Dr Cynthia Udensi

CV

PRINCIPAL PROFESSIONAL SPECIALISMS

Consultant in Rehabilitation Medicine

FRCP, AFHEA, AFFMLM, FEBPRM, PG CERT MED ED.

QUALIFICATIONS & ACCREDITATIONS

- Postgraduate Certificate in Medical Education, University of Buckingham (Pg Cert Med Ed) – March 2026
- European Standard for the Fellowship in Physical and Rehabilitation Medicine, FEBPRM, 2022
- Associate Fellow of the Faculty of Medical Leadership and Management, AFFMLM, 2022
- Associate Fellow, Higher Education Academy, 2022
- MRCP: Collegiate Member of the Royal College of Physicians, London, elected in March 2016
- Bachelor of Medicine, Bachelor of Science, University of Port Harcourt, Nigeria, 2005

EXPERT WITNESS TRAINING

- Bond Solon Course on report writing for experts, 2025
- Hugh James Medico Legal Expert Report Writing Training, 2022

PAST AND PRESENT POSITIONS

- **Consultant in Rehabilitation Medicine,** Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Cambridge, 2022 - present
  - Managing patients with traumatic brain injuries, spinal cord injuries, musculoskeletal injuries from trauma working as part of the major trauma service consultant, managing complex stroke, chronic and progressive neuro disability, patients with complex neuro rehab needs and cancer rehabilitation.
  - Spasticity clinic, Neuro Trauma clinic, Neuro Rehabilitation clinic and MS MDT clinic
  - Clinical Governance Lead for Rehabilitation Medicine Department
- **Training Programme Director** in Rehabilitation Medicine, East of England, Health Education East of England, 2023 - present
- **Acting up Consultant,** Addenbrookes Hospital, Cambridge University Hospital, 2021 - 2022
- **Regional Trainee Representative** for East of England, 2018 - 2021
- **British Medical Association Local Negotiating Committee Representative,** Norfolk Community Health and Care NHS Trust,
- 2018- 2021

MEMBERSHIPS

- Fellow of the Royal College of Physicians (FRCP), May 2026
- British Medical Association (BMA)
- British Society of Physical and Rehabilitation Medicine (BSPRM)
- BSPRM Education Sub- Committee member
- International Society of Physical and Rehabilitation Medicine (ISPRM)
- Medical protection Society (MPS)
- Associate Fellow Faculty of Medical Leadership and Management (FMLM)
- World Federation of Neuro Rehabilitation (WFNR)

SPECIAL INTERESTS

- Neurorehabilitation
- Spinal cord injury
- Stroke
- Musculoskeletal injury

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CV

TEACHING AND TRAINING

- Clinical supervisor to year 5 medical students from theCambridge University Hospital- 2021-2022
- Classroom seminars on Prosthetic and Amputee rehabilitation to year 2 MBBS students at the University of East Anglia on a three-monthly basis 2019-2021
- Ethos of Hyperacute Rehabilitation – Jan 2026
- Workshop delivered at the International Society of Rehabilitation Medicine conference e – Nov 2025
- Role of the Major Trauma service in Trauma patient management – BSPRM conference Sep 2025
- Supporting the regional and national training sessions
- Developing a rehabilitation plan for the national training teaching program 01/02/2024
- Hyperacute rehabilitation to EoE stroke forum 16/11/2023
- Classroom lecture to year 2 MBBS students on Prosthesis and Amputation as part of the 2D Vascular module MBBS course at the University of East Anglia, 02/12/2021
- Online lecture to MBBS students of UEA on Prosthesis and Amputation 16/10/2021
- Class room lecture to MBBS students of UEA on Prosthesis and Amputation 14/10/2021
- Regional SpR teaching delivered on 20/10/2022
- Teaching on managing and preventing blocked catheter in spinal cord Injury 27/04/2021, presented to doctors in the spinal unit stoke Mandeville
- Case Presentation / Teaching on syringomyelia in spinal unit Stoke Mandeville 06/04/2021.
- Introduction to Rehabilitation Medicine teaching in doctor's meeting Colman Hospital 19/01/2021.
- Teaching - Introduction to Rehabilitation Medicine teaching to internal medical trainees 28/01/2021
- The role of the specialist services in the new models of care presented to doctors in Colman Hospital May 2020.
- Phantom limb pain teaching at the monthly east of England academic session.
- Teaching on Acute Motor Axonal Neuropathy- March 2020 in Caroline House doctors' meeting.
- Teaching on Blocked Catheter management - departmental presentation
- Neuro Myelitis Optica Spectrum Disorder teaching/ case discussion presented at the East of England Regional Teaching Program (05/04/2019)
- Teaching on Myasthenia Gravis for medical students 08/03/2019
- Teaching on Cerebral Palsy in Adults- departmental 05/02/2019

LEADERSHIP ROLES

- Training Programme Director for Physical and Rehabilitation Medicine East of England (February 2023 – Present)
- Rehabilitation Medicine Specialty Advisory Committee of the Joint Royal Colleges of Physicians Training Board (JRCPTB), Feb 2023 – Present
- VTE Audit lead, Rehabilitation Medicine, September CUH 2022- Present
- Clinical governance lead for Rehabilitation Medicine, CUH, February 2023- Present
- Teaching rota co-ordinator- Supporting teaching and training within the East of England
- Rota Co-ordinator Rehabilitation Medicine, Addenbrooke's Hospital

AWARDS AND HONOURS

- Awarded a Special Grant by the International Society of Physical and Rehabilitation Medicine to attend the 14th World ISPRM 2020 Congress in Orlando, USA.
- Awarded first year free membership registration as an associate fellow of FMLM as one of the best top five QIP projects presented as part of Next Step: Leadership and Management Fellows Program organised by Kings College London

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ACADEMIC, TEACHING & EDITORIAL ROLES

- Ebrain editor [2023-present]
- Speaker – "Role of Major Trauma in Trauma Patient Management', BSPRM Trauma Conference Sept 2025
- "Harnessing Telerehabilitation to improve access to neurorehabilitation across the globe: opening new frontiers"- 14th World Congress on Neurorehabilitation, 14th -17th October, Daegu, South Korea.
- "Evaluation of the Referral Pathway for Adult Spasticity Therapy: A Review of Pathways Between Acute Specialist and Community Neurorehabilitation Services" accepted by the Scientific Committee of the 19th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM), held in Marrakech, Morocco from November 3–7, 2025
- "Optimising Functional Outcomes in Advanced Lower Limb Spasticity in Multiple Sclerosis using a combination of Botulinum toxin therapy and physiotherapy"- A Case Report accepted by the Scientific Committee of the 19th World Congress of the International Society of Physical and Rehabilitation Medicine (ISPRM), held in Marrakech, Morocco from November 3–7, 2025
- Poster presentation on "Rehabilitation for Neurological Tumours – Why bother?" Accepted to be presented at the British Society of Physical and Rehabilitation Medicine conference November 2024.
- Poster presentation and Abstract accepted "A rare case of Mycoplasma related Acute Disseminated Encephalomyelitis presenting in a Middle aged Adult" presented at the ISRPM 2022 world congress publication in The Journal of the International society of physical and rehabilitation medicine. ID: 3641
- Poster presentation and Abstract accepted: "Retrospective Survey of the Average Days of Tracheostomy Patient Decannulation in a Level 1 Neurorehabilitation Unit" presented at the ISPRM 2022 World Congress, publication in The Journal of the International Society of Physical and Rehabilitation Medicine ID: 5408
- Poster presentation and Abstract accepted: "Neuromyelitis Optica Spectrum Disorder" presented at the 13th International Society of Physical and Rehabilitation Medicine World Congress in Kobe, Japan, June 2019, publication in The Journal of the International Society of Physical and Rehabilitation Medicine
- National Poster Presentation and abstract accepted "Audit on Clinical handover on a neuro rehabilitation Ward" presented at the 2019 Joint BSRM/SRR Scientific meeting - University of Warwick 14th/15th October 2019

PUBLICATIONS

- Author of Sativex protocol and patient leaflet published at Addenbrooke's Hospital, Cambridge University Hospital, published 26th August 2024.
- Role of International Partnerships in achieving health-related SDGs in Nigeria: Co-Author, Nigerian Journal of Political Science, Aug 10, 2025. Nigerian Journal of Political Science, 21(1), 34-44. https://njops.com.ng/index.php/njops/article/view/31
- Mental Health and the SDGs in Nigeria: An overlooked priority- Co-Author, Journal of Scientific & Technical Research DOI: 10.26717/BJSTR.2024.59.009295 : https://biomedres.us/submit-manuscript.php published 08.11.2024.
- Posttraumatic bilateral thigh Morel-Lavallée lesions without an underlying bone fracture: a case report Co-Author January 2023, Journal of Trauma and Injury 2023;36(3):269-275 DOI: https://doi.org/10.20408/jti.2022.0060
- Evidence-based position paper on physical and rehabilitation medicine professional practice for persons with COVID-19, including post-COVID-19 condition: the European PRM position (UEMS PRM Section)- Co-author, European Journal of Physical and Rehabilitation Medicine 2023 December;59(6):789-99 DOI: 10.23736/S1973-9087.23.08315-6

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CLINICAL GOVERNANCE, QUALITY IMPROVEMENT & AUDIT

- Quality of life post amputation in patients with chronic pain /CRPS- Cambridge University Hospital – Ongoing
- Re-audit on Spasticity management in adults using Botulinum toxin Injection- Addenbrookes Hospital, February 2023- Sept 2023.
- Audit on Spasticity management in adults using Botulinum toxin Injection- Addenbrookes Hospital, January 2022- March 2022.
- Retrospective survey of Tracheostomy patient Decannulation in a level 1 unit – Caroline House, Colman Centre for Specialist Rehabilitation Services – September 2021.
- VTE audit on NEWS2 in level 1 neuro rehabilitation unit - Caroline House, Colman Centre for Specialist Rehabilitation Services - April 2020.
- Audit on the Quality of handover in a level 1 neuro rehabilitation unit- Caroline House, Colman Centre for Specialist Rehabilitation Services led to the design of SBAR tool adapted for rehabilitation which incorporated the ICF framework - April 2019- First Author.
- Health Record Keeping Audit- Leeds Teaching Hospital – March 2015.
- VTE audit – Leeds Teaching Hospital – June 2014.
- Inpatient Prescribing Audit – Peterborough and Stamford hospitals NHS Foundation Trust – March 2013.
- Note on Junior's medical notes keeping standard - Peterborough and Stamford Hospital, November 2012, led to the implementation of a standardised note keeping form.