

Dr Mohamed Sakel

CV

PRINCIPAL PROFESSIONAL SPECIALISMS

Consultant Physician in Neurorehabilitation

MRCP, MBBS, MRCP

QUALIFICATIONS & ACCREDITATION

- Leadership course, EKHUFT - 2015
- FRCP, London - July 2006
- Postgraduate Diploma Rehabilitation Medicine, University of Nottingham - 2001
- MRCP, London - 1997
- MBBS, Dhaka Medical College, Bangladesh - 1991

PROFESSIONAL MEMBERSHIPS

- British Society of Rehabilitation Medicine (BSRM)
- Royal College of Physicians (London)
- British Medical Association (BMA)
- General Medical Council (GMC)
- Medical Defence Union (MDU)

PAST & PRESENT POSITIONS

Medical Director and Consultant Physician, Frenchay Brain Injury Rehabilitation Unit, 2025 - present

Consultant Neuro-Rehabilitation Physician, Central England Rehab Unit (Level 1 Service), South Warwickshire University Hospital NHS Trust, 2024 - 2025

Director & Consultant Physician Lead of Neurorehabilitation

East Kent Hospitals University NHS Foundation Trust, 2003 - 2024

Director Research & Development

East Kent Hospitals University NHS Foundation Trust 2008-2012

Director of East Kent Motor Neurone Disease Team, 2004-2010

Audit Lead for Medical Directorate, East Kent Hospitals University NHS Foundation Trust, 2008-2010

Acting Consultant Physician, University Hospitals of Coventry & Warwickshire, 2002-2003

Specialist Registrar Rotation, West Midland Deanery (UK), 1998 to 2002

Neurology Registrar & Clinical Research Fellow, Royal Preston Hospital (UK), Jan-July 1998

SHO Medical Rotation, Royal Preston Hospital, 1994-1998

ELECTED LEADERSHIP POSITIONS

- Chairman Kent Brain Injury Forum Charity (2016 - present)
- Medical Academic Staff Committee, BMA (2012-2014) (I represented BMA & 26 other Medical
- Associations at an EU Parliament meeting in 2013)
- West Midlands Specialist Registrar Trainee committee (1999-2000)
- EU Physical Medicine and Rehabilitation Trainee committee (1999-2000)

EXPERT WITNESS EXPERIENCE & TRAINING

Dr Sakel has been providing independent medico-legal reports for both claimant and defendant solicitors since 2022. He has experience assessing clients with a wide range of conditions including acquired brain injury, spinal injury, polytrauma and other neurological disorders. He completed specialist expert witness training with the British Medical Association in March 2025.

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AWARDS

- Top 70 NHS Leaders Award (NHS England) for exceptional service to the NHS and wider health and care sector. June 2018
- 2 Certificate Award for Research poster presentation at Levelling the Field conference - Championing Ethnic Diversity in the NHS (3/12/2021)
- Outstanding Contribution during COVID-19 Nomination with Certificate awarded to the Cross Specialty Research Team in Research and Innovation Awards (EKHUFT) December 2020
- Highly Commended Team Award for Exceptional Contribution Certificate awarded to the Neuro-rehabilitation Clinical Research Team in Research and Innovation Awards (EKHUFT) December 2020
- Trust Inspirational Leader Award (Runner up) November 2019
- Outstanding Innovation Trust Award (Impact of Music on Brain Injury) 2014
- Research and Development Trust Award 2014

CLINICAL RESEARCH AND INNOVATION

Since the beginning of my career, I have worked within clinical research and have gained in depth experience of working as a Chief Investigator (CI), Principal Investigator (PI) and Co-Investigator in large scale multi-centre trials. My experience includes research trial design, conduct and delivery of Randomised Controlled Trials; qualitative research studies; quantitative research; mixed methodologies; epidemiological and service studies; translational research and feasibility and early phase proof of concept studies. I have extensive experience of leading, contributing and submitting research funding applications and have been successful in obtaining an MRC Grant application. In total, I have achieved successful application for over £10 million pounds of research grant funding during my career.

A selection of my current research portfolio includes the following:

- Home-based EEG neurofeedback to reduce chronic neuropathic pain, a cohort clinical trial.
- NCT Registration: NCT05464199
- A qualitative research study into patient, carer and physician experiences of spasticity
- management via Botulinum Toxin treatment during and post COVID-19 pandemic
- Knowledge, Attitudes and Practices towards COVID-19 amongst Black and Asian Minority Ethnic communities in Canterbury and Kent during the COVID-19 pandemic.
- COVID-19 survivorship: A qualitative study of persistent symptoms or Long COVID experienced by spinal cord injury survivors in Bangladesh.
- Rex robot assisted rehabilitation to enhance balance and mobility for people with Multiple
- Sclerosis, clinical and biomarker study – RAPPER IV (December 2018 - 2020)
- Rex Robot Assisted rehabilitation exercise to enhance balance, mobility and upper limb function in people with Multiple Sclerosis (MS). “RAPPER III-MS”. NIHR Portfolio study. PI (2017)
- Safety and feasibility evaluation of Robot assisted physiotherapy exercises with Rex device
- “RAPPER 2”. PI (UK) Multi-centre international study (2016)
- Assistive Devices for empowering disabled People through robotic Technologies (ADAPT)
- INTERREG VA France (Channel) England, EU. PI (UK) (2017-2021)
- Empowerment of Disabled people through the User Co-production of Assistive Technology
- (EDUCAT). Interreg 2 Seas Mers Zeen. PI for Clinical Trial (2016 -2020)
- “ASPIRE: Adult Spasticity International REgistry on BOTOX® treatment”. NIHR Portfolio study. PI.
- Understanding the role of the vestibular system in human cognition. PI
- A Multi-centre, Double-blind, Prospective, Randomised, European and Canadian Study to Evaluate Patient Outcomes and Costs of Managing Adults with Spasticity and Associated Focal Spasticity BEST (Botox Economic Spasticity Trial). PI (UK)
- SPAsitivity in Practice (SPACE).” Prospective, observational, non-interventional, open label, multi-national, non-randomised study. Industry sponsor- Merz.
- “Cognitive Assistive Living Ambient System- COALAS”. Co-Investigator. (2012-2015)
- “Does Repeated Vestibular Stimulation Induce Lasting Recovery from Hemi-Spatial Neglect?” MRC (UK) Grant £310 K
- A non-invasive neuro-stimulation device for the treatment of episodic migraine. An RCT Started: 01/05/2015) Co-Investigator and Clinical Lead

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RESEARCH PUBLICATIONS

Selection of most recent:

Co-creating system-wide improvement for people with traumatic brain injury across one integrated care system in the United Kingdom to initiate a transformation journey through co-production. Manley K, Saunders K, Wilkinson D, Faruqui R, Sakel M. Journal of Health Expectations. Jan 2023.
<https://onlinelibrary.wiley.com/doi/full/10.1111/hex.13712>

Remote Health Monitoring System for the Estimation of Blood Pressure, Heart Rate and Blood Oxygen Saturation Level. IEEE SENSORS JOURNAL, 2023. Nwibor C, Haxha S, Ali M, Sakel M, Haxha AR, Saunders K, Nabakooza S
<https://ieeexplore.ieee.org/document/10017171>

Feasibility and Safety of a Powered Exoskeleton for Balance Training for People Living with Multiple Sclerosis: A Single-Group Preliminary Study (Rapper III). Sakel M, Saunders K, Hodgson P, Stephensen D, Phadke CP, Bassett PA, Wilkinson D. J Rehabil Med. Dec. 2022.
<https://doi.org/10.2340/jrm.v54.4544>

Real-World Treatment Utilization and Effectiveness of OnabotulinumtoxinA in Multiple Sclerosis Patients Treated for Spasticity From the ASPIRE Study. Bandari DS, Mayadev A, Sakel M, Esquenazi A, Zuzek A, Largent J, Francisco GE. 2022.
<https://www.sciencedirect.com/science/article/pii/S0041010121003317?via%3Dihub#!>

Key demographics and psychological skills associated with adjustment to progressive Multiple Sclerosis early in the diagnosis. Bogosian A, Day F, Norton S, Silber E, Sakel M, Sharrack B, Moss-Morris R. Front. Rehabil. Sci., 29 August 2022, Sec. Rehabilitation in Neurological Conditions
<https://doi.org/10.3389/fresc.2022.966133>

Ethical issues and dilemmas in spinal cord injury rehabilitation in the developing world: a mixed-method study. Uddin T, Shakoob MA, Rathore FA, Sakel M. Spinal Cord 2022.
<https://doi.org/10.1038/s41393-022-00808-8>
<https://www.nature.com/articles/s41393-022-00808-8>

Association of depression, pain, and quality of life among confirmed Covid-19 cases in Bangladesh. Marzen T, Khasru MR, Haseen F, Sakel M, Hamid A, Bristi S, Naz R, Hossain KM, Hossain Md S, Khan M, Ahmed Md S. Int J Frontiers in Life Science Research, 2022, 02(01), 008–017
<https://frontiersrj.com/journals/ijflsr/sites/default/files/IJFLSR-2022-0030.pdf>

Hossain KMA, Sakel M, Saunders K, Kabir MF and Hasnat AK. Rehabilitation of a young girl with acute transverse myelitis and prolonged lower motor neuron features: a longitudinal case report over 12 months. International Journal of Therapy and Rehabilitation. Issue: February 2022.
<https://www.magonlinelibrary.com/doi/abs/10.12968/ijtr.2020.0049>

Hossain MA, Hossain KMA, Sakel M, Kabir, MF, Saunders K et al. Knowledge, Attitudes, Behavioural Practices and Psychological impact relating to COVID-19 among people living with Spinal Cord Injury during In-patient Rehabilitation in Bangladesh. December 2021. Frontiers in Neurology. Neurorehabilitation.
<https://www.frontiersin.org/articles/10.3389/fneur.2021.739354/abstract>

Hossain MA, Hossain KMA, Saunders K, Sakel M et al. Prevalence of Long COVID symptoms in Bangladesh: a prospective Inception Cohort Study of COVID-19 survivors. BMJ Global Health 2021;6:e006838.
<https://gh.bmj.com/content/6/12/e006838>

Hossain KMA, Saunders K, Sakel M et al. Coping with COVID-19 Pandemic: A Population-Based Study in Bangladesh. Preprint medRxiv March 31st 2021 doi:
<https://doi.org/10.1101/2021.03.30.21254632>

Sakel M, Saunders K, Chandi J, Haxha S, Faruqui R. Neuro-rehabilitation Service during COVID-19 Pandemic: Best Practises from UK. JPMA. COVID-19 Transforming Global Health. Volume 70. No.5 (Supplement 1) May 2020. DOI:
<https://doi.org/10.5455/JPMA.33>

BCI controlled robotic arm as assistance to the rehabilitation of neurologically disabled patients. Casey A, Azhar H, Grzes M, Sakel M. Journal of Disability and Rehabilitation: Assistive Technology 11 Nov 2019.
<https://doi.org/10.1080/17483107.2019.1683239>

Design of Internet of Things (IoT) and Android Based Low Cost Health Monitoring Embedded System Wearable Sensor for Measuring SpO2, Heart Rate and Body Temperature Simultaneously. Ali M, Haxha S, Alam M, Nwibor C, Sakel M. Springer Science + Business Media, LLC, Springer Nature 2019. <https://doi.org/10.1007/s11277-019-06995-7a>

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SELECT RECENT CONFERENCE PRESENTATIONS

- Research poster presentation of 'Living with spasticity during the COVID-19 pandemic. A qualitative research study of patient, carer and physician experiences.' at the 13 th World Congress of Neurorehabilitation (22-25 May 2024) in Vancouver, Canada.
- Research poster presentation of 'Feasibility and safety of a home-based EEG neurofeedback intervention to reduce chronic neuropathic pain, a cohort clinical trial.' at the 13 th World Congress of Neurorehabilitation (22-25 May 2024) in Vancouver, Canada.
- Oral presentation of 'Feasibility and Safety of a Powered Exoskeleton for Balance Training for People living with Multiple Sclerosis. A Single-Group Preliminary Study (RAPPER III)' at 17 th World Congress of International Society of Physical and Rehabilitation Medicine, Cartagena, Colombia (04/06/23 – 08/06/23).