Desmond Kidd trained in Ireland then moved to London where he was a lecturer in Neurology at the Institute for Neurology for three years. His research thesis was on mechanisms of disability in multiple sclerosis. During his higher professional training at the National Hospital for Neurology and Neurosurgery and St Thomas' Hospital in London he further studied inflammatory diseases of the nervous system and later founded the centre for Neurosarcoidosis at Royal Free Hospital. He became a founder member of the Behcet's disease centre of excellence at Royal London Hospital and has published over 140 research papers in these fields.

Recently retired from the UK national health service and returning to Ireland he continues to enjoy clinical research and teaching.