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NHS Grampian and Orkney  
Realistic Medicine Conference

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# Realistic Medicine: Doing the Right Thing

Chief Medical Officer for Scotland  
Annual Report 2022-2023



# Delivering Value Based Health & Care

A Vision For Scotland



# REALISTIC MEDICINE

WE CAN:



CHANGE OUR STYLE TO  
**SHARED DECISION MAKING**

BUILD A **PERSONALISED**  
APPROACH TO CARE



**REDUCE HARM  
AND WASTE**



TACKLE **UNWARRANTED  
VARIATION** IN PRACTICE  
AND OUTCOMES

**MANAGE RISK BETTER**



**BECOME IMPROVERS  
AND INNOVATORS**

The Big Yin  
*(the big one)*

The Wee Yin  
*(the little one)*



# What we heard...what we did...and what happened

*“I really dislike being in hospital overnight. I am aware that my condition is life-threatening. But I prefer to be at home at night with my wife”.*

- Ambulatory iv diuretic service
- No added funding
- Nurse led protocols
- Reduced admissions
- Reduced length of stay
- Sustained for 10 years



# VALUE BASED HEALTH & CARE

*Value based health and care delivers better outcomes and experiences for the people we care for through the equitable, sustainable, appropriate and transparent use of the available resources.*

# Some context - The big challenges



1. Health inequalities;
2. Changes in demography;
3. A mismatch between demand and need;
4. The relentless increase in the intensity of clinical practice.

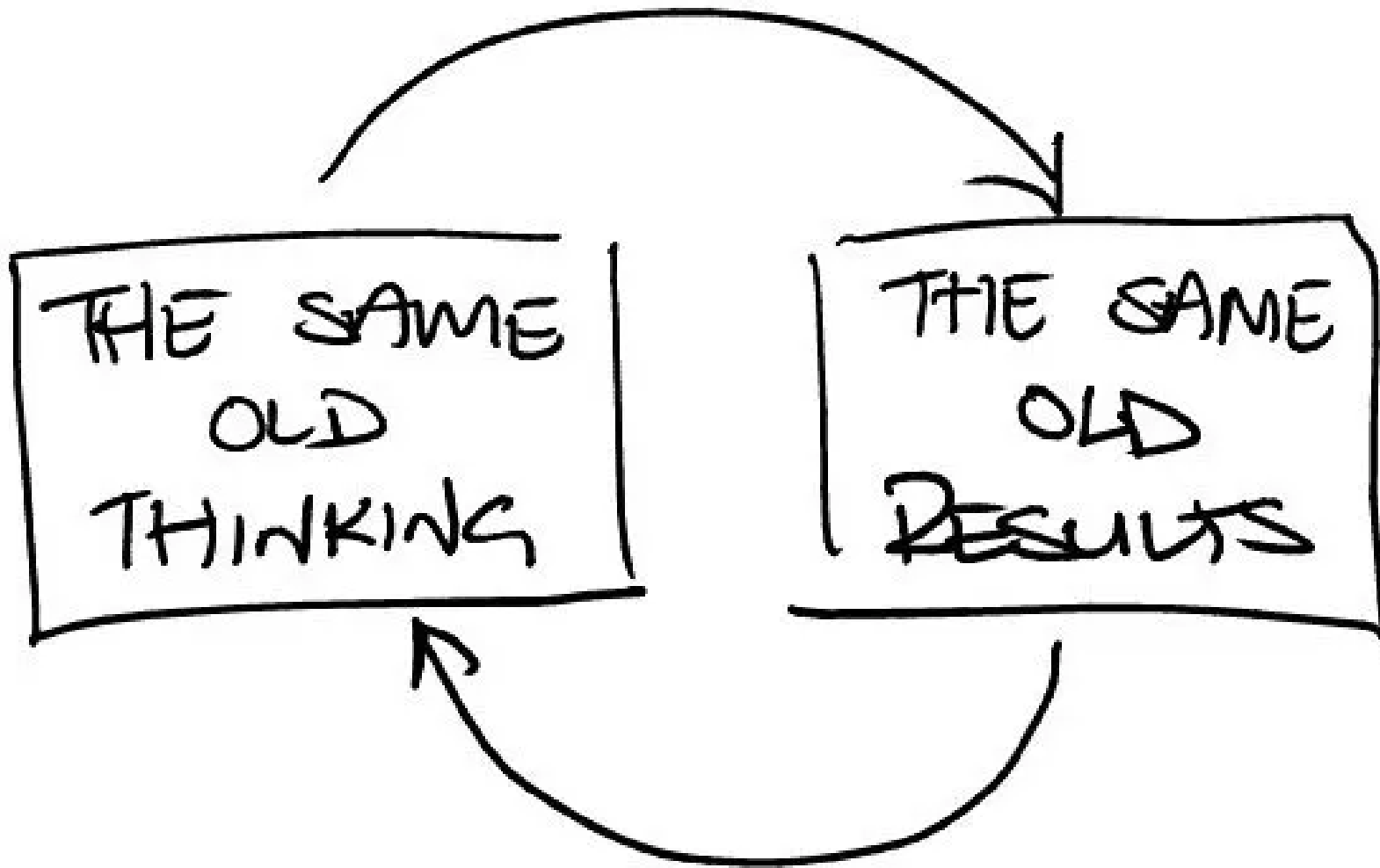


## Tackling Wasteful Spending on Health



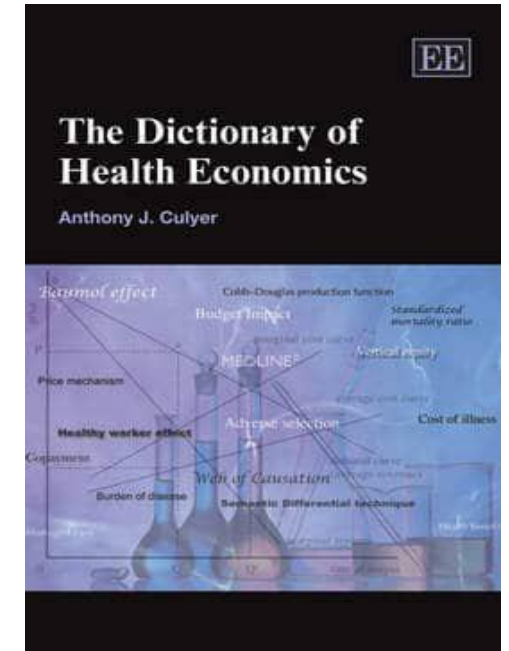
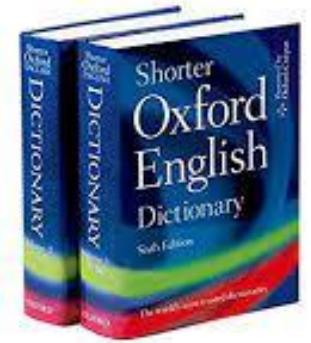
OECD report on waste:  
one fifth of healthcare  
spend has NO impact

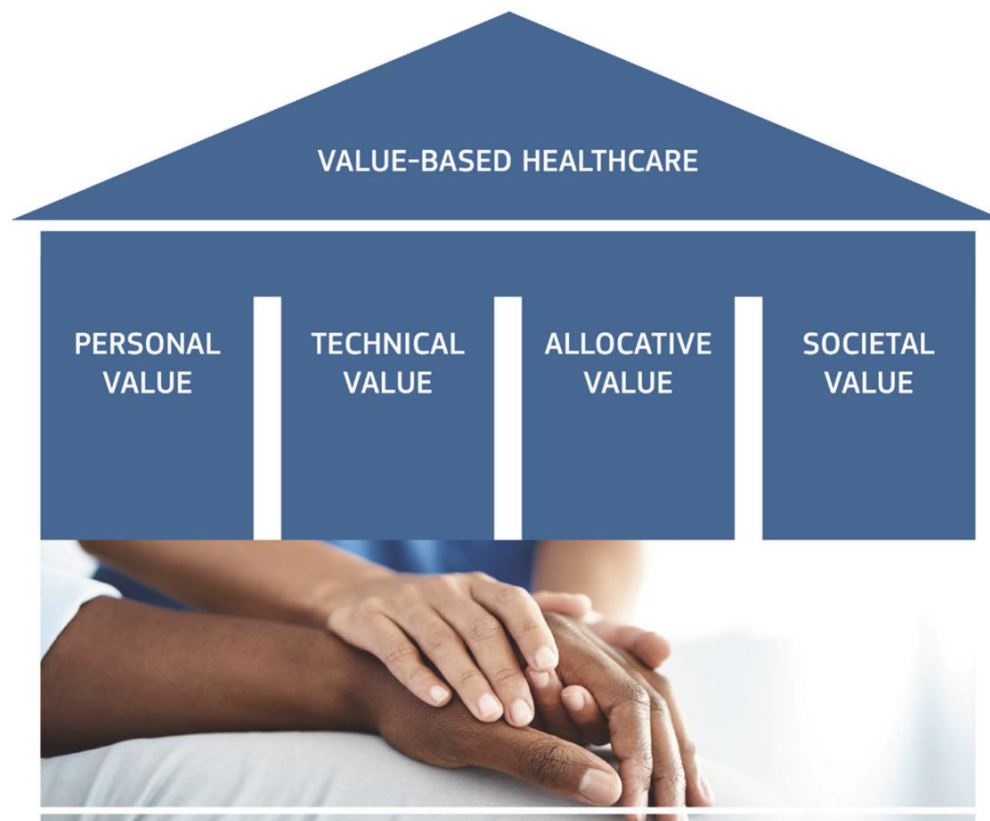




# What is Value?

$$\text{Value} = \frac{\text{Outcomes}}{\text{Costs}}$$







# VALUE BASED HEALTH & CARE

“achieving outcomes that matter to people”

# REALISTIC MEDICINE

WE CAN:

 <p>CHANGE OUR STYLE TO SHARED DECISION MAKING</p>	<p>BUILD A <b>PERSONALISED</b> APPROACH TO CARE</p> 
 <p>REDUCE HARM AND WASTE</p>	 <p>TACKLE <b>UNWARRANTED VARIATION</b> IN PRACTICE AND OUTCOMES</p>
<p>MANAGE RISK BETTER</p> 	 <p>BECOME <b>IMPROVERS AND INNOVATORS</b></p>

## CULTURE OF STEWARDSHIP



## Delivering Value Based Health and Care



A Vision for Scotland



# 6 High Level Commitments

1.



Continue to promote Realistic Medicine as the way to deliver Value Based Health and Care;

2.



Promote the measurement of outcomes that matter to the people we care for, and explore how we can ensure a coordinated approach to their development and implementation;

3.



Continue to support the development of tools that enable health and care colleagues to seek out and eliminate unwarranted variation in access to healthcare, treatment and outcomes;

4.



Continue to build a community of practice and a culture of stewardship across Scotland;

5.



Support delivery of sustainable care in line with the NHS Scotland climate emergency and sustainability strategy by reducing waste and harm;

6.



Engage with the public to promote understanding of Realistic Medicine and VBH&C and its benefits for Scotland. We will also work to empower people to be equal partners in their care, through shared decision making enabling self-management, and promoting health literacy and healthy lifestyle choices.

From vision...

...to action

REALISTIC MEDICINE



**Value Based Health and Care**  
**Action Plan**

NHS SCOTLAND

The diagram features three overlapping circles: a purple circle at the top labeled 'People' with an icon of a diverse group of people; a green circle at the bottom left labeled 'Sustainability and Stewardship' with an icon of people working on a globe; and a blue circle at the bottom right labeled 'Equity' with an icon of people on a podium. In the center where all three circles meet is a lightbulb icon with a white plus sign inside.

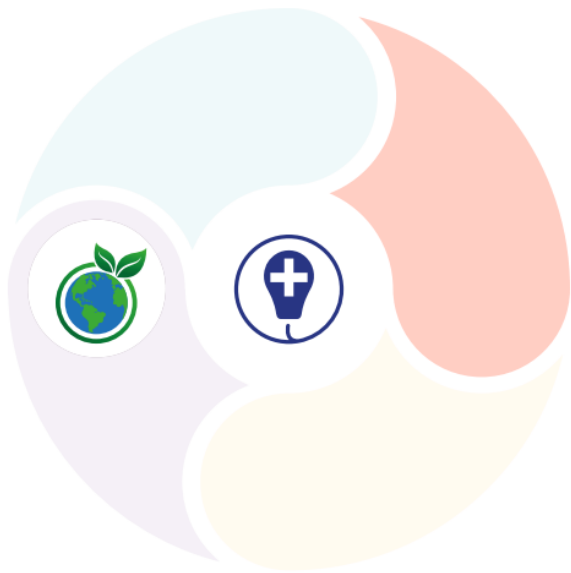
People

Sustainability and Stewardship

Equity

REALISTIC MEDICINE

Scottish Government  
Riaghaltas na h-Alba




CULTURE OF STEWARDSHIP



Equivalent tailpipe greenhouse gas emissions from a Ventolin Evohaler (containing 100 2-puff doses) and a Ventolin Accuhaler (60 1-puff doses). Assumes car achieves 100gCO<sub>2</sub>/km.





**Action 1:** NES and the Scottish Government will actively engage with NHS Boards, education providers and wider partners to inform development of the education, training, and tools to support health and care professionals to practise Realistic Medicine (RM) and deliver Value Based Health and Care.

- Introduction to VBH&C eLearning module developed
- SDM eLearning module “Realistic conversations” being reviewed, and content updated
- SDM SWAY developed
- SWAY modules under development
- H&SCP Realistic Medicine app
- CollaboRATE Toolkit



**Action 8:** The Scottish Government will support people and communities to access preventative and proactive approaches to improve healthy life expectancy and reduce health inequalities.

- Prevention is one of the most effective ways to provide value in health and care.
- The **Preventative and Proactive Care programme (PPC)** is designed to maximise the contribution of the health and care system to the full spectrum of prevention.
- At present PPC is focusing on **5 key work strands:**
  - Getting It right For Everyone (GIRFE)
  - Waiting Well
  - Primary and Community Health & Care PPC
  - CVD
  - Digital PPC



**Action 8:** The Scottish Government will support people and communities to access preventative and proactive approaches to improve healthy life expectancy and reduce health inequalities.

- Next steps for PPC:
  - Considering the context of the 10 year planning and transformation space
  - Focus on ageing well
  - Whole system opportunities
- Measures of success for Action 8:
  - Improved access, experience and health and care outcomes in areas and population groups where the need is greatest, with explicit early focus on minority ethnic communities.
  - Improved staff understanding of the necessity of prevention.

# What does success look like?

The people we care for are empowered to make informed choices about their treatment and care based on what matters most to them

We use a shared language around value that everyone understands. Our health and care colleagues practise Realistic Medicine and deliver Value Based Health & Care

Patient Reported Outcome Measures (PROMs) and Person Reported Experience Measures (PREMs) are gathered across the system and are used routinely to drive quantifiable improvements



Our health and care colleagues are empowered to make decisions that make appropriate use of our precious resources

Our health and care professionals are part of skilled and confident workforce that enables system and cultural change. Our community collaborates to problem solve, share learning and best practice, and support each other to deliver better value care

We systematically work together across the health and care system to identify & reduce unwarranted variation, monitor health and care inequalities in access, uptake and outcomes across population groups



# How you can help



- Promote the VBH&C vision and action plan and delivering outcomes that matter as our best chance of reducing waste and harm.
- Spread the message.... that delivering VBH&C is a priority and is everyone's responsibility if we are to create a more sustainable system



THANK YOU

We welcome your feedback

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- RM website:-

[www.realisticmedince.scot](http://www.realisticmedince.scot)

- HCP app link:-

[Realistic Medicine - National Toolkit for Professionals | Right Decisions \(scot.nhs.uk\)](https://www.scot.nhs.uk/realisticmedicine/)