

Shea Palmer – Professor of Allied Health Centre for Care Excellence



I am proud to be part of the leadership team for the 'Centre for Care Excellence' which aims to boost engagement in research and evidence-based practice in Nursing, Midwifery and the Allied Health Professions.

When I trained as a physiotherapist in Edinburgh, I was lucky enough to be exposed to lots of research during the profession's transition to honours degree programmes. We had inspirational research-active lecturers who engendered a questioning mindset throughout our training. Those of us who completed an extra year for our honours degree ended up doing two research dissertations and I loved every stage of each - refining the question, designing and conducting the research, and analysing and interpreting the findings. I took a one-month research assistant post immediately after graduation and have been involved in research ever since, as a clinician, PhD student and then as an academic.

Although I have a specialist interest in musculoskeletal disorders, I have worked with some wonderful academics and clinical researchers from a very wide range of professional backgrounds and different clinical specialties. I have a particular interest in the diagnosis, assessment and management of joint hypermobility, an issue that historically has been under-recognised in clinical practice. My research in that area has involved a very wide range of methodologies, including epidemiological, qualitative, survey, laboratory and clinical research. Exposure to lots of different research questions and methods continues to fuel my passion for understanding patients' experiences, the aetiology of their health conditions, and how as health professionals we can help them to manage those conditions more effectively.

I am a very experienced supervisor of undergraduate, postgraduate and doctoral research and helping ideas and people to blossom and flourish is what gets me out of bed in the morning. I count myself very lucky to be part of the process of seeing others publishing their first paper, getting their first grant, securing personal awards, or progressing in their careers. I look forwards to celebrating lots of such successes at UHCW.