



**REALISTIC
MEDICINE**

Resources and Tools

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Working together to provide the care that's right for you

Demonstrating professionalism through approach, behaviour and attitudes of Realistic Medicine



RESOURCES + TOOLS

Realistic Medicine

Pages in this section:

Information for patients and carers

News, Events and Public Resources

Information and resources for staff

Plan for the Future (external link)

What is Realistic Medicine?

One of the aims of Realistic Medicine is giving people information about their healthcare and treatment, to encourage them to ask more questions, so that they can make informed decisions about what's best for them.



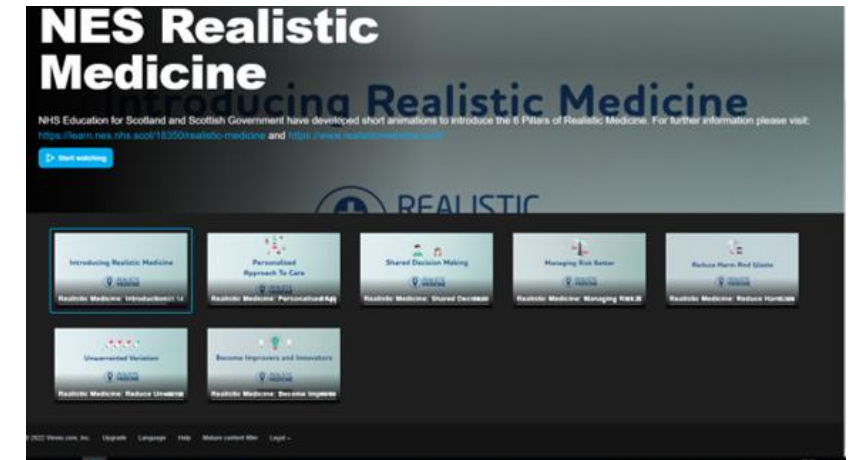
Right Decisions > Realistic Medicine - National Toolkit for Professionals

National

Realistic Medicine - National Toolkit for Professionals

This web and mobile app provides access to Realistic Medicine tools and resources for use in direct patient care, and to educational resources to develop practitioners' knowledge and skills in Realistic Medicine.

It is in its final stages of testing and development. Please send any feedback to decisionsupport@dhi-scotland.com.



RESOURCES + TOOLS


The Health Literacy Place

Home About Why Health Literacy Toolkit News Resources

What is health literacy?


Health literacy is about people having sufficient knowledge, understanding, confidence and skills to cope with the complex demands of modern health care. Meeting people's health literacy needs and communicating in meaningful ways is key to delivering person-centred care. It also improves the safety and effectiveness of care, and helps address health inequalities.

[More about us](#)



Caroline Lamb
Chief Executive NHS Scotland

Caroline welcomes you to the refreshed website and talks about some of the tools and techniques we can all use to help improve health literacy in Scotland.



Hello, I'm Caroline Lamb.

Techniques



Teach Back



Use Simple Language



Chunk and Check



Use Pictures



Help with Paperwork

DECIDE MODEL

- D**EFINE — We are making a decision with you about X
- E**XPLAIN — Can we start by talking about your health problems and situation?
- C**ONSIDER — Let's talk about available options / likely benefits / risks or harms
- I**NVITE — I would like to hear about what matters to you / your relative
- D**ECIDE — Let's find the right option for you
- E**VALUATE — You think the best option is Y, because... Is that right?