C U R R I C U L U M V I T A E

Dr Alex Cumberworth BMBS BSc (Hons) FRCA (2018) EDRA (2024)

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Personal information

NHS practice	Consultant Anaesthetist, Frimley Health NHS FT	2022–
Private practice	Princess Margaret Hospital, Windsor	
	Princess Grace Hospital, London	
	Spire Thames Valley Hospital, Wexham	
	Spire Dunedin Hospital, Reading	
	Berkshire Grove Hospital, Maidenhead	
	Circle Reading	
	Parkside Suite, Frimley Health NHS Foundation Trust	
GMC	7429139; full registration with licence to practise	

Qualifications

European Diploma of Regional Anaesthesia	2024
Fellowship of the Royal College of Anaesthetists with Distinction	2018
BMBS with Distinction, Brighton and Sussex Medical School	2013
BSc Physiology (intercalated) with First Class Honours, University College London	2011

Prizes

Royal Berkshire Hospital College Tutor's Prize	2019
Commendation letter for performance in Final FRCA (distinction)	2018
Nuffield Medal for Primary FRCA	2016
Best performance in Population Medicine (joint)	2012
Medical Women's Federation Women's Health Prize	2010
Dean's Prize for overall performance in year 2	2009
Ede and Ravenscroft Prize	2009
University of Brighton Scholarship Prize for overall performance	2009
Society for Endocrinology runner-up prize	2009

Postgraduate medical training

ST7 Anaesthetics, Oxford University Hospitals	2021–22
ST6 Anaesthetics, Oxford University Hospitals	2020–21
ST5 Anaesthetics, Buckinghamshire Healthcare	2019–20
ST4 Anaesthetics, Royal Berkshire Hospital	2018–19
ST3 Anaesthetics, Oxford University Hospitals	2017–18
CT2 Anaesthetics, University Hospital Lewisham	2016–17
CT1 Anaesthetics, Princess Royal University Hospital	2015–16
F2, Guy's and St Thomas'	2014–15
F1, Guy's and St Thomas'	2013–14

Involvement in teaching, training and education

Ashford & St Peter's EDRA course faculty	2024–
Wexham EDRA course faculty	2023
Wexham Regional Anaesthetic Course faculty	2022–
Creation of electronic analgesia training package for PACU nurses	2021
Oxford Sonoclub	2021
Course director, Bucks Ultrasound Guided Regional Anaesthesia training day	2020
Oxford anaesthetic novice course (RIACT) tutor and facilitator	2019–21
Oxford Final FRCA viva course tutor and examiner	2018–21
Medical school OSCE examiner	2015
Teaching of year 3–5 medical students; nominated for Tutor of the Term	2013–15
Developing Teaching Skills course, Guy's Hospital	2013
Developed and delivered peer teaching programme for BSMS year 3 students	2012–13

Books, publications and presentations

Books

El-Boghdadly K, Ahmad I, Cumberworth A, Bailey C. Primary FRCA: 450 MTFs and SBAs. 2nd edition. London: Jaypee; 2019. ISBN 9781909836952.

Publications

Ní Eochagáin A, Athanassoglou V, Cumberworth A, Morris O, Corbett S, Jefferson H, O'Sullivan EP, Pandit JJ. Assessing a novel second generation laryngeal mask airway using the 'ADEPT' approach: results from the LMA® Protector™ observational study. J Clin Monit Comput. 2023 Apr; 37(2):517–524. PMID 36063277.

Cumberworth A, Lewith H, Sud A, Jefferson H, Athanassoglou V, Pandit JJ. Major complications of airway management: a prospective multicentre observational study. Anaesthesia. 2022 Jun; 77(6):640–648. PMID 35254669.

Cumberworth A, Russell R. Pre-operative cessation of angiotensin-converting enzyme inhibitors may not necessarily protect against angioedema. Anaesthesia Rep. 2021 Jan; 9(1):24–25. PMID 33537679.

Cumberworth A. Neuromuscular blockade and risk of postoperative pneumonia. Anesthesiology. 2017 Jul; 127(1):195. PMID 28632617.

Cumberworth A. Choice of intrathecal opioid for hip arthroplasty. Anaesthesia. 2017 Mar; 72(3):408. PMID 28176313.

Cumberworth A, Cumberworth J. Intraoperative fluids and postoperative haemoglobin. Br J Anaesth. 2016 May; 116(5):723. PMID 27106984.

Cumberworth J, Cumberworth A. What's in a name: should medical students be renamed "student doctors"? Med Teach. 2016 Jan; 38(1):101–102. PMID 26075955.

Cumberworth J, Cumberworth A. The 3 Rs: a student perspective. Med Teach. 2015 Jun; 37(6):599. PMID 25704002.

Mabvuure NT, Rodrigues J, Cumberworth A, Mahmud M. Twelve tips for running successful junior doctor-led teaching programmes for medical students. Med Teach. 2013 Aug; 35(8):628–632. PMID 23544916.

Cumberworth A, Mabvuure NT, Hallam MJ, Hindocha S. Is home monitoring of international normalised ratio safer than clinic-based monitoring? Interact Cardiovasc Thorac Surg. 2013 Feb; 16(2):198–201. PMID 23143204.

Cumberworth A, Norris JM, Huq F, Smith M. TEMPL3: a simple mnemonic for the diagnosis of temporal arteritis. Br J Hosp Med (Lond). 2012 Dec; 73(12):714. PMID 23577360.

Mabvuure N, Cumberworth A, Hindocha S. In patients with carcinoid syndrome undergoing valve replacement: will a biological valve have acceptable durability? Interact Cardiovasc Thorac Surg. 2012 Sep; 15(3):467–471. PMID 22691379.

Cumberworth A, Cumberworth J, Sharp S. Usefulness of medical conferences. JAMA. 2012 Jul; 308(1):31. PMID 22760280.

Norris JM, Mabvuure NT, Cumberworth A, Watts SJ. Are head bandages required post-pinnaplasty? Int J Surg. 2012; 10(7):330–333. PMID 22633999.

Cumberworth A, Mabvuure NT, Norris JM, Watts S. Is acupuncture beneficial in the treatment of Bell's palsy?: best evidence topic (BET). Int J Surg. 2012; 10(6):310–312. PMID 22564830.

International presentations

Cumberworth A, McLure S, Tunstill S. Introducing the AAGBI Quick Reference Handbook: local staff survey and lessons from the implementation process. Poster presentation at Euroanaesthesia, Vienna, 1–3 June 2019.

Cumberworth J, Cumberworth A. Does transcutaneous electrical nerve stimulation reduce pain associated with multiple sclerosis? Poster presentation at Multidisciplinary Mediterranean Pain Forum, Menorca, 8–9 May 2015.

National presentations

Cumberworth A, Kuzhively J, Quindipan M, Galitzine S. Central neuraxial anaesthesia with sedation for prolonged lower limb free-flap surgery in overweight patients: overcoming technical challenges. Poster presentation at the Association of Anaesthetists Annual Congress, Liverpool/online, 23–24 September 2021.

Cumberworth A, Lewith H, Sud A, Jefferson H, Pandit JJ, Athanassoglou V. How successful is supraglottic airway device rescue? Results from the Major Complications of Airway Management audit. Poster presentation at the Association of Anaesthetists Annual Congress, Liverpool/online, 23–24 September 2021.

Cumberworth A, McLure S, Tunstill S. Introducing the AAGBI Quick Reference Handbook: local staff survey and lessons from the implementation process. Poster presentation at the Group of Anaesthetists in Training Annual Scientific Meeting, Telford, 3–5 July 2019.

Cumberworth A, Bhattacharyya S. Reversal of neuromuscular blockade: documentation and dosage. Poster presentation at the Junior Anaesthetists' Group meeting, Royal College of Anaesthetists, 30 January 2017.

Cumberworth J, Cumberworth A. Is the i-gel supraglottic airway superior to the ProSeal laryngeal mask airway in paediatric anaesthesia? Poster presentation at the Group of Anaesthetists in Training Annual Scientific Meeting, Manchester, 17–19 June 2015.

Cumberworth J, Cumberworth A. Is depth of general anaesthesia, as quantified by bispectral index monitoring, related to postoperative cognitive dysfunction in elderly patients? Poster presentation at Age Anaesthesia Association Annual Scientific Meeting, Manchester, 14–15 May 2015.

Cumberworth A, White S. The haemodynamic effects of 2% sevoflurane induction for dynamic hip screw insertion in elderly patients. Poster presentation at Age Anaesthesia Association Annual Scientific Meeting, Weetwood Hall, Leeds, 10–11 May 2012.

Audit and quality improvement projects

Major Complications of Airway Management audit	2021
Introduction of an alfine (alfentanil-morphine) protocol	2018–21
Local implementation of the AAGBI Quick Reference Handbook	2019
Use of depth of anaesthesia monitoring	2016
Reversal of neuromuscular blockade: documentation and dosage	2016
Trauma list staffing	2015

Leadership and management experience

Departmental rota coordinator	2023–
Language of Leadership regional training programme	2020–22
Leadership programme, Buckinghamshire Healthcare NHS Trust	2019–20
Governor, Juniper Hill School	2019–22
Management trainee, Anaesthetic Department, Royal Berkshire Hospital	2019
Local Negotiating Committee, University Hospital Lewisham	2016–17
BMA leadership course, Edinburgh	2016
Local Negotiating Committee, King's College Hospital	2015–16
Junior Doctors' Leadership Group, Guy's and St Thomas'	2014–15
Local Negotiating Committee, Guy's and St Thomas'	2014–15

Courses, meetings and accreditations

RA-UK Annual Scientific Meeting, London, UK	2024
European Society of Regional Anaesthesia, Paris, France	2023
Advanced Life Support	2023
RA-UK Annual Scientific Meeting, Newcastle, UK	2023
Anaesthesia and major trauma (Oxford CPD)	2021

Managing Medical and Obstetric Emergencies and Trauma (mMOET)	2021
European Paediatric Advanced Life Support (EPALS)	2021
East Surrey Regional Anaesthesia Course	2021
Guy's Airway Management Course	2020
Regional anaesthesia (Oxford CPD)	2018