


Template for a Staff Curriculum Vitae

<p>Contact Details Name: Hala Mahmoud Shafik Zaki Helal Title: Lecturer Department: Industrial pharmacy e-mail: hala.helal@alexu.edu.eg Mobile phone number: 01004366498 ORCID ID: https://orcid.org/0000-0003-3904-7829</p>	
<p>Biography</p>	<p><u>Academic Qualifications:</u> Doctoral: Ph.D in pharmaceutical sciences, Faculty of Pharmacy Alexandria university (2021) Thesis title: Tailored nano-carriers for improved management of some chronic disorders. Master: Ms.D in pharmaceutical sciences, Faculty of Pharmacy Alexandria university (2016) Thesis title: A contribution to nanopharmaceuticals as an active vector for drug delivery. B.SC: Faculty of Pharmacy Alexandria university- (2010) Distinction with honor. <u>Career History and Professional Experience</u></p> <ul style="list-style-type: none"> ➤ September 2021-present: Lecturer at the Department of industrial Pharmacy, faculty of Pharmacy, Alexandria University. ➤ July 2016- September 2021: Assistant Lecturer at the Department of Industrial Pharmacy, Faculty of Pharmacy, Alexandria University. ➤ June 2011- July 2016: Teaching assistant at the Department of Industrial Pharmacy, Faculty of Pharmacy, Alexandria University. ➤ September 2010 -May 2011: Teaching assistant at the Department of Pharmaceutics, Faculty of Pharmacy, Alexandria University, Damnhour Branch. ➤ 2009-2010 Community Pharmacist at Mahfouz Pharmacy, Gleem, Alexandria.



Research Interest	<ul style="list-style-type: none"> ➤ Nasal and oral drug delivery. ➤ Drug delivery to CNS ➤ Drug delivery targeting Inflammatory chronic diseases and joints.
Publications	<p>1. Hala M. Helal, Wael M. Samy, Elbadawy A. Kamoun, Esmail M. El-Fakharany, Doaa A. Abdelmonsif, Rania G Aly, Sana M. Mortada, Marwa A. Sallam, Potential Privilege of Maltodextrin-α-Tocopherol Nano-Micelles in Seizing Tacrolimus Renal Toxicity, Managing Rheumatoid Arthritis and Accelerating Bone Regeneration, Int. J. Nanomedicine, 2021:16 4781–4803. https://doi.org/10.2147/IJN.S317409.</p> <p>2. Hala M. Helal, Wael M. Samy, Esmail M. El-Fakharany, Elbadawy A. Kamoun, Sana M. Mortada, Marwa A. Sallam, Maltodextrin-αtocopherol conjugates of vitamin E: Influence of degree of derivatization on physicochemical properties and biological evaluation, J. Drug Delivery Sci. and Tech., 2020, 60, 102097, https://doi.org/10.1016/j.jddst.2020.102097.</p> <p>2. Sallam MA, Helal HM, Mortada, SM Rationally designed nanocarriers for intranasal therapy of allergic rhinitis: influence of carrier type on in vivo nasal deposition. Int J. Nanomedicine 2016; 11: 2345-2357. 13. https://doi.org/10.2147/IJN.S98547</p> <p>3. Helal HM, Mortada SM, Sallam MA, Paliperidone-Loaded Nanolipomer System for Sustained Delivery and Enhanced Intestinal Permeation: Superiority to Polymeric and Solid Lipid Nanoparticles. AAPS PharmSciTech. 2016, 18 (6), 1946-1959. https://doi.org/10.1208/s12249-016-0657-1</p>
Conferences & workshops	<p>Conferences</p> <p>1. Attendance of PHS 2020 Webinar Personalized medicine: A challenging health care model for human wellness (PHS 2020), November 28-29, 2020.</p> <p>2. M. Sallam, H. Helal, W. Samy, E. Kamoun, E. El-Fakharany, D. Abdelmonsif, S. Mortada, The Impact of Tailored Amphiphilic Nanomicellar Carriers on Seizing Tacrolimus Associated Nephrotoxicity. Poster presentation in Controlled Release Society Annual Meeting 29 June-2 July 2020.</p> <p>3. Attendance of 1st International Conference and Exhibition on Pharmaceutical and Health Care Sciences (PHS 2019), November 6-7, 2019.</p> <p>4. Hala Helal " Novel application of polymeric nanocapsular structure in drug delivery: enhancement of paroxetine antidepressant activity with decreased muscle irritancy " poster</p>



conducted at the first scientific forum for graduate studies, Faculty of Pharmacy. Alexandria University. May 2019.

Training workshops

- Modern Knowledge cycle, Researcher Academy, ELSEVIER Africa, May 17, 2018.
- Rights and responsibilities of faculty staff assistants, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, May 14 – 15, 2017.
- Principles of quality management and patient safety in health care institutions, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, April 26 – 27, 2017.
- Quality standards in teaching, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, April 12 – 13, 2017.
- E-learning, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, April 5 – 6, 2017.
- Design of Experiments and Statistical Analysis (SPSS), Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, March 11– 14, 2017.
- Quality Standards in Education, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, September 9 - 10, 2015.
- Competitive Research Projects, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, September 7 - 8, 2015.
- International Publication of Scientific Research, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, July 9-10, 2015.
- References Management System, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, May 23 -24, 2015.
- The Credit Hour System, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, May 11-12, 2015.
- Decision-making and Problem-solving, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, December 24-25, 2014.
- Communication skills in different education styles, Faculty and Leadership Development Center (FLDC), Alexandria, Egypt, September 24-26, 2010.
- Professional general English courses (level 18), Arab Academy for Science and Technology, Alexandria, Egypt, June 26 – August 6, 2009.



	<ul style="list-style-type: none"> ➤ Clinical practice for pharmacist, Faculty of pharmacy, Alexandria University, Alexandria, Egypt, August 2-14, 2008.
Professional and Scientific Activities	<p>Research Projects</p> <ul style="list-style-type: none"> ➤ Member of an interdisciplinary research team that uses targeted drug delivery systems for combating inflammatory disorders. ➤ Academic Thesis Research Fund (ATRF) of the faculty of pharmacy, Alexandria University, Egypt, 2018 for project entitled: " Tailored nano-carriers for improved management of some chronic disorders" Grant No. 0218006. <p>Teaching activities</p> <ul style="list-style-type: none"> ➤ Teaching in the Industrial pharmacy department, Faculty of pharmacy, Alexandria university, Responsible for classroom management of Industrial Pharmacy practical sessions for undergraduate students (bachelor's degree). ➤ Conducting theoretical and practical sessions of the elective pharmaceutical course (Good manufacturing practice, PTE 12)