KAORI HARA

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PROFESSIONAL PROFILE

A highly skilled physiotherapist and health policy specialist with extensive experience in integrated care systems, health governance, and cross-sectoral collaboration. Proven ability to lead quality improvement initiatives, conduct policy research, and drive healthcare innovation across clinical, policy, and academic settings. Currently pursuing a PhD in healthcare governance, focusing on tensions between professional authority and managerial structures in NHS Integrated Care Systems, with the aim of improving cross-sectoral collaboration and policy integration.

EDUCATION

PhD Student, King's Business School *(Ongoing)*

- Research Focus: Governance and collaboration in NHS Integrated Care Systems

MSc Global Public Health and Policy, Queen Mary University of London *(2020–2021, Merit)*

- Dissertation: *Systematic Review of Educational and Self-Management Support Interventions for Musculoskeletal Conditions* (77% distinction)
- Modules: Health systems policy, Governance and law, Health inequalities, Political economy, Epidemiology

BSc Physical Therapy, Showa University *(2009–2013, First Class Honours)*

PROFESSIONAL EXPERIENCE

Senior Physiotherapist (Band 6), Integrated Primary Care Team

Central and North West London NHS Foundation Trust *(Dec 2022 – Present)*

- Deliver patient-centred community healthcare, working closely with multidisciplinary teams to improve cross-sectoral collaboration.
- Led a Quality Improvement (QI) project assessing staff perceptions of care integration before and after implementing the Integrated Neighbourhood project.
- Support care pathway development, ensuring seamless integration between primary and secondary care services.

Policy and Advocacy Intern

World Physiotherapy, London, UK *(Aug 2021 – Dec 2021)*

- Developed a policy framework on climate change and health, analysing national and international policies to create actionable recommendations.
- Drafted a policy statement published after board consultation, applying advanced policy analysis and advocacy skills.
- Collaborated with stakeholders to develop strategies promoting sustainable healthcare policies.

Team Manager & Physiotherapist

Takashimadaira Chuo General Hospital, Tokyo, Japan *(2013–2020)*

- Led a team of physiotherapists, setting annual objectives, overseeing performance, and implementing evidence-based rehabilitation strategies.

- Designed and evaluated patient care protocols using the PDCA (Plan-Do-Check-Act) cycle, enhancing service efficiency and patient outcomes.

Rehabilitation Specialist

Itabashi Rehabilitation Network, Tokyo, Japan *(2018–2020)*

- Contributed to a community-based healthy ageing project, working with the local government to promote public health and preventative care initiatives.

- Developed and delivered health promotion programmes to improve awareness of rehabilitation and preventative strategies.

Project Coordinator, Official Development Assistance (ODA) Programme

Japan International Medical Technology Foundation, Kathmandu, Nepal *(2015–2018)*

- Led the implementation of a primary care development project for respiratory conditions in Nepal, training local healthcare professionals and volunteers.

- Created educational materials and launched a health promotion campaign via radio, enhancing public awareness and literacy.

- Evaluated project outcomes through community engagement and data-driven impact assessments.

RESEARCH EXPERIENCE

Research Assistant

University of Edinburgh *(Nov 2022 – June 2023)*

- Managed an international multidisciplinary research team across six countries, supporting grant applications, stakeholder engagement, and research coordination.

- Conducted qualitative and quantitative data analysis on child development and health inequalities.

Honorary Research Assistant

Queen Mary University of London *(Aug 2021 – Aug 2022)*

- Conducted a systematic review on unintentional pesticide poisoning and social determinants of health.

- Developed high-quality data extraction tools and applied critical appraisal methods.

MSc Dissertation

Queen Mary University of London *(2021)*

- Conducted an overview of systematic reviews, synthesising key studies from 2011 to 2021 on self-management support for musculoskeletal conditions in low- and middle-income countries.

- Designed and implemented a systematic search strategy, managing references and performing critical appraisals.
- Dissertation was awarded distinction and recommended for publication.

Nepal ODA Research Project *(2015–2017)*

- Developed and conducted semi-structured interviews and surveys with local communities in Kathmandu.
- Established sustainable data collection and analysis systems for respiratory health interventions.
- Published findings in a peer-reviewed journal and contributed to scaling the project to national level.

PUBLICATIONS & PRESENTATIONS

- Yorimoto K., **Hara K.,** et al. (2017). *Respiratory Rehabilitation Initiatives in Nepal - Guidance to Female Health Volunteers. Journal of the Japan Society for Respiratory Care and Rehabilitation, 27(2): 215-221*.
- **Hara K**. (2017). *New Brush-up Physiotherapy: The Challenge of 88 Physiotherapists Who Created New Clinical Skills*. Miwa Publishing, Tokyo.

PROFESSIONAL QUALIFICATIONS

- **Registered Physiotherapist (UK & Japan)**
- **Japanese Respiratory Therapist**
- **Certified Diabetes Educator (Japan)**

SKILLS & COMPETENCIES

- **Research & Policy Analysis:** Systematic reviews, qualitative research, policy development
- **Project & Team Leadership:** Quality improvement, capacity building, stakeholder engagement
- **Languages:** English (Fluent), Japanese (Native)

PROFESSIONAL MEMBERSHIPS

- **World Physiotherapy**
- **Japan Society for Respiratory Care and Rehabilitation**

REFERENCES

Available upon request.