

Realistic Medicine Conference

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Julie Ann Morrison BSc Hons MSc Post Grad Cert IP

Advanced Nurse Practitioner

Alford Medical Practice

M's Story

60 year old woman presented in bed with back pain and shortness of breath.

Secondary cancer diagnosis – no services and no contact with practice for many years.

Carer for grandchildren 12 and 8 who had been nursing her at home.

No other supportive family and complex family dynamic

End of life care in Care Home – children placed into foster care out with Grampian.

Being Human

We changed our approach to shared decision making and adopted a multidisciplinary approach that was reactive and focused.



We built a personalised approach to care that enabled engagement and ultimately changed the outcomes for this family.



Reducing harm and waste – what we did improved outcomes for Marion and her grandchildren.



Reducing unwarranted variation in practice and outcomes – she gained the same care despite the difficulties in her ability to access help.



Managing risk together as a group with the family.



Becoming innovators and improvers using AHP's to react, direct and review.

Marion's Journey not ours



Turning The Tide

Careful and kind care enabled a family to have high quality – appropriate care that improved outcomes.

Inequalities of access were directly impacted using Realistic medicine approaches.

Young carers were highlighted to support and care. This in time might reduce their risk of developing health issues due to their risk factors.

Using NHS, third sector and private partnerships seamlessly.

Improvers and Innovators

- NHS 24
- Private Palliative Bed Provision
- Macmillian
- H@H /City Visits
- District Nursing and Advanced DN team
- ANP – palliative / vulnerable family / child health
- Social Work
- Technology and connectivity

