

# "I have had training opportunities that have been instrumental in my professional development."

After her degree in pharmaceutical chemistry, Shazmeen was set on studying a PhD until she came across the NHS Scientist Training Programme (STP <sup>[1]</sup>). Today she's on the STP <sup>[1]</sup> 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  
Healthcare scientist Shazmeen Hansrod

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### How I got into the role

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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 <sup>[1]</sup>), 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**

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As a trainee pharmaceutical scientist, I get involved with a variety of things. On a typical day, I dispense medication and complete [quality assurance](#) <sup>[2]</sup> documentation. As well as having work-based training, the [STP](#) <sup>[1]</sup> 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.

## **The best bits and challenges**

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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**

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To anyone thinking about applying for the [STP](#) <sup>[1]</sup>, 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**

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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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#### **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)