

David McWilliams- Clinical Academic Physiotherapist / Associate Professor for Research Centre for Care Excellence



I am a physiotherapist with over 15 years of experience working within critical care. Throughout my career I have been driven by a desire to understand how things work and to find new ways to deliver services and improve patient outcomes. My research journey really started back in 2007 when I set up an outpatient based rehabilitation programme for survivors of critical illness. This was the subject of my MSc and was the first programme of its kind in the UK.

Since this time I have completed a number of further research studies on the theme of rehabilitation for patients admitted to critical care, including funding totalling over 3 million pounds and projects with both national and international experts in the field. This portfolio of research was used to gain my PhD by publication in 2018. I now share my experience as an expert advisor for the National Institute of Health and Care Excellence (NICE), the chartered society of physiotherapy (CSP), and am the current physiotherapy lead for the European Society of intensive care medicine (ESICM).

Being a full time clinician for the majority of my career, I have certainly leaned a lot along the way around balancing the challenges of research alongside clinical work. This is a common problem in busy clinical settings, where access to research training, support and most importantly time can be difficult to achieve. I am a strong believer in the ability of clinicians to develop new and innovative solutions which can make a real difference to patient care. In the role of Clinical Academic Physiotherapist / Associate Professor Research within the Centre for Care Excellence, I am passionate about sharing my own experiences and supporting others to develop their own research ideas and support the next generation of clinical researchers and leaders.