



## Is your work underpinned by the pillars of Realistic Medicine?

Share your story with Grampian on our new blog, showcasing Realistic Medicine in action across the system.

Click the link [here](#) to tell us about it.

We are thrilled to share some recent updates from the NHS Grampian Realistic Medicine Team.



The NHS Grampian and The Migraine Trust project to improve migraine management has finished.

### What does that mean?

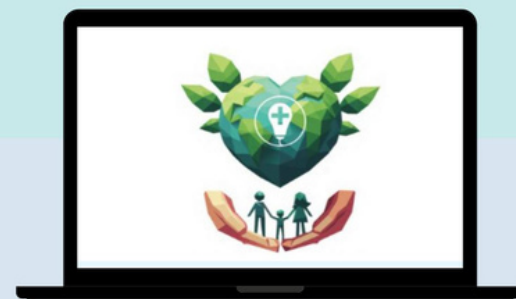
The project aimed to help pharmacy teams provide better migraine management. Although the project is over, the improvements from the project will continue to help patients because pharmacy teams are more confident at managing migraine. Health professionals can continue to learn about migraine management by accessing the training resources [here](#).

If you or someone you know is struggling with migraine the [NHS Grampian webpage](#) offers valuable resources and expert advice.

### Lets get Social!!

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

Discover Realistic Medicine with our new website!



 @NHSGRealisticMedicine

 @nhsg\_realistic\_medicine

## Green Bag Ready?

Bring your medication with you when you come to hospital

[Click here to find out more](#)



Having all your regular medicines and remedies in one place can make a big difference if you're coming into hospital. A patient medicine bag, or 'Green Bag,' is a reusable, re-sealable bag designed for storing medicines - ideally in their original packaging. No Green Bag? No problem! A toiletry bag works just as well.

Learn more about the Green Bag scheme: [www.nhsgrampian.org/greenbagscheme](http://www.nhsgrampian.org/greenbagscheme)



## Moray: Supporting you to age well



The Ageing Well Self-Check form developed by our colleagues in Moray remains available to help you monitor your health as you age. It also provides information about local support services. The tool can be accessed here: [Your wellbeing as you age](#)

A new resource titled "Retiring Well in Moray" has been developed for those who are retired or soon to retire in Moray. It focuses on health, wellbeing, and available support services.

View the resource here: [Retiring well in Moray](#)



## Future Care Planning

Future care planning helps you discuss what matters if your life, health, or care changes.

In Grampian, every hospital patient will have a Treatment Escalation Plan. A Treatment Escalation Plan ensures that patient care is guided by meaningful conversations with patients and their loved ones, to make sure that their treatment and care is based on what matters to them.

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

## Realistic Medicine - What's it all about?

Realistic Medicine is healthcare that focuses on personalised care by involving patients in decisions about their treatment.

Realistic Medicine aims to make healthcare more effective and patient-centered. It aims to reduce unnecessary treatments, manage risks, ensure consistent care, and encourage innovation.

### REALISTIC MEDICINE WE CAN:

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



People - Planet - Progress - Purpose

Learn more about realistic medicine in NHS Grampian [here](#).

For staff wanting to learn more about realistic medicine and its pillars visit [Realistic Medicine - Turas](#)