

Dr. Nakila Hartso
The University of Texas Rio Grande Valley
Department of Health and Biomedical Sciences
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Research Interest

My vision is to create policies that speak to the needs of the most vulnerable populations while simultaneously teaching future generations. My research centers on the structural and material aspects concerning the social determinants of health. Additional areas of interest include community health planning, policy development, health promotion, health disparities, patient education, implicit bias, and ethics.

Education

Doctor of Health Administration, Capella University, 2020.

Specialization: Health Policy and Advocacy

Dissertation: Tracing Social Determinants of Health Via ICD-10 Z Codes: Can Super Utilizers ED Use Be Reduced During Care Coordination

Master of Public Administration, Bellevue University, 2016.

Thesis: Vaccines Save Lives

Bachelor of Science, Bellevue University, 2010.

Major: Healthcare Management

Certificate in Medical Assisting, Vatterott College, 2001.

Honors and Awards

4.0 GPA, Doctor of Health Administration

Dean's List, Master of Public Administration

Dean's List, Bachelor of Science

Publications and Presentations

Caring for the Whole Person: How to Effectively Improve Health Literacy. Training module disseminated to underserved community health clinics.

Co-authored a strategic plan for the expansion of Heartland Family Services, a co-occurring Mental Health and Substance Abuse facility using evidence-based guidelines for trauma-informed care – to ensure the safety of patients and continuity of care – 2015.

Team-based Grant Project for a Mental Health and Substance Abuse facility serviced by JOURNEYS (a subsidiary of Catholic Charities).

Volunteer Work

Scholarship Review Committee and Peer Reviewer of Abstracts, APHA (June 2016 – Present).

Elected HALO Club Board of Directors, Vice President, and Treasurer, Mutual of Omaha. (2009-2010).

Elected HALO Club Board of Directors, President Liaison, Mutual of Omaha. (2008-2009).

Employment History

Academic – Post-Secondary

Lecturer 1, The University of Texas Rio Grande Valley. (September 2023 – Present).

Assistant Instructor, Capella University. (December 2019 – Present).

Lead Graduate Teaching Assistant, Capella University. (July 2018 – December 2019).

Professional

Certified Community Health Worker – SME, United Health Group. (June 2016 – Present).

Disability Analyst, Mutual of Omaha Insurance Company, (March 2008 – December 2010).

Academic and Professional Memberships

Academic Innovation Team, Capella University, (December 2019 – Present).

Advisory Council for Innovation, UnitedHealthcare (March 2019 – December 2023).

Vital Signs Operational Improvement Workgroup, UnitedHealthcare, (February 2019).

Think Tank Committee, UnitedHealthcare, (August 2017 – 2018).

Innovation Advocate, UnitedHealthcare, (April 2017 – December 2023).

National Preceptor, UnitedHealthcare, (November 2016 – Present).

Culture Ambassador, UnitedHealthcare, (September 2016 – December 2023).

Operational Readiness Workgroup, UnitedHealthcare, (August 2016).

American College of Healthcare Executives. (March 2017 – Present).

American Public Health Association. (January 2016 – Present).

Emerging Leaders Network, Mutual of Omaha. (April 2008 – 2010).

Customer Focus Work Group Chair, Mutual of Omaha. (May 2008).

Development Activities

Workshop, "Teaching Large Online Courses," The University of Texas Rio Grande Valley – COLTT. (December 12, 2023 – February 8, 2024).

Workshop, "Applying the Quality Metric Rubric Seventh Edition," Quality Matters. (November 7, 2023 - November 21, 2023).

Webinar, "COLTT Panopto Basics," The University of Texas Rio Grande Valley. (November 14, 2023).

Webinar, "COLTT Blackboard Advanced," The University of Texas Rio Grande Valley. (October 13, 2023).

Webinar, "CLOTT Blackboard Basics," The University of Texas Rio Grande Valley. (September 12, 2023).

Webinar, Instructor Training for LockDown Browser and Respondus Monitor" Prevent Cheating During Online Exams, Respondus. (August 29, 2023).

Webinar, "COLTT Getting Blackboard Ready," University of Texas Rio Grande Valley. (August 23, 2023).

Teaching Experience

The University of Texas Rio Grande Valley

HSCI 6307, Health Care Policy, Organization, & Financing – Graduate level course.

HPRS 3301, Introduction to the U.S. Health Care System – Undergraduate level course.

HPRS 3302, Law & Ethics for the Health Care Professional – Undergraduate level course.

Other Courses Taught

Developing a Healthcare Perspective – Undergraduate level course.

Health Care Law and Policy – Graduate level course.

Communication, Collaboration, and Case Analysis – Graduate and doctoral level courses.

21st Century Health Care – Doctoral level course.