

Dr. Hadi Esmaily**Assistant Professor of Clinical Pharmacy**

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**Professional Profile**

A dedicated clinical pharmacist and researcher with expertise in pharmacotherapy, meta-analysis, medication-use optimization, and multidisciplinary patient care in inpatient and outpatient settings. Proven record in leading educational interventions for patients with chronic conditions, improving health outcomes and knowledge through pharmacist-led programs.

Academic Appointment

- Assistant Professor, Department of Clinical Pharmacy, School of Pharmacy, Shahid Beheshti University of Medical Sciences, Tehran, Iran

Research Interests

- Clinical pharmacotherapy and medication-use evaluation
- Pharmacist-led patient education and intervention programs
- Systematic reviews & meta-analyses in neurology (e.g., MS) and pharmacoeconomics
- Medication therapy management in chronic disease settings
- Translational and clinical research in pharmacy practice

Teaching & Supervision

- Course instructor: Clinical Pharmacy practice, Medication Therapy Management, [others, please list]
- Supervisor of MSc/PhD students in clinical pharmacy and pharmacotherapy (please list names and thesis titles if available)
- Guest lectures, workshops on pharmacist-led interventions and patient education programs

Key Skills

- Clinical trial design and execution
- Meta-analysis and systematic review methodology
- Patient education & counselling (especially in neurology and chronic disease)
- Medication therapy management (MTM) services
- Statistical analysis (SPSS, R, etc)
- Professional communication in English and Persian

Languages

- Persian (Native)
- English (Fluent: reading, writing, presenting)

Papers:

1. Aram, N. A., Soleymani, S. M., Jahanabadi, S., & Esmaily, H. (2025). Design, implementation, and validation of an OSCE to assess clinical competencies in

pharmacy students in Iran; A cross-sectional study. *Currents in Pharmacy Teaching and Learning*, 17(6), 102324.

2. Esmaily, H., Mirheydari Peykani, M., Manafi Rasi, A., Mahmoudi Meymand, M., & Mohammad Soleymani, S. (2025). Design and Scientific Evaluation of a Quantitative Questionnaire for Pharmaceutical Care in General Hospital Wards. *Journal of Mazandaran University of Medical Sciences*, 34(241), 98-109.
3. Jafari, M., Sebty, M., Moradi, S., Noqani, H., Esmaily, H., & Mohammadnezhad, G. (2025). Identification of the most cost-saving disease-modifying therapies and factors affecting the budget in the pharmacotherapy of multiple sclerosis: a systematic review. *European Journal of Clinical Pharmacology*, 81(2), 247-267.
4. Jahdkaran, M., Asri, N., Houri, H., Baghaei, K., Esmaily, H., Sapone, A., & Rostami-Nejad, M. (2025). Exploring the therapeutic potential of nutraceutical compounds (Curcumin, Quercetin, Epa, Zinc, and Vitamin D) in managing Celiac disease: insights from cellular mechanisms. *Molecular Biology Reports*, 52(1), 580.
5. Jahdkaran, Mahtab, et al. "Potential of nutraceuticals in celiac disease." *Tissue Barriers* 13.2 (2025): 2374628.
6. Kargar, A., Fetratjoo, D. H., Moattar, R., Tarki, A., Golsokhan, A., Pouyan, N., ... & Noroozian, M. (2025). Efficacy of Add-On Agomelatine on Agitation, Aggression, and Neuroprotection in Alzheimer's Disease: A Randomized, Blinded, Controlled Trial. *The American Journal of Geriatric Psychiatry*.
7. Kashani, H. R. K., Salimi, S., Alizadeh, P., Paryan, P., Mohammadi, Z., Kachoueian, N., ... & Esmaily, H. (2025). Rivaroxaban versus enoxaparin as thromboprophylaxis in degenerative spine surgery: a randomized blinded non-inferiority study. *European Spine Journal*, 34(5), 1926-1933.
8. Kashani, H. R. K., Soleymani, S. M., Salimi, S., Vahdati, A., Alizadeh, P., Sadeghi, S., ... & Esmaily, H. (2025). Regional Versus General Anesthesia for Spinal Surgery: A Randomized Controlled Trial Comparing Clinical Outcomes. *Archives of Neuroscience*, 12(12).
9. Meymand, M. M., Soleymani, S. M., & Esmaily, H. (2025). 5-Alpha Reductase Inhibitors on Hypersexuality During the Manic Phase of Bipolar and Psychotic Patients; New Insight to a Well-Known Medicines. *Iran J Pharm Res*. January-December, 24(1), e156707.
10. Mohammadnezhad, G., Assarzagdegan, F., Koosha, M., & Esmaily, H. (2025). Eicosapentaenoic acid versus placebo as adjunctive therapy in chronic migraine: A randomized controlled trial. *Headache: The Journal of Head and Face Pain*, 65(1), 153-163.
11. Mohammadnezhad, G., Khajeamiri, Y., Khosravani, S., Pourbala, H., & Esmaily, H. (2025). Multiple sclerosis patient-reported outcomes of pharmacotherapy clinic drug utilization programs; a controlled pre-post study of self-injectable disease-modifying therapies. *BMC Research Notes*, 18(1), 310.

12. Pourbala, H., Nahavandi, Z., Maghsoudlou, A., Farahani, M., Khallaghi, A., Izadi, S., ... & Esmaily, H. (2025). The impact of pregabalin and gabapentin on essential tremor: a systematic review and meta-analysis. *Clinical Parkinsonism & Related Disorders*, 100381.
13. Raeissadat, S. A., Shakoori, M., Esmaily, H., Cheraghi, M., Zohor, M. O., Mousavikhah, S. E., ... & Soleymani, S. M. (2025). Ultrasound-Guided High Molecular Weight Hyaluronic Acid Injection for Carpal Tunnel Syndrome: A Randomized Controlled Trial. *Middle East Journal of Rehabilitation and Health Studies*, 12(12).
14. Rashidi, A., Keramati, M., Esmaily, H., Talebi, M., & Mohammadnezhad, G. (2025). Cost-effectiveness of abortive and preventative treatments in patients with migraine: a systematic review. *European Journal of Clinical Pharmacology*, 1-19.
15. Shahriari, M., Ashrafi, S., Hosseini Imeni, S. M., Mohammad Soleymani, S., & Esmaily, H. (2025). Treatment Efficacy in Herpes Zoster Ophthalmoplegia: A Systematic Review and Meta-Analysis of Case Reports and Series. *Reviews in Medical Virology*, 35(4), e70044.
16. Soleymani, S. M., Peykani, M. M., Salarian, S., Rasi, A. M., Heidarian, A., & Esmaily, H. (2025). Identifying the Risk Factors of Medication Errors in a Tertiary Hospital in Iran. *Journal of Research in Pharmacy Practice*, 14(2), 76-85.
17. Karimzadeh, A., Esmaily, H., Raeissadat, S. A., Esmaelzade, M., Aghamiri, S. H., & Bolandnazar, N. S. (2024). Comparison of the effect of intracarpal injection of ketorolac with triamcinolone in carpal tunnel syndrome: A randomized controlled trial. *Annals of Pharmacotherapy*, 58(3), 205-213.
18. Karimzadeh, A., Esmaily, H., Ramezani, A., Urumieh, M., & Bayat, M. (2024). The Effect of Standing Core Exercises on Knee Osteoarthritis Indicators: A Randomized Controlled Trial. *Research in Medicine*, 48(1), 8-17.
19. Mastoor-Tehrani, S., Samadian, F., Esmaily, H., Kargar, A., Markazi, N., Anvari, S., & Ziaie, S. (2024). The Role of Zinc Supplementation in Alleviating Inflammatory Biomarkers in Patients Undergoing Hemodialysis: A Randomized Placebo Controlled, Crossover Trial. *Iranian Journal of Pharmaceutical Research: IJPR*, 23(1), e147887.
20. Mohammadnezhad, G., Ehdaivand, S., Sebty, M., Azadmehr, B., Ziaie, S., & Esmaily, H. (2024). Chronic kidney disease and adherence improvement program by clinical pharmacist-provided medication therapy management; a quasi-experimental assessment of patients' self-care perception and practice. *BMC nephrology*, 25(1), 463.
21. Mohammadnezhad, G., Esmaily, H., Talebi, M., & Jafari, M. (2024). Atezolizumab and bevacizumab targeted-therapy in advanced hepatocellular carcinoma: a systematic review of cost-effectiveness analyses. *Journal of Gastrointestinal Cancer*, 55(2), 625-637.

22. Mousavi, M. S., Mohammadnezhad, G., Yaghmaei, F., Azarkeivan, A., & Esmaily, H. (2024). Awareness and practical evaluation of correct use of iron chelators; a study to track the ambiguities of thalassemia patients on their medications in Iran. *BMC Research Notes*, 17(1), 163.
23. Shahriari, M., Baghaei, A., Soleymani, S. M., Sayadi, S., Amiri-Andebililb, M., Heidarian, A., & Esmaily, H. Comparative Study of Periocular Fat Tissue Concentrations Following Retrobulbar, Intravenous, and Combined Retrobulbar-Intravenous Injection of Liposomal Amphotericin B in Rats. *Journal of Kermanshah University of Medical Sciences*, 28(4).
24. Soleymani, S. M., Assarzadegan, F., Habibi, S. A. H., Mahboubi, A., & Esmaily, H. (2024). The effect of crocin on movement disorders and oxidative DNA damage in Parkinson's disease: Insights from a randomized controlled trial. *Parkinsonism & Related Disorders*, 126, 107051.
25. Ghalandari, N., Assarzadegan, F., Habibi, S. A. H., Esmaily, H., & Malekpour, H. (2023). Efficacy of probiotics in improving motor function and alleviating constipation in Parkinson's disease: a randomized controlled trial. *Iranian journal of pharmaceutical research: IJPR*, 22(1), e137840.
26. Ghalandari, N., Assarzadegan, F., Mahdavi, H., Jamshidi, E., & Esmaily, H. (2023). Evaluating the effectiveness of probiotics in relieving constipation in Parkinson's disease: A systematic review and meta-analysis. *Heliyon*, 9(3).
27. Ghalandari, N., Edalatkhah Tatafi, A., Mohammadnezhad, G., Nasimi, M., & Esmaily, H. (2023). Comparing the efficacy of three methods of permethrin application in pediculosis capitis: A randomized clinical trial. *Journal of Cosmetic Dermatology*, 22(11), 3065-3071.
28. Mirrahimi, B., Moazemi, M., Eslami, N., Jamshidi, E., Mir, M., Mohebbi, R., & Esmaily, H. (2023). Evaluating the effect of eicosapentaenoic acid in children with atopic dermatitis: A randomized triple-blind clinical trial. *The Journal of Pediatric Pharmacology and Therapeutics*, 28(1), 29-35.
29. Mohammadnezhad, G., Jafari, M., & Esmaily, H. (2023). Pharmacist Intervention in Controlling Symptoms with Common Upper Respiratory Disease. *Iranian Journal of Culture and Health Promotion*, 7(1), 68-74.
30. Mohammadnezhad, G., Sattarpour, M., Azadi Kakavand, M., & Esmaily, H. (2023). Community pharmacists' practice regarding vitamin D products: a simulated client method. *Journal of Patient Safety & Quality Improvement*, 11(2), 73-80.
31. Mohammadnezhad, G., Talebi, M., & Esmaily, H. (2023). Association between Knowledge and Vitamin D Serum Level among Vitamin D Consumers in Tehran, Iran. *International Journal of Nutrition Sciences*, 8(3), 158-165.
32. Seydi, E., Rahemi, M., Esmaily, H., Arjmand, A., & Pourahmad, J. (2023). Mitochondrial transplantation attenuates toxicity in rat renal proximal tubular

cells caused by Favipiravir. *Journal of Pharmacy and Pharmacology*, 75(11), 1458-1466.

33. Shahriari, M., Mohammad, M., Haghighi, M. F., Mohammadnezhad, G., & Esmaily, H. (2023). Knowledge about Prescribing Antibiotics as Prophylaxis in Patients with Open Globe Injury: A Survey in Iranian Ophthalmologists. *Bulletin of Emergency & Trauma*, 11(2), 96.
34. Soleymani, S. M., & Esmaily, H. (2023). Access to Megadoses of Vitamin D, Insufficient Knowledge of People and Poor Practice of Community Pharmacists, Made a Vicious Circle in the Direction to D Hypervitaminosis in Iran. *Journal of Pharmaceutical Care*, 124-125.
35. Soroush, Y., Esmaily, H., & Ghalandari, N. (2023). The evaluation of Remdesivir Utilization pattern and its correlation with clinical indicators in hospitalized patients during COVID. *Journal of Pharmaceutical Care*, 226-232.
36. Afshar, F., Abdolahi, N., Amin, G., Esmaily, H., Ziayie, S., Azimi, S., ... & Afshar, S. (2022). A randomized, double-blind placebo-controlled phase I clinical study on safety and efficacy of the G-Rup® syrup (a mixture of ginger extract and honey) in symptomatic treatment of knee osteoarthritis. *Journal of Clinical Pharmacy and Therapeutics*, 47(12), 2295-2301.
37. Afshar, S., Abbasinazari, M., Darvishi, B., Ziaie, S., & Esmaily, H. (2022). Case report: Bilateral simple Syndactyly in a toddler with maternal exposure to cabergoline. *Clinical Case Reports*, 10(5), e05795.
38. Azarkeivan, A., Mohammadnezhad, G., & Esmaily, H. (2022). Development of Thalassemia Medication Questionnaire (TMQ): an instrument for Measuring Major Thalassemia patients' knowledge and practice regarding their medications. *Journal of Pharmaceutical Care*.
39. Esmaily, H., Mohebbi, R., Rezasoltani, Z., Kasaiyan, S., Dadarkhah, A., & Mir, M. (2022). Subacromial injections of low-or high-molecular-weight hyaluronate versus physical therapy for shoulder tendinopathy: a randomized triple-blind controlled trial. *Clinical Journal of Sport Medicine*, 32(5), 441-450.
40. Jamshidi, E., Asgary, A., Tavakoli, N., Zali, A., Setareh, S., Esmaily, H., ... & Mansouri, N. (2022). Using machine learning to predict mortality for COVID-19 patients on day 0 in the ICU. *Frontiers in digital health*, 3, 681608.
41. Jamshidi, Elham, et al. "Longevity of immunity following COVID-19 vaccination: a comprehensive review of the currently approved vaccines." *Human Vaccines & Immunotherapeutics* 18.5 (2022): 2037384.
42. Nouri, F., Babaee, M., Peydayesh, P., Esmaily, H., & Raeissadat, S. A. (2022). Comparison between the effects of ultrasound guided intra-articular injections of platelet-rich plasma (PRP), high molecular weight hyaluronic acid, and their combination in hip osteoarthritis: a randomized clinical trial. *BMC Musculoskeletal Disorders*, 23(1), 856.

43. Shahriari, M., Karimzadeh, A., Esmaily, H., Rezanejad, S., Nikkhah, H., Yadgari, M., & Pourhoseingholi, A. (2022). Electrodiagnostic signs of carpal tunnel syndrome in ocular pseudoexfoliation syndrome. *International Ophthalmology*, 42(9), 2749-2755.
44. Tolouian, R., Moradi, O., Mulla, Z. D., Ziaie, S., Haghighi, M., Esmaily, H., ... & Sistanizad, M. (2022). Bromhexine, for post exposure COVID-19 prophylaxis: a randomized, double-blind, placebo control trial.
45. Jamshidi, E., Asgary, A., Tavakoli, N., Zali, A., Dastan, F., Daaee, A., ... & Mansouri, N. (2021). Symptom prediction and mortality risk calculation for COVID-19 using machine learning. *Frontiers in artificial intelligence*, 4, 673527.
46. Mahdavi, Hossein, and Hadi Esmaily. "Impact of educational intervention by community pharmacists on asthma clinical outcomes, quality of life and medication adherence: A systematic review and meta-analysis." *Journal of Clinical Pharmacy and Therapeutics* 46.5 (2021): 1254-1262.
47. Mohebbi, R., Rezasoltani, Z., Mir, M., Mohebbi, M., Vatandoost, S., & Esmaily, H. (2021). High-versus low-molecular-weight hyaluronic acid for the treatment of rotator cuff tendinopathy: a triple-blind randomized comparative trial. *Annals of Pharmacotherapy*, 55(10), 1203-1214.
48. Rezasoltani, Z., Esmaily, H., Dadarkhah, A., Roustae, M., Mohebbi, R., & Vashaei, F. (2021). Low molecular-weight hyaluronic acid versus physiotherapy for the treatment of supraspinatus tendinopathy: a randomized comparative clinical trial. *JAAOS-Journal of the American Academy of Orthopaedic Surgeons*, 29(19), e979-e992.
49. Ziaie, S., Namazi, N., Afzal, G., Barati, S., Mohebbi, R., Mir, M., ... & Mehralian, G. (2021). Assessing multiple sclerosis-related quality of life among Iranian patients using the MSQOL-54 tool: a cross-sectional study. *BMC neurology*, 21(1), 333.
50. Esmaily, H., Niknami, E., & Saffaei, A. (2020). Comment on: Knowledge and attitude regarding Zika virus disease among junior residents of a tertiary care hospital in Delhi, India. *Journal of Mahatma Gandhi Institute of Medical Sciences*, 25(1), 52.
51. Raeissadat, S. A., Nouri, F., Darvish, M., Esmaily, H., & Ghazihosseini, P. (2020). Ultrasound-guided injection of high molecular weight hyaluronic acid versus corticosteroid in management of plantar fasciitis: a 24-week randomized clinical trial. *Journal of Pain Research*, 109-121.
52. Teimoury, A., Jafari, M., & Esmaily, H. (2020). Telepharmacy in Iran from the perspective of ethics in pharmacy: Feasibility study, opportunities and challenges.
53. Esmaily, H., & Saffaei, A. (2019). Vitamin D usage among Iranian population: A toxicity crisis is on the way. *Oman Medical Journal*, 34(2), 174.
54. Esmaily, H., Niknami, E., & Saffaei, A. (2019). Comment on: H-index is an ugly truth; But what about other scientometric criteria?. *Shiraz E Medical Journal*, 20(8).

55. Saadat, N., Esmaily, H., Abbasinazari, M., Tohidi, M., Salamzadeh, J., Hadaegh, F., ... & Dibaj, M. (2015). Does twice-weekly cabergoline improve anthropometrical and biochemical profiles in prediabetes? A randomized double-blind clinical trial pilot study. *Iranian Journal of Pharmaceutical Research: IJPR*, 14(Suppl), 77.
56. Esmaily, H., Sanei, Y., & Abdollahi, M. (2013). Autoantibodies and an immune-based rat model of inflammatory bowel disease. *World Journal of Gastroenterology: WJG*, 19(43), 7569.
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59. Mozaffari, S., Esmaily, H., Rahimi, R., Baeeri, M., Sanei, Y., Asadi-Shahmirzadi, A., ... & Abdollahi, M. (2011). Effects of *Hypericum perforatum* extract on rat irritable bowel syndrome. *Pharmacognosy Magazine*, 7(27), 213.
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