



# NESREIN HAMED

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## PROFESSIONAL SUMMARY

Health and social care researcher and lecturer with a pharmacy background and a PhD (near completion) on medicine optimisation among older adults from ethnic minority communities. I specialise in qualitative interviews, focus groups, and reflective methods to explore how culture, religion, stigma, and lived experience shape health behaviours, and patient–practitioner communication.

My work applies narrative and reflective approaches to capture patient voices. I also bring experience in teaching, curriculum design, and group facilitation across pharmacy, health, and social care programmes. Beyond academia, I collaborate with stakeholders in the UK and MENA region to promote inclusive, patient-centred care. Fluent in Arabic and English.

## WORK HISTORY

### ASSOCIATE SEASONAL PHARMACY LECTURER, 04/2023 - current

**Aston University**, Birmingham, UK

- Design and deliver practice-focused teaching for MPharm students, embedding GPhC standards into real-world pharmacy scenarios.
- Facilitate case-based discussions on prescribing, medicines optimisation, and patient safety.
- Support first-year students through reflective portfolio marking for placement learning.
- Participate in OSCE design, delivery, and assessment, providing constructive feedback on communication and consultation skills.
- Contribute to assessment moderation and standardisation.
- Provide academic advising and pastoral support, helping students connect classroom learning to future pharmacy practice.
- Collaborate on curriculum development, enhancing integration of pharmacy practice teaching.
- Engage in research-led teaching, contributing to peer-reviewed publications and dissemination at conferences.

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### REMOTE CLINICAL PHARMACIST , 03/2023 - current

**PillTime**, Bristol, UK

- Deliver medication reviews and teleconsultations for patients with multimorbidity and complex polypharmacy, supporting safe prescribing in a digital environment.
- Apply evidence-based guidelines and integrated digital clinical decision-support tools to individualise care and minimise adverse drug interactions.
- Contribute to the collection and analysis of real-world data (RWD) through remote monitoring systems, informing service evaluation and quality improvement.
- Monitor patient-reported outcomes (PROs) such as adherence, side-effect burden, and satisfaction, translating insights into actionable improvements.
- Ensure ethical and regulatory compliance for remote consultations, maintaining

- adherence to UK governance standards in digital health.
- Collaborate with multidisciplinary teams (GPs, nurses, pharmacists, IT specialists) to validate interventions and align with value-based care models.
  - Prepare reports and contribute to internal learning resources, strengthening the organisation's evidence base for digital health and telemedicine practice.
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**LECTURER IN HEALTH, WELLBEING & SOCIAL CARE, 11/2022 - 12/2023**

***Global Banking School/Leeds Trinity University***, Birmingham, UK

- Led and delivered undergraduate modules across the Health and Social Care programme, including Health Promotion, Psychological Wellbeing, and Contemporary Issues in Health and Social Care.
  - Served as module leader for Level 5 and Level 6 courses, overseeing curriculum design, delivery, assessment strategies, and quality assurance in line with QAA and university benchmarks.
  - Supervised Level 6 undergraduate dissertation projects, providing structured mentoring on research design, data analysis, and reflective writing, with a focus on qualitative and mixed-methods approaches.
  - Integrated reflective practice into teaching by embedding writing exercises and structured self-reflection tasks that supported student development and wellbeing.
  - Contributed to postgraduate teaching through guest lectures, dissertation supervision, and seminars on health.
  - Enhanced curriculum by updating materials and embedding inclusive, student-centred approaches to address diverse learner needs.
  - Supported blended and online delivery through interactive virtual platforms.
  - Provided academic and personal support, signposting to university services.
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**TRAINEE PHARMACIST, 08/2021 - 08/2022**

***Karis Medical Centre/ Noor Pharmacy***, Birmingham, UK

- Provided clinical supervision in the dispensary to verify compliance with GPhC regulations.
  - Managed pharmacy inventory to ensure adequate stock levels in line with patient demand.
  - Facilitated the delivery of training events, master classes, and drop-in sessions to the new starters and the apprentices.
  - Facilitated university pharmacy careers fairs.
  - Took responsibility for the development and review of specific areas of teaching and learning.
  - Attended team meetings and development opportunities.
  - Supported learners during the training period.
  - Dispensed medications by correctly compounding, packaging, and labelling medicines.
  - Provided outstanding customer service to maximise the growth and profitability of the pharmacy.
  - Helped increase patient understanding of medicines by conducting detailed Medicines Use Reviews (MUR).
  - Facilitated smooth pharmacy operations by organising and directing technicians' workflow.
  - Trained and mentored trainee pharmacy assistants to increase team productivity and efficacy.
  - Supplied non-prescription medicines, diagnostic and therapeutic aids, and provided advice to customers on effective usage.
  - Received prescriptions and thoroughly checked patients' medicine histories prior to dispensing, to safeguard patient health and safety.
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**E-MENTOR AND STUDENT REPRESENTATIVE, 12/2020 - 05/2021**

**University of Bradford**, Bradford, UK

- Built positive, professional relationships with students through effective communication and behaviour management.
- Created strategic learning and development programmes for students with learning difficulties.
- Collaborated with classroom teachers to identify additional support needs, implementing effective assistance for students.
- Structured activities for interactive learning, including word analysis, reading comprehension, and fluency skills.
- Participated in educational workshops to learn new techniques to bolster students' participation in class.

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**PHARMACY DISPENSING ASSISTANT**, 04/2020 - 10/2020

**Rowlands pharmacy**, Bradford, UK

- All aspects of working within a busy community pharmacy during the peak of the pandemic.

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**PHARMACY STUDENT SUMMER PLACEMENT**, 05/2020 - 07/2020

**Well Pharmacy**, Leeds, UK

- Answered telephones and provided information about order status, shop hours, and pharmacy procedures.
- Assisted pharmacy staff in preparing medications, and filling orders.
- Kept the pharmacy counter and related areas clean, neat, and organised.
- Communicated instructions to patients or caregivers.
- Provided administrative support including filing, copying, and faxing.
- Provided accurate waiting times to customers waiting for repeat prescriptions.
- Counted and labelled prescriptions with the correct item, and quantity.
- Handled patient queries accurately and appropriately, maintaining continued discretion and confidentiality.
- Maintained patient confidentiality by confirming patient details before dispensing medication.
- Delivered professional advice over the counter, recommending appropriate products, and explaining correct application.

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**EDUCATION**

**Aston University**, Birmingham, UK, 04/2023

**Doctoral Researcher (PhD): Health and Social care (Pharmacy Practice)**

Research: Medicine Optimisation for Older People from Ethnic Minorities with Polypharmacy in Primary Care My research investigates how cultural and religious beliefs, patient narratives, and carer perspectives shape medicine use and adherence among older people from ethnic minority communities in the UK I use realist review and realist evaluation to understand how cultural and religious beliefs, lived experiences, and narratives influence adherence, communication and wellbeing in later life.

The project involves conducting in-depth qualitative interviews in different languages, building trust with participants, and using reflection to capture the complexity of their experiences.

Alongside research, I am an active member of the Aston Postgraduate Research Society (APRS), contributing to interdisciplinary discussions, and postgraduate events I also participate in the Arabic Society, helping to build cultural connections and support for international students.

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**Higher Education Academy**, London, UK, 01/2025

## Certificate of Higher Education: Fellowship (FHEA)

Currently under review for Fellowship of the Higher Education Academy.

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**University of Oxford, UK, 11/2024 - 05/2025**

### Certificate of Higher Education: Realist and Realist Evaluation - Distinction

Intensive training led by Professor Geoff Wong, focusing on the theory and application of realist review and evaluation for complex health interventions.

- Distinction

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**University of Bradford, Bradford, UK, 09/2016 - 05/2021**

### Master of Pharmacy: Pharmacy - with Honour

I completed my Master of Pharmacy, having been awarded a full scholarship from the Libyan Ministry of Higher Education for academic excellence. The degree combined scientific training with extensive clinical placements in both community and hospital pharmacy, where I developed my clinical skills. My final-year research project investigated the use of elagolix for the treatment of endometriosis, examining its efficacy, safety profile, and implications for women's health. Alongside my studies, I actively engaged with the Pharmacy Society and contributed to peer mentoring initiatives, which enhanced my ability to support and guide other students in both academic and professional contexts.

- Merit

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## RESEARCH AND ACADEMIC EXPERIENCE

After completing my Master of Pharmacy (MPharm) degree at the University of Bradford, I transitioned into academic and research-focused roles. I served as a Lecturer in Health and Social Care at Leeds Trinity University, where I taught across the BSc programme. In this role, I supervised four undergraduate Level 6 dissertation projects and contributed to the development of teaching content and assignment briefs, particularly within the Research Methods module.

Beyond formal teaching, I am actively engaged in several research networks, including the Medicine Optimisation Research Group, the MEDpharm Group, and the Early Career Qualitative Health Researcher Network. Through these groups, I participate in informal training, collaborative projects, and knowledge exchange activities that support my academic development.

Before beginning my PhD, I undertook specialised training in realist methodologies through Realism at Nottingham (University of Nottingham) and the Realist Hub at Aston University, which provided both theoretical and practical grounding in the evaluation of complex healthcare interventions.

### Publications

#### Peer-Reviewed Journal Articles

- Hamed, N., Bates, C., Khan, M.U. et al. (2025). *Understanding the challenges of medicine optimisation among older people (aged 60 years and above) from ethnic minority communities with polypharmacy in primary care: a realist review protocol*. *Systematic Reviews*, 14, 166. <https://doi.org/10.1186/s13643-025-02920-1> (Q1 journal).
- Bates C, Efsthathiou N, Sutton C, Hamed N., et al. (2025). *Views of key stakeholders on deprescribing preventive medication in people living with dementia: a qualitative systematic review protocol*. *BMJ Open*, 15:e085812. <https://doi.org/10.1136/bmjopen-2024-085812> (Q1 journal).

#### Manuscripts Under Review

- Hamed N, et al. *Realist Review: Understanding the Challenges of Medicine Optimisation among Older People from Ethnic Minority Communities with Polypharmacy in Primary Care*. Submitted to *BMC Geriatrics* (Q1 journal).
- Bates C, Hamed N, et al. *The views of healthcare professionals and family members*

on deprescribing preventive medication in people living with dementia: a qualitative systematic review. Submitted to Age and Ageing (Q1 journal).

#### **Published Protocols (PROSPERO)**

- Hamed N, et al. *Understanding the challenges of medicine optimisation among older people from ethnic minority communities (aged 60 years and above) with polypharmacy in primary care: a realist review protocol*. PROSPERO, Registration No: CRD42023432204.
- Bates C, Hamed N, et al. *The views of key stakeholders on deprescribing preventive medication in people living with dementia: a qualitative systematic review protocol*. PROSPERO, Registration No: CRD42023476394.

#### **Conferences and Academic Engagements**

- Society for Academic Primary Care (SAPC) – presentation on medicine optimisation in ethnic minority communities (Realist Review), 2024, Bristol, UK.
- International Pharmaceutical Federation (FIP) – presentation on pharmacy practice and healthcare equity, 2025, Copenhagen, Denmark.
- British Geriatrics Society (BGS) – Presented findings from a realist evaluation on polypharmacy in older ethnic minority populations, 2025, Belfast, UK.
- Aston Postgraduate Research Day – Presented PhD research progression, 2024, Birmingham, UK.
- NIHR Doctoral Training Camp – Participated in workshops on grant writing, interdisciplinary collaboration, and research impact, 2024, Blackburn, UK.

#### **Peer Review and Editorial Service**

- Peer Reviewer, *Journal of Pharmaceutical Health Services Research* (Oxford University Press), 2023–present.
- Invited Reviewer, *Age and Ageing* (Oxford University Press), 2025.
- Peer Reviewer, *BMC Geriatrics* (Springer Nature), 2024–present.

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#### **SKILLS**

- Skilled in narrative analysis, realist evaluation, and exploring lived experiences through storytelling.
- Expertise in polypharmacy, adherence, and cultural/religious influences on health behaviours.
- Experience in developing inclusive, practice-based health, and social care curricula.
- Strong track record of engaging diverse communities in the UK, fluent in Arabic and English.
- Peer-reviewed publications, conference presentations, and accessible bilingual community reports.
- Experience working with healthcare providers, policy bodies, and academic partners.
- Thematic and narrative analysis of qualitative data, descriptive analysis of wellbeing and adherence measures.
- NVivo (qualitative coding), SPSS (descriptive analysis), EndNote (reference management), MS Office Suite (Word, Excel, PowerPoint), Blackboard/Canvas for online teaching and assessment.

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#### **AWARDS, ACCOMPLISHMENTS, AND HONOURS**

- Small Research Grants (PhD, Aston University) – Accumulated over £10,000 for conference travel, training, and research dissemination (2023–25).
- Full Scholarship, Libyan Ministry of Higher Education – awarded for academic excellence (2015–20). The award was based on ranking among the top 10 students nationally in high school examinations (7th highest in the country)
- Trustee Award, Harold & Marjorie Moss Charitable Trust – three consecutive years for research excellence (2023–25).
- Fergus Anderson Prize for Best Scientific Poster, British Geriatrics Society (2025).
- Top 10 Abstracts – Presidential Round, British Geriatrics Society (2025).
- Young Scientist Award Nominee, International Pharmaceutical Federation (FIP), 2025.

- Best Poster Presentation, Aston Postgraduate Research Day (2024).

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**PROFESSIONAL AFFILIATIONS**

- PhD researcher, Aston University.
- Member, Royal Pharmaceutical Society (RPS).
- Member, British Geriatrics Society (BGS).
- Member, Society for Academic Primary Care (SAPC).

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**WEBSITES, PORTFOLIOS, PROFILES**

- [https://publications.aston.ac.uk/id/eprint/46346/1/PharMED\\_May\\_2024.pdf](https://publications.aston.ac.uk/id/eprint/46346/1/PharMED_May_2024.pdf)
- <https://www.aston.ac.uk/research/hls/pharmaceutical-and-clinical-pharmacy-research-group/medication-management>
- <https://www.linkedin.com/in/nesrein-hamed-15a05b99/>

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**LANGUAGES****English**

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Fluent  
7.5

**Arabic: Proficient**

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Native