

# 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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### TEACHING AND TRAINING

- Completed Integrated Foundations of Medical Education (IFME) program at the University of Cambridge.
- Delivers teaching at the local departmental hospital teaching programme.
- Clinical supervisor for year 5 medical students at Cambridge University Hospital.
- Delivered classroom seminars on Prosthetic and Amputee Rehabilitation to year 2 MBBS students at the University of East Anglia every three months.
- Developed regional Rehabilitation teaching program in East of England.
- Present/teach in national and regional teaching programme and East of England Stroke Forum.
- Delivered teaching to Internal Medicine Trainees (IMT) within East of England region.
- BSRM Education Subcommittee member, promoting educational activities.

### 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

### PRESENTATIONS AND PUBLICATIONS

1. Author and publisher of Sativex protocol and patient leaflet at Cambridge University Hospital
2. Co-Author of "Posttraumatic bilateral thigh Morel-Lavallée lesions without an underlying bone fracture: a case report," Journal of Trauma and Injury, January 2023. DOI: 10.20408/jti.2022.0060
3. Co-Author of "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)," European Journal of Physical and Rehabilitation Medicine, December 2023. DOI: 10.23736/S1973-9087.23.08315-6
4. Poster Presentation and Abstract accepted: "A rare case of Mycoplasma related Acute Disseminated Encephalomyelitis presenting in a middle-aged adult" presented at the ISPRM 2022 World Congress, publication in The Journal of the International Society of Physical and Rehabilitation Medicine, ID: 3641.
5. 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.
6. Poster Presentation and Abstract accepted: "Neuro Myelitis 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.
7. National Poster Presentation and Abstract accepted: "Audit on Clinical Handover on a Neuro Rehabilitation Ward" presented at the National Conference.