- Grading student's assignments, tests, quizzes
- Helping the supervisor in creating course materials
- Watching daily discussion and helping students who struggle.

Leadership/ Organization

- Public Health Association of Nebraska PHAN, member from Jan-2020- Present
- American Public Health Association APHA, member from Jan-2021- Present
- Graduate Representative of Department of Nutrition and Health Science at Graduate Student Assembly (GSA), UNL (September 2019- Present)
- Member of Chancellor's Student Committee on Sexual Misconduct- UNL (December 19, 2019- September 2020)
- Faculty interviews for an assistant professor- community nutrition, NHS, Feb, March 2020
- New American Task Force, city of Lincoln- Nebraska, May 2020- present

Classroom Presentations

2020 Rashoka, F. Refugees from Marginalized Communities. Guest Lecturer at College of Child, Youth, and Family Studies, University of Nebraska, Lincoln. February 24, 2020.

2020 Rashoka, F. How to design qualitative studies targeting marginalized communities. Guest Lecturer at College of Health Science, NUTR 256. UNL, September 2020

Grant Writing Experience

2019- 2020. Kelley, M., Rashoka, F. Navigation of Health Care System in the Yezidi Community. Funded by Community Health Endowment of Lincoln, NE, \$ 28,861. Role Co-Principal Investigator

2020-2022. Kelley, M., Rashoka, F. Fostering Resilience Through Education and Connection: Focus on Lincoln Yezidi Community. Community Health Endowment of Lincoln, NE, \$ 89,547. Role Co-Principal Investigator

Journalist- Lalish, Mahdar, Dessin press newspapers. 2009- 2014

- Part-time journalist for four years.
- Educate the public about events and issues and how they affect their lives in the newspaper that I work with.
- Interview physicians and professors in my college about health problems and health education for public society.
- Member of Iraqi journalist union.

Volunteer to fight COVID-19 (March 2020- August 2020)

- Volunteer with Lincoln Lancaster County Health Department as a public health professional and interpreters for Kurdish and Arabic speaking COVID-19 patients and contact tracing.
- Volunteer with Student response Team (SRT) at the University of Nebraska Medical Center and DHHS across all state of Nebraska to contact tracing Covid-19 patients and our work had published at CDC
https://www.cdc.gov/pcd/issues/2020/20_0269.htm.

Volunteer

- Volunteer with NATF (New American Task Force) to design and create materials for high skilled immigrants and refugees to get back to their professional work.
- Volunteer with non- profit organizations to provide emergency shelter to needy people who flee from conflict areas, including refugees and displaced people like Yazidi and Christian to the Kurdistan region/Iraq.
- Board member of Shingal Lalish, a non-profit organization, to help needy people in Sinjar mountain.

Presentations:

- Rashoka, F (2018): Panelist at Community Nutrition Partnership Council (CNPC), at Nebraska Innovation Campus on October 24, 2018. My presentation focused on Cultural Awareness related to nutrition and health.
- Good neighbor community center presentation
- Asian Cultural Center.

Community Nutrition

- Developing a school menu (Breakfast, lunch) for grade 6- 8 school student contains healthy food & snacks within calories range depending on the 2015-2020 Dietary Guidelines for Americans
- Experimental Learning Experience: the importance of having breakfast for college-age students, developing the materials, and presentation at the University of Nebraska recreation center.

Public Relations

- Interview with Voice of America (VOA) June 6, 2020, Covid-19 Impact on the Vulnerable Communities:
<https://www.facebook.com/837922436299206/posts/2952572484834180/?vh=e&d=n>
- Lincoln Journal Star, January 2020,

<https://www.facebook.com/837922436299206/posts/2952572484834180/?vh=e&d=n>

- University of Nebraska News Room, April, 2020: Graduate student lends language, public health skills to the community during Covid-19
<https://news.unl.edu/newsrooms/today/article/grad-student-lends-language-public-health-skills-to-community/>
- Interview with 10/11 news (Koln), July 30, 2020,
<https://www.1011now.com/2020/07/30/nebraska-non-profits-vying-for-125000-grant-from-google-vote-here/>
- Interview with Voice of America (VOA) September 4, 2020. Public health and Covid-19 among refugees <https://www.facebook.com/VOAKudish/videos/2658846871054382>

Publication:

- Rashoka, F. N, Kelley, M.S, Garcia, M.A (2020). Serving Refugees in Pandemic: What we can learn from Yezidis Experiences in Midwest. *Harvard Public Health Review journal (Accepted- Spring 2021)*
- Rashoka, F.N, Kelley, M.S, Choi, Jeong-Kyun, Garcia, M., Chai, Weiwen., *Rashawka, H.N (2021): “Many people have no idea”: An ecological assessment of healthcare barriers among Yezidi refugees. Social Science & Medicine (Submitted)*
- Kelley, M.S, Rashoka, F. N. (2019): The influences of cultural, historical, and household factors on health information seeking: Results of a community survey. *Journal of Health Communication (Submitted)*
- Rashoka, F.N. (n.d) (Beer, It Is Much More Than Just a Drink (Processing)
- Tippens, J. A., Kelley, M. S., Rashoka, F. N., (2021) Stress, coping, and resilience among refugees resettled in the United States in the context of structural vulnerability (Processing)
- Rashoka, F. N. (2020): Roadblocks to Accessing Healthcare Services Among Marginalized Refugees: Insight From A Qualitative Study of Yezidis (Master Thesis). The University of Nebraska-Lincoln.

Languages

- **Kurdish language with all three dialects:** Reading, writing, speaking. (fluent)
- **Arabic language with all its dialects:** Reading, writing, speaking. (fluent)
- **English language:** Reading, Writing, Speaking. (fluent)