

Dr Ximena Watson

CV

PRINCIPAL PROFESSIONAL SPECIALISMS

Consultant in Neuro Critical Care, Anaesthesia and Critical Care

BSc MBChB FRCA FFICM PGDip (Perioperative
Medicine)

QUALIFICATIONS & ACCREDITATION

- FFICM – 2017
- FRCA – 2014
- PGDip Perioperative Medicine (Merit) – 2017
- FICE – 2018
- FUSIC – In progress
- MBChB – University of Leeds, 2002
- BSc – University of Leeds, 2000

PROFESSIONAL MEMBERSHIPS

- General Medical Council 7015450

CLINICAL PRACTICE AND EXPERIENCE

**Consultant in Neuro Critical Care, Anaesthesia and Critical
Care Outreach**, St George's University Hospitals NHS Foundation Trust,
2020 – Present

- **Neuro Intensive Care**
 - Management of complex neurosurgical and neurological patients including traumatic brain injury, subarachnoid haemorrhage and stroke
 - Involvement in prognostication, escalation decisions and end-of-life care discussions
 - Frequent interaction with families in high-stakes situations requiring clear communication and documentation
- **Critical Care Outreach**
 - Assessment and management of deteriorating ward patients across the hospital
 - Decision-making regarding escalation, ceilings of care and ICU admission
 - Management of peri-arrest and acutely unwell patients
- **Anaesthesia**
 - Regular independent anaesthetic practice (orthopaedics, general surgery, gynaecology, endoscopy)
 - Elective and emergency cases
 - Perioperative risk assessment and optimisation of high-risk patients

ABOUT DR WATSON

Dr Ximena Watson's medico-legal experience is grounded in her work within acute, high-risk clinical settings where clear reasoning, accurate documentation and timely decision-making are central to patient care. As Consultant in Neuro Critical Care and Anaesthesia, she has experience reviewing complex clinical cases and contributing to serious incident reviews, mortality reviews, morbidity and mortality meetings, and wider governance processes.

Her expertise is relevant to cases involving clinical deterioration, escalation of care, ICU admission, consent, capacity, best interests decision-making, perioperative risk and acute neurological presentations. She is experienced in applying national guidance, including NICE, FICM and DAS guidance, and in communicating complex clinical issues clearly to patients, families and multidisciplinary teams.

Dr Watson provides structured, clinically grounded opinion in matters where the timing, appropriateness and documentation of clinical decision-making are central issues.

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GOVERNANCE AND QUALITY IMPROVEMENT

- Active participation in clinical governance, serious incident reviews and mortality reviews
- Lead for Quality Improvement in Neuro Critical Care
- Development and implementation of clinical guidelines (e.g. airway management, neuro pathways)
- Regular attendance at morbidity and mortality meetings

RESEARCH AND PUBLICATIONS

- Primary Investigator – ALPINE Study (BJA)
- National Coordinator – POETICS Study
- Multiple peer-reviewed publications in critical care and perioperative medicine

TEACHING AND EDUCATION

- Faculty Tutor in Intensive Care Medicine
- Teaching on national FICM courses
- Simulation training and multidisciplinary teaching
- Mentorship and trainee supervision

