

## Real-life story - Shazmeen Hansrod

After her degree in pharmaceutical chemistry, Shazmeen was set on studying a PhD until she came across the NHS Scientist Training Programme (STP [1]). Today she's on the STP [1] working as a trainee clinical pharmaceutical scientist and she loves it.



Shazmeen Hansrod Trainee clinical pharmaceutical scientist

**Employer or university** Sandwell and West Birmingham Hospitals NHS Trust

**Salary range** Unknown

### How I got into the role/scheme/apprenticeship?

At university, I studied for an MChem degree in pharmaceutical chemistry. My initial plan was to study a PhD straight after my course but, towards the end of my final year, the thought of full-time research was no longer appealing. I realised that I wanted a job with variety so when I came across the NHS Scientist Training Programme (STP [1]), I knew it was something I'd be interested in as it had a good mix of work-based training, research and academia.

### What I do

As a trainee pharmaceutical scientist, I get involved with a variety of things. On a typical day, I dispense medication and complete quality assurance [2] documentation. As well as having work-based training, the STP [1] leads to a Master's degree, so on some days I work on my project and assignments and revise for exams. I'm also a STEM ambassador so I work with young pupils to increase their enthusiasm for science.

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## The best bits and challenges

One of the best things about my job is the amount of support I am offered. In both my work-based training and independent research, I have had training opportunities that have been instrumental in my professional development. I am proud of how I have developed my skills and become a valued member of staff.

I am also proud of my awards which were presented at the British Nuclear Medicine Society conference. I was awarded first place student prize based on my abstract submission and the radiopharmacy prize for my oral presentation. In the future, I hope to see my research having an influence on a national scale and leading to the standardisation of the gastric emptying scintigraphy procedure, which has been notoriously difficult to standardise.

## Career plans and top tips for others

To anyone thinking about applying for the STP [1], I'd say go for it! If you're motivated, hardworking and enthusiastic, it's a great way to develop a wide range of skills that you wouldn't typically get in other roles. I'd also suggest spending some time volunteering; I'm a volunteer chemistry tutor with the Access Project and I find that this is a great way to keep up my knowledge as well as helping someone.

## Life outside work

I enjoy writing and have a lifestyle blog where I post about a range of things including my life experiences, book reviews and recipes. I believe that having a passion for my hobbies helps me to maintain a healthy work-life balance.

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**Source URL:** <https://www.healthcareers.nhs.uk/explore-roles/healthcare-science/roles-healthcare-science/physical-sciences-and-biomedical-engineering/clinical-pharmaceutical-science/real-life-sto-0>

### Links

[1] <https://www.healthcareers.nhs.uk/glossary#STP>

[2] [https://www.healthcareers.nhs.uk/glossary#Quality\\_assurance](https://www.healthcareers.nhs.uk/glossary#Quality_assurance)