

Dr Atif Rana CV

PRINCIPAL PROFESSIONAL SPECIALISMS

MBBS, MRCP (UK), FEBPRM

Consultant in Rehabilitation Medicine

QUALIFICATIONS

- MBBS – University of Health Sciences, Pakistan, 2014
- MRCP (UK), 2018
- Fellowship of the European Board of Physical and Rehabilitation Medicine (FEBPRM), 2025
- PLAB – General Medical Council, UK

REGISTRATION

- General Medical Council (GMC): Full registration with licence to practice on the specialist register (GMC No. 7504810)

COURSES & CERTIFICATIONS

- Advanced Life Support (ALS) – Resuscitation Council UK
- BSPRM Musculoskeletal (MSK) Courses – 2024
- MSK Primary Care Course (Delivered with Senior MSK Physiotherapist Colleague):
 - Upper Limb & Cervical Spine Assessment in Primary Care MSK Disorders
 - Low Back Pain & Lower Limb MSK Assessment in Primary Care

PRESENT & PAST POSITIONS

- Rehabilitation Medicine Specialty Training (ST3–ST6), East Midlands Deanery (Feb 2022 – Feb 2026)
- Nottingham University Hospitals NHS Trust – Neurorehabilitation, amputee & major trauma rehab
- University Hospitals of Derby & Burton NHS FT
- Leicester General Hospital – Level 1 Neurorehabilitation
- Defence Medical Rehabilitation Centre (DMRC) – Rheumatology & sports medicine exposure
- West Park Hospital, Wolverhampton – Neurorehabilitation
- Royal Stoke University Hospital – Trauma rehabilitation
- Robert Jones and Agnes Hunt Orthopaedic Hospital – Spinal injuries rehabilitation

Prior NHS Experience

- Respiratory Medicine Specialty Registrar – Glenfield Hospital
- Acute Medicine Specialty Registrar (Locum/Agency) – Multiple NHS Trusts
- Core Medical Training (CT1–CT2) – East Midlands Deanery
- Trust Grade SHO – Respiratory & Acute Medicine – Solihull Hospital
- Trust Grade SHO – Trauma & Orthopaedics – Poole General Hospital

SPECIAL INTERESTS

- Neurorehabilitation
- MSK and Spasticity Management
- Major Trauma and Amputee Rehabilitation
- Community and Outreach Rehabilitation Services
- Acute and General Medicine

OVERVIEW

Dr Atif Rana is a Consultant in Rehabilitation Medicine with broad NHS experience across neurorehabilitation, spinal injuries, major trauma and amputee rehabilitation. He has trained across multiple UK centres, including specialist neurorehabilitation and spinal injury units, and has a strong interest in evidence-based rehabilitation practice. His clinical work spans acute, inpatient and community settings, with expertise in complex neurological and musculoskeletal conditions. Dr Rana is actively involved in teaching, quality improvement and research, and brings a structured, analytical approach to assessment, functional outcome evaluation and rehabilitation planning within medico-legal practice.

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LEADERSHIP & MANAGEMENT EXPERIENCE

- Trainee Representative – East Midlands Deanery (Rehabilitation Medicine)
- Working Party Lead – Trainee support, curriculum development

TEACHING EXPERIENCE

- Regular formal and informal teaching of Foundation Year Doctors, Core Trainees, Specialty Trainees, and ACPs
- Regular OSCE Examiner – Year 3 and Year 5 medical students
- Active involvement in undergraduate teaching programmes – University of Leicester
- Active involvement in undergraduate teaching programmes – University of Nottingham
- Delivered structured clinical and bedside teaching in neurological and MSK examination skills
- Organised regional and local teaching programmes during specialty training
- Train-the-Trainer course completed

PUBLICATIONS, POSTERS & PRESENTATIONS

- **Oral Communication** – ISPRM 2025, Morocco
 - Spinal Injury Service Evaluation in a Level 2 Neurorehabilitation Setting
- **Poster Presentation** – European Congress of Neurorehabilitation (ECNR) 2023, Lyon, France
 - Unique Case of Nutritional Peripheral Neuropathy with Psychiatric Manifestations Following Sleeve Gastrectomy: Highlighting Nutrition as an Interface Between Physical Rehabilitation and Public Health
- **Poster Presentation** – 4th International Congress on Neurorehabilitation and Neural Repair, Maastricht, Netherlands (31st May 2023)
 - Paroxysmal Sympathetic Hyperactivity in an Adult with Tuberculous Meningitis: A Case Report
- **Poster Presentation** – 5th International Congress on Neurorehabilitation and Neural Repair, Maastricht, Netherlands (14–16 May 2025)
 - Management of Spasticity in a Post Traumatic Minimally Conscious State with Underlying Myasthenia Gravis: A Case Study
- **Poster Presentations** – BSPRM 2025, Nottingham
 - Spinal Injury Service Evaluation in a Level 2 Neurorehabilitation Setting
 - Pituitary Dysfunction Following Traumatic Brain Injury: Compliance with British Neurotrauma Group Pituitary Screening Guidelines at King's Lodge

RESEARCH, AUDIT & QUALITY IMPROVEMENT

- Quality Improvement Project (2-cycle audit): Pituitary Dysfunction Following Traumatic Brain Injury
 - Evaluation of compliance with British Neurotrauma Group pituitary screening guidelines in patients admitted with TBI.
 - Outcome: Improved screening rates, documentation, and follow-up endocrine management following targeted educational and service-level interventions.
- Quality Improvement Project: Spinal Injury Service Evaluation
 - Service evaluation of a Level 2 neurorehabilitation spinal injury service.
 - Outcome: Improved documentation standards, care planning, and consistency of spinal injury management after implementation of structured interventions.
- Additional audits and service evaluations undertaken across acute medicine, respiratory medicine, and rehabilitation medicine settings