

We are thrilled to share some updates from the NHS Grampian Realistic Medicine Team. The team has been busy hosting a variety of events and attending some awards! Read for more details and insights!



Future care planning helps you talk about what matters to you if your life, health or care changes. As part of their care in Grampian, every patient in the hospital will have a Treatment Escalation Plan. Staff may ask questions such as the ones below to help capture the goals and wishes of patients should they get sicker.

What matters to you?

What are we trying to achieve?

What is the right treatment for you?

If you get sicker, what do you want or not want to happen?

Learn more about Future Care Planning by reading the information on [NHS Inform](#)

Enhance your knowledge



There are many resources available to learn about Realistic Medicine. A new eLearning module is now accessible here [Turas - Shared Decision Making](#). It guides you through what Shared Decision Making is and how you can implement it in practice effectively.

Access the complete Turas Realistic Medicine page by scanning the code here



Is your work, project or service underpinned by Realistic Medicine? Would you like to tell us, and the rest of Grampian all about it?

We are starting a blog, which will showcase examples of Realistic Medicine in action, not just from the programme but from across the system. Click the link [here](#) to tell us about the work you are involved in.



Moray - Community Appointment Day

On 11 September 2024, we held a Community Appointment Day in Moray for patients with musculoskeletal issues. Out of 200 invited patients, 162 signed up, and 120 attended.

The event aimed to help patients discuss what matters most to them. By bringing health and community services together in one place, we provided a complete view of their health and wellbeing.



Feedback from the day was very positive. Patients found the event 'enlightening' and appreciated having many services available in one location. They also learned about community resources. Patients particularly valued the focused time given to them, being listened to what matters to them, having access to a one-stop-shop, patient centred care and feeling informed. Learn more about the day here [Moray Community Appointment Day](#).

Value Based Referral Decision Making Project

We are working on a project to improve how referrals and vetting decisions are made. In November, 163 healthcare staff shared their thoughts on how to improve referrals. They focused on how well healthcare providers communicate with each other, the quality of referrals and feedback, the handling complicated health issues and focusing on what patients need and expect. We will also ask patients for their opinions through an external agency, with help from the Patient Involvement Network. We aim to use these insights to make our referral process better for everyone.

Moray: Supporting you to age well

Our colleagues in Moray have developed a self-check form to support you to think about your health as you age as well as providing information about support services in your area. This can be accessed here: [Your wellbeing as you age](#)

Introductory sessions were held for Health and Social Care Moray staff and volunteers to promote Realistic Medicine principles and values-based care. These sessions have received positive feedback, with participants saying it has changed how they communicate, making their interactions more balanced and collaborative.

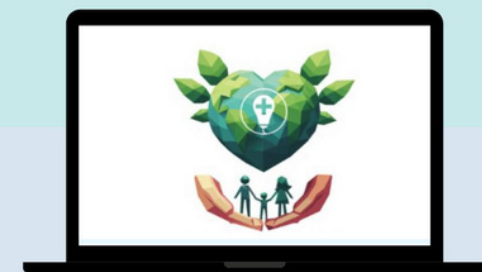
We also run ongoing interactive presentations called "Ageing Well" for older adults in Moray. These presentations focus on staying healthy, preventing health issues, and highlighting community support available to them.



Lets get Social!!

Follow us on social media or on our new updated website to stay updated.

Discover Realistic Medicine
with our new website!



@NHSGRealisticMedicine

@nhsg_realistic_medicine

IT'S AWARDS SEASON....

A huge congratulations to the NHS Grampian Realistic Medicine Team who have recently won two awards and were finalists in a further two!

At Scotland's Health Awards 2024 Katy Styles, Clinical Lead, and Susan Flannery, Project Manager, were finalists in the Leader of the Year and Nurse awards respectively.

The *Partnering with Pharmacy Teams to Improve Migraine Management* project team won the Innovations in Neurology Award at the Scottish Healthcare Awards 2024 and has been awarded a NHS Grampian Star Award this month!

