

# Helena Karasova, MS, MPH

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## SKILLS

Always willing to overcome barriers creatively.

Excellent organizational and goal setting skills.

Demonstrated ability to work under limited supervision.

**Computer:** Microsoft Office, EpiInfo, some experience with SPSS and SAS

**Languages:** Fluent in Czech, English, German, and Slovak; conversational in Spanish and Russian

## PROFESSIONAL EXPERIENCE

- 2010 - Present    **Real estate management**    **Boskovice and Třebíč, Czech Republic**  
Planning real estate renovations, budgeting, communicating with tenants.
- 2009 - 2010    **The Task Force for Global Health**    **Decatur, GA**  
**Intern**  
Conducted environmental scan of building road safety capacity through collaborative partnerships in developed countries; developed recommendations to be included in the road safety capacity building processes in India and Kenya. Developed and employed marketing strategies to promote the book *Real Collaboration: What It Takes for Global Health to Succeed*.
- 2006, 2008    **University of Economics**    **Prague, Czech Republic**  
**Researcher**  
Conducted systematic literature review and assisted with statistical analysis of mortality data to compare life expectancy (2006) and circulatory disease mortality (2008) between the Czech and Slovak Republics before and after the Czechoslovak dissolution.
- 2005    **Ministry of Health, Dept. of International Relations**    **Prague, Czech Republic**  
**Research Assistant**  
Determined critical areas of the Czech health system to be co-funded by the European Union (EU) Structural Funds during 2007-2013. Examined Community Strategic Guidelines and determined common EU health priorities for future funding. Contributed to the composition of the Czech Health Situation Analysis to be incorporated into the Czech National Development Plan for 2007-2013.
- 2004    **Czech Parliament**    **Prague, Czech Republic**  
**Assistant to Member of the Parliament**  
Responsible for English and German correspondence with international organizations.
- 2003 - 2004    **Stanford University Hospital, Community & Patient Relations**    **Stanford, CA**  
**Special Project Coordinator**  
Major responsibilities for JCAHO Patient Rights section for Stanford site visit. Responsible for: restructuring Smoking Cessation program including the instruction booklet for smoking cessation advisors and supervising 25 smoking cessation advisors to provide written and video information, bedside counseling and phone follow-up to patients who wished to quit smoking. Sole responsibility for: updating and preparing patient information directory and brochure; preparing and posting patient rights in the appropriate languages; developing and implementing hospital-wide Confidentiality Campaign. Supported director in administrative meetings with senior hospital administration, medical staff, interpreters, and volunteers.
- 2002    **Community Breast Health Project**    **Palo Alto, CA**  
**Intern**  
Evaluated and wrote report on program that financially supported underserved patients; interpreted from German into English for crisis counseling; developed educational programs for over 300 breast cancer patients and their families.

**EDUCATION**

- 2009 **Emory University, Rollins School of Public Health** **Atlanta, GA**  
*Master of Public Health, Global Health.* Concentration: Community Health and Development  
Thesis: “Czech-Slovak Circulatory Diseases Mortality Gap: East-West Gap Again?”
- 2007 **National Yang Ming University** **Taipei, Taiwan**  
*Master of Science, International Health*  
Thesis: “Life Expectancy in the Czech and in the Slovak Republic before and after the Dissolution of Czechoslovakia: Is the Gap Widening?”
- 2003 **Central College** **Pella, IA**  
*Bachelor of Arts.* Majors: Political Science, German  
Senior Honors Thesis: “Pragerish Atmosphere: Political, social, and economic living circumstances of the German-speaking Jewish intellectuals living in Prague 1890 – 1920”
- Linguistic studies** 2007 Russian language and cultural immersion **Minsk, Belarus**  
 2000 **University of Vienna**, German literature and linguistics **Vienna, Austria**  
 2000 **Goethe Institute**, highest German proficiency level **Prien am Chiemsee, Germany**

**COMMUNITY SERVICE**

- 2011 **San Juan Evangelista** **Medellin, Colombia**  
 Distributed basic groceries and clothing to low-income families.
- 2001 **Galt Community Concilio** **Galt, CA**  
*Resources Coordinator* Located funds, blankets, and food for 150 Hispanic immigrants.
- 2000 **The Vienna University Hospital** **Vienna, Austria**  
*Research Assistant* Assisted professors with research on inflammatory markers in asthmatic children; performed lung function testing and sputum induction; recruited pediatric patients and obtained parental consent.
- 2000 **Catholic Hospital “U Boromejek,” Dept. of Internal Med.** **Prague, Czech Republic**  
*Nurse Assistant* Drew blood samples, measured blood pressure.

**PUBLICATIONS**

- Articles in process** “Changes in the trends of life expectancy in the Czech and Slovak populations before and after the dissolution of Czechoslovakia”  
 “Czech-Slovak circulatory diseases mortality gap: East-West mortality gap revisited”

**AWARDS**

- Emory University (RSPH)** *Certificate of Recognition for Exceptional Master's Thesis 2009*  
**Taiwan Government** *Graduate Studies Scholarship 2005 -2007* - one of six students representing the Czech Republic  
**Central College** *Graham Distinguished Scholar Award 2003* - annual award for the “graduating student most distinguished in academic performance and in promise of future service to worldwide societies”  
*Alpha Zeta Mu, Academic Achievement Honor Society; Phi Sigma Jota-Iowa Foreign Language Honor Society*

*References available upon request.*