

## Progress since last report (Dec-Jan)

- BRAN questions and link to national guidance included in Nursing Electronic Patient Record (EPR) in Grampian
- NES Vimeo on 'What is Realistic Medicine' added to looped video on Visual Display Screens in ARI, RCH, DGH, AMH, AHV
- 1st of 2 simulated SDM Masterclass pilots took place in NHSG Maternity on 8th February 2023
- NHSO staff awareness survey closed with draft report shared with Jay and Judy
- Initial meeting held with Aberdeen City Health and Wellbeing Librarian around potential links with groups
- VBH Project Progressing – DPIA submitted
- NEBREQ created for development of 'bite sized' education for both colleagues and the public
- Presentations
  - AHP Sector Leads 17/01/2023
- NHSG Podiatry vlog filmed on self-management leaflets
- RM Programme Flash Reports added to NHSG RM Webpage
- NHSO Bladder and Bowel Project progressing
- Invited to input into various documents from a RM perspective inc. Equalities and Sustainability
- Meeting with colleague in NHSG Radiology re piloting RM Champion in NHSG
- Maternity Triage Project completed in NHSG
- First draft of Patient Focused Service Letter developed via Clinical Interface Group

## Making an Impact

**People receiving care feel at the centre of decisions about their care.**  
**Waste, variation and harm are reduced, and innovative approaches are taken across the pathways of care provided. Risk is managed.**

## Key issues/risks

The key risks that pose concern to the programme are:

- **Winter Pressures** - Workforce capacity and engagement at service level/improvement fatigue
- Funding – lack of clarity re recurring SG funding and non-recurring element for shortfall of Programme Manager
- Staff health and wellbeing
- Public understanding and engagement
- Atlas of Variation Phase V (Primary Care), no national team capacity at present to support this demand optimisation work

## Next steps

- Presenting to 1st year nursing students March 2023, 2nd year nursing students in April 2023
- Presenting to PIP Directorate 21st March 2023
- Realistic Medicine Conference - provisional date TBC, NHSG and NHSO joint site programme being planned
- Link RM Programme with Senior Finance Management
- Widen use of CollaboRATE Tool on Near Me surveys with other modes of consultation to evidence SDM
- Lunchtime sessions on SDM, VBHC and Sustainability
- Gap analysis for RM across NHSG and NHSO
- NHSO webpage, sharing flash reports, increased messaging on staff newsletter
- NHSG - addition of BRAN Questions to NHSG and NHSO policy, SOP and non-clinical guidance templates via Quality Improvement and Assurance Team (query NHSO)
- NHSG - approach Quality Development Team with proposal to review PILs in collaboration with a patient with lived experience
- Facilitating sessions with Nursing, Midwifery and Medical students and collaborating with community and school libraries
- Develop local RM Champions networks in NHSG and NHSO
- Share Near Me SDM Measurement Survey results and presentation with Services who took part and scope spread to more services

## Visual Display Screen showing "What is Realistic Medicine" Vimeo

- Aberdeen Royal Infirmary (10)
- Royal Cornhill Hospital (2)
- Dr Gray's Hospital (8)
- Aberdeen Maternity Hospital (1)
- Aberdeen Health Village (1)

## Data points/measures

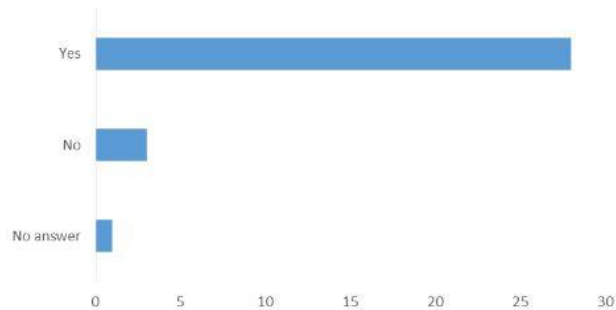
- Completion of TURAS eLearning package
- Website page visits
- Staff survey of Realistic Medicine
- Public survey of Shared Decision Making
- Near Me survey of SDM using collaboRATE
- Address unwarranted variation in services with refreshed Atlas of Variation maps

## Next steps

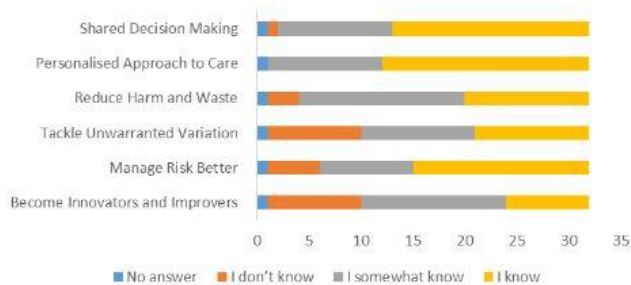
- Use data from surveys to direct education and communications
- Update webpage, develop same in Orkney
- Shared decision-making measurements in other forms of consultation
- Gap analysis in both Boards

## NHS Orkney Staff Survey

3. Have you heard about Realistic Medicine?

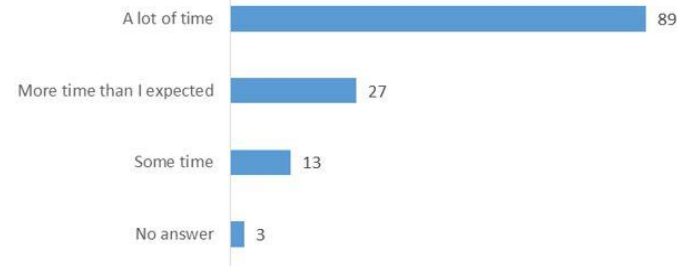


4. Please score your level of understanding of the 6 principles of Realistic Medicine.

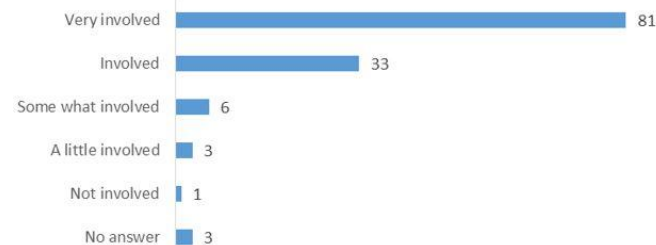


## NHS Grampian Near Me/SDM Survey

1. Did you have enough time to discuss your health or medical problem with a healthcare professional?



3. How much effort was made to help you understand your health issue?



## TURAS module completion

	Complete	In Progress	Total
Grampian	413	208	621
Orkney	16	8	24

## GP Led Minor Surgery – NHSG

