Realising Realistic Medicine

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REALISTIC MEDICINE

CAN WE:

- Build a personalised approach to care?
- Change our style to shared decision-making?
- Reduce harm and waste?
- Manage risk better?
- Become improvers and innovators?
REALISING REALISTIC MEDICINE

‘REALISTIC’
1. HAVING OR SHOWING A SENSIBLE AND PRACTICAL IDEA OF WHAT CAN BE ACHIEVED OR EXPECTED.
2. REPRESENTING THINGS IN A WAY THAT IS ACCURATE AND TRUE TO LIFE.

CREATING CONDITIONS

COMMUNICATE

CONNECT

COLLABORATE

CULTURE

THE VISION

BY 2025, EVERYONE WHO PROVIDES HEALTHCARE IN SCOTLAND WILL DEMONSTRATE THEIR PROFESSIONALISM THROUGH THE APPROACHES, BEHAVIOURS AND ATTITUDES OF REALISTIC MEDICINE
Five Questions
Your Doctor & Nurse Want You To Ask Them Today

• Is this test, treatment or procedure really needed?
• What are the benefits and what are the downsides?
• What are the possible side-effects?
• Are there simpler or safer options?
• What would happen if I did nothing?

Case Study
THE CITIZEN’S JURY

A Citizen’s Jury is an innovative way of involving people in more complex decision-making processes related to the functions of and other public bodies. Citizens’ Juries are an alternative to a survey or poll. They involve deliberative processes where a group of citizens gather to provide an overall recommendation about a particular issue.

Please talk to us about you what you need and what you don’t. Contact us at www.nhsborders.scot.nhs.uk

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#RealisticMedicine
“Pharmaceutical care for people involves the responsible provision of drug therapy to achieve agreed outcomes that improve a person’s quality of life. From pharmacy this requires a person-centred approach that supports shared decision-making with people, often with their carers, and the wider clinical and care team.”
Rose Marie Parr, Chief Pharmaceutical Officer for Scotland
CHAPTER 4

CREATING THE CONDITIONS TO REALISE REALISTIC MEDICINE

Case Study

REALISTIC MEDICINE AS AN EDUCATIONAL TOOL

Practice-Based Small Group Learning (PBSGL) groups are a familiar part of learning, particularly in general practice. There are now around 2,250 members in over 350 groups in Scotland including over a third of all Scotland's, practice nurses and pharmacists.

In December 2016 a survey was circulated asking PBSGL members what they would like to see in new modules. 856 people replied, with Realistic Medicine being a priority. Therefore a new module is now in development with NHS Education Scotland: “Realistic Medicine: building on the challenge in the 2016 Chief Medical Officer’s report”.

The ‘Health and Social Care Delivery Plan’ was published in December 2016. In it, the Scottish Government emphasised its commitment to Realistic Medicine and to begin work that would help to create the conditions for it to flourish:

- As part of the National Clinical Strategy work-stream a Realistic Medicine team will be established within Scottish Government. This will ensure the correct policy and operational environment at a national level so the numerous examples of local Realistic Medicine practice can thrive.
- The Scottish Health Council and the ALLIANCE will explore with Scottish people what Realistic Medicine means to them during 2017, and how best it can be co-produced.
- The national health literacy plan ‘Making it Easy’ will support Realistic Medicine by helping everyone in Scotland to have the confidence, knowledge, understanding and skills to live well with any condition they have.
- The consent process for people we care for and support in Scotland will be reviewed by the Scottish Government, General Medical Council and the Academy of Medical Royal Colleges to update advice to clinicians following the Supreme Court judgement.
- The Professionalism and Excellence In Medicine Action Plan will be refreshed aligning and prioritising high impact actions that will support clinicians with Realistic Medicine.
- A Scottish Atlas of Variation will be published and a collaborative training programme for clinicians initiated to create better understanding and aid identification of unwarranted variation and promote high value care.
- A single national formulary will be developed to help achieve more equitable, greater value-based care so that the potential population benefit from medicines use can be maximised.
- The principles of Realistic Medicine will be incorporated as a core component of lifelong learning in medical education; in undergraduate and specialty training programmes and through continuing professional development.
FEEDBACK AND FUTURE

I look forward to continuing to work with you to champion Realistic Medicine so we can deliver a modern and innovative health and care system for all the people of Scotland.

I’d really welcome your views.

If you have any feedback I can be reached at:

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