



## Fiona Chilvers, Physiotherapist in the Community Neurology Service

RecoverED: Recovery after an episode of delirium [Background > Recovered Study \(exeter.ac.uk\)](#)

### Aim

RecoverED was a feasibility study testing whether a new community rehabilitation programme for patients with delirium could be delivered in practice, and whether the set up of the study itself could be completed as a larger study with more patients.

It was chance for me to broaden my clinical and research skills and contribute to valuable research. I've always enjoyed research and audit and it was great to have time that could be spent on contributing towards that.

It has given me a great understanding of some of the services available outside of Nottingham and to see how well provided for CityCare patients are. I've also gained a greater understanding of the challenges patients with psychosis face and I have enhanced my skillset in cognitive rehabilitation ideas.

You get a sense of contributing to something that can impact and change our daily practice and improve the evidence base of what we do. The hours can be flexible to fit around a main job and you have the opportunity to explore other areas of practice, which you may not routinely see.