



SYBRAND ENGELBRECHT SMIT

SCIENTIFIC RESEARCHER CV (one-page)

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📍 Cape Town – South Africa

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🔍 [researchgate.net/profile/Sybrand-Smit](https://www.researchgate.net/profile/Sybrand-Smit)

📘 [facebook.com/sybrandesmit](https://www.facebook.com/sybrandesmit)

ABOUT ME

Researcher who enjoys simplifying complex workflow. My skillset aligns with

- experimental research
- scientific reporting
- data analysis
- automation and AI

TOOLS

Excel (Power BI)	★ ★ ★ ★ ★
Word (Macro+)	★ ★ ★ ★ ★
PowerPoint	★ ★ ★ ★ ★
DataVision	★ ★ ★ ★ ★
Statistics	★ ★ ★ ★ ★
Generative AI	★ ★ ★ ★ ★

LANGUAGES

- ✓ English
- ✓ Afrikaans

REFERENCES

SUN Supervisor: Barbara Huisamen
+27 21 938 9688
bh3@sun.ac.za

Clarity Managing Director: Danielle Gouws
+27 21 556 4147
danielle@claritycommunications.co.za

Inizio HR Director: Lucy Blundell
+44 20 3928 6900
Lucy.Blundell@inizio.health

WORK EXPERIENCE

2023–2024
(<1 year)

Cape Town,
South Africa
(Remote)

Clarity Communications

Technical Writer

- Write clear and concise content for healthcare and financial service providers, including Liberty Health and Nedbank Private Wealth
- Use AI to generate creative content for clients
- Adapt content to cater to varying technical backgrounds
- Work collaboratively with graphic designers, clients and team members

2022–2023
(1 year)

London, **UK**
(Remote)

Ashfield Medcomms, an Inizio Company

Associate Medical Writer

- AstraZeneca global oncology portfolio
- Clear communication of scientific content for journals, conferences and board meetings (via slide decks, posters, booklets, manuscripts)
- Visualize 100+ clinical trial study designs
- Automated process improvements

2021+
(3+ years)

Mumbai, **India** &
Colorado, **USA**
(Remote)

Cactus Communications / EditsChecks LLC

Freelance Scientific Editor

- Perform quality assurance checks on 300+ scientific manuscripts
- Ensure adherence to journal requirements
- Provide scientific reports to editors/clients

EDUCATION

2019
Tygerberg

PhD (Medical Physiology)

Stellenbosch University

- Primary responsibility of high-quality research to merit 2 first author publications in international journals
- Special responsibilities:
 - 10+ presentations at conferences
 - supervising research team

2015
Stellenbosch

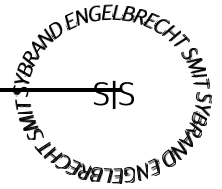
MSc (Physiology)

Stellenbosch University

2013
Stellenbosch

BSc Hons (Biochemistry)

Stellenbosch University



Scientific Researcher CV (comprehensive)

Experience:

- **Postgraduate Researcher (Stellenbosch University)**

Feb 2014 – Feb 2019 (5 years)

- Technical expertise:
 - *in vitro* models: cell culturing (H9C2, COS-1, CHO-K1), flow cytometry, fluorescent microscopy, radio scintillation, western blot, ELISA, restriction digestion, LC/MS
 - *ex vivo* models: working heart perfusions, cardiomyocyte isolation, oxygraphy
 - *in vivo* models: oral glucose tolerance test, animal handling
- Special responsibilities:
 - supervising research team
 - laboratory demonstrations and workshops
 - teaching assistance and training
- Highlights:
 - NRF doctoral innovation scholarship
 - first author of two publications in international journals
 - 10+ presentations at local and international conferences (see attached)
 - facilitated process improvements for western blotting protocol, including antibody cocktails and rolling exposure
 - introducing humane delivery system for treatment

- **Freelance Scientific Editor (CACTUS Communications and EditChecks LLC)**

January 2021 – Present (3+ years)

- Editing manuscripts for clients targeting US or UK-based international journals
- Revised 300+ publications for CACTUS and EditsChecks LLC
- Drafting scientific reports for authors
- Developed a voice-activated prompt to streamline repetitive tasks in manuscript editing

“Peacekeeper, team-player and encourager. I consider time and opportunity the two greatest gifts.”

Experience (continued):

- **Associate Medical Writer (Ashfield Medcomms, an Inizio company)**

May 2022 – May 2023 (1 year)

- Contributed to AstraZeneca's global medical affairs portfolio on oncology
- Produced the following content:
 - quarterly clinical trial updates of externally sponsored research
 - profitability insights for companion diagnostics (Dato-Dxd)
 - 100+ clinical trial design summaries
 - abstracts, posters and keynote speaker slides for cancer research conferences (ESMO, ASCO GU/GI, AACR, SABCS)
 - MSL training on transarterial chemoembolization [TACE]
 - 'playbooks' of prominent oncologists to be recruited as KOLs
- Facilitated process improvements of information flow:
 - Excel conditional formatting for automating updates of clinical trial data from clients, saving time and resources
 - AI script for tabulating trial data and generating concise summaries

- **Technical Writer (Clarity Communications)**

Jul 2023 – February 2024 (<1 year)

- Writing clear and concise content for healthcare and financial service providers, including Liberty Health, Nedbank Private Wealth, First Global, and Allan Gray Australia
- Developed Liberty Health's social media campaign for 2024 across Africa
- Produced in-branch and digital messaging for Nedbank Private Wealth's marketing campaigns across South Africa
- Used AI to generate/adapt creative content for varying technical backgrounds
- Collaborated in cross-functional teams for internal meetings, briefings, and alignment sessions

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Education:

- **PhD in Medical Physiology (Stellenbosch University, South Africa)**

January 2016 – April 2019 (3+ years)

- research focus on the use of natural plant extracts for cardiovascular health in diabetic rat models

- **MSc in Physiology (Stellenbosch University, South Africa)**

January 2014 – December 2015 (2 years)

- research focus on *in vitro* and *ex vivo* effects of aspalathin treatment

- **BSc (Hons) in Biochemistry (Stellenbosch University, South Africa)**

January 2013 – December 2013 (1 year)

- research focus on cytochrome b5 enzyme interplay in steroid metabolism

- **BSc in Human Life Sciences with Psychology (Stellenbosch University, South Africa)**

January 2010 – December 2012 (3 years)

Skills and Training:

- **Administrative/IT Systems:**

- expert in Microsoft Office applications, including advanced Excel features such as dashboards; macros-enabled Word features; and PowerPoint
- competent in using collaboration tools, such as Box, Teams, Zoom, ClickUp
- proficient in organization resource management tools, including Oracle, ServiceNow, Greenhouse, Workday, and SoluGrowth
- adept at using scientific database tools, notably Veeva and DataVision
- skilled in statistical programs Prism and Statistica; familiar with Python and R

- **Financial Acumen:**

- understanding project scope and hours
- monitoring hours throughout the project lifecycle
- flagging capacity and potential out-of-scope situations

- **Publications:**

- Good Publications Practice, ICMJE Authorship Criteria / Recommendations
- Publications Sign-Off (PSO) Procedure

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Skills and Training (continued)

- **HCP Promotional Spend Reporting:**
 - Open Payments (Sunshine Act) and Transparency Reporting (EFPIA, Congress Bill, ABPI Code)
- **Compliance and Policy Knowledge:**
 - UDG Healthcare Policies on Security and Confidentiality
 - Compliance Center and Code of Conduct
 - IS Acceptable Usage Commitment and Policy
 - Data Protection Policies
 - Information Security Charter and Policies
 - Personal Data Breach Reporting and Record Retention Policies
- **Client Policies and SOPs:**
 - Expectations of Third Parties
 - Code of Ethics
 - HCP Interaction and Travel Policy
 - Review and Approval of Promotional and Non-promotional Materials
 - Adherence to Global Meetings and Permissions Standards
- **Pharmacovigilance:**
 - AHC Pharmacovigilance Training
- **General Client Processes:**
 - M&SS, Datacheck, and VPM Processes

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Presentations:

- **19th Annual SA Heart Conference (Sun City, South Africa)**
 - Cardioprotective properties of Afriplex green rooibos extract in diet-induced obese Wistar rats
- **60th and 62nd Annual Academic Day, Medicine and Health Sciences Faculty (Stellenbosch University, South Africa)**
 - Aspalathin's anti-diabetic properties
 - The ability of green rooibos extract (manufactured by Afriplex) to protect rat hearts against high-fat, high-caloric diet-induced comorbidities
- **The 66th Annual Meeting of the Society for Medicinal Plant and Natural Product Research (GA) jointly with the 11th Shanghai International Conference on Traditional Chinese Medicine and Natural Medicines (Shanghai, China)**
 - Afriplex green rooibos extract and post-ischemic heart recovery in diet-induced, pre-diabetic rats
- **South African Rooibos Council (Stellenbosch)**
 - The effect of green rooibos extract on rat hearts in a pre-diabetic model: an evaluation of the mitochondrial function and mechanisms involved
- **43rd Annual Physiology Society of Southern Africa (Parys, South Africa)**
 - An investigation into the effects of aspalathin on myocardial glucose transport using cardiomyocytes from control and insulin-resistant rats, and differentiated H9C2 cells
- **1st Biomedical Research and Innovation Platform Research Day (Tygerberg Campus, Stellenbosch University)**
 - Afriplex green rooibos extract and cardiovascular health

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Presentations (continued):

- **Diabetes Discovery Platform (South African Medical Research Council)**
 - Association of dietary, circulating, and supplement fatty acids with coronary risk.
 - Intermittent fasting ameliorates metabolic diseases in mice... and humans?
 - Impact of high-fat, low-carbohydrate diet on myocardial substrate oxidation, insulin sensitivity, and cardiac function after ischemia-reperfusion

- **Medical Physiology, Biomedical Department (Stellenbosch University)**
 - The cardioprotective abilities of green rooibos tea and an investigation into the correlating mechanisms involved
 - Shining light on heart matters. Cardiovascular health and sunlight
 - Antioxidants in cardiovascular therapy: panacea or false?
 - Intermittent fasting: an effective therapy in preventing metabolic diseases in mice... and humans?

- **Biochemistry Department (Stellenbosch University)**
 - The unlocked potential of the human senses
 - The membrane topology of cytochrome P450-dependent enzymes
 - AMPK: A metabolic master switch
 - Polyunsaturated fatty acids: Interaction with cell membranes and its components
 - Can the improved efficiency of electron chain enzymes in human brain mitochondria be linked to the evolution of higher intelligence in humans?
 - The interaction between cytochrome b5 and 11 β -hydroxysteroid dehydrogenase type 2

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