

Realistic Medicine and Value Based Health and Care - Your Conference for Showcasing, Sharing and Spreading Our Good Practice (Hybrid Event)

Tuesday 28th November 2023

[Link to register for the conference](#)

09:30 – 09:45 | Local Welcome and Housekeeping - Jay Wragg, Realistic Medicine Clinical Lead, NHS Orkney

09:45 – 10:45 | Scene Setting, How Do We Embody Realistic Medicine - Nippin Anand, Master Mariner, Thinker and Listener

10:45 – 11:00 | BREAK + VIRTUAL POSTER DISPLAY

11:00 – 12:00 | Realistic Medicine Principles in Practice

- ***What Realistic Medicine looks like in Primary Care - A patient Story*** - Julie Ann Morrison, Advanced Nurse Practitioner
- **Q&A**
- ***The Migraine Trust & NHS Grampian - Improving Migraine Management in Pharmacy*** Callum Duncan, Consultant Neurologist; David Watson GPsWI; Abigail Duthie, Community Pharmacist and Katy Styles, Realistic Medicine NMAHP Lead
- **Q&A**

12:00 – 13:00 | Spotlight on Shared Decision Making

- ***Shared Decision-Making in Practice*** - Amanda Gotch, Consultant Midwife
- ***Inguinal Hernia Opt-in Pathway*** - Aileen McKinley, Consultant General & Colorectal Surgeon
- ***Risk Enablement - A Toolkit to Support Shared Decision Making in Practice*** - Angela Pointon, Specialist Occupational Therapist & Janet Thompson, Occupational Therapy Operational Lead
- **Q&A**

13:00 – 13:30 | LUNCH + VIRTUAL POSTER DISPLAY

13:30 – 14:00 | Value Based Health and Care Vision and Action Plan - Anne Leitch, Programme Manager, Scottish Government

14:00 – 15:15 | Making the Most of What We Have

- ***Spending Time Where It Counts*** - Steve Baguley, Clinical Director of eHealth
- ***Prehabilitation*** - George Ramsay, Consultant Colorectal Surgeon
- ***Demand Optimisation for Lab Testing*** - Bernie Croal, President, Royal College of Pathologists
- ***Realistic Medicine in NHS Orkney*** - TBC
- ***Q&A***

15:15 – 15:30 | BREAK + VIRTUAL POSTER DISPLAY

15:30 – 16:00 | Realistic Medicine Network – What's Next

- ***Tools & Resources*** - Leigh Ewen, Senior Project Manager Realistic Manager
- ***Expanding Prehabilitation*** – Amy Anderson, Macmillan Transforming Cancer Care Co-ordinator (Prehabilitation)
- ***Helping shape a shared strategic approach to engagement across NHS Grampian*** – Luan Grugeon, Colleagues & Citizens Engagement
- ***Sharing & Showcasing*** – Katy Styles, NMAHP Lead Realistic Medicine

16:00 | CLOSE

Shared Decision Making is a core principle of Realistic Medicine - Have a look at the available Turas resources [here](#).

Have a look at NES and Scottish Government's Vimeos for each Realistic Medicine principle [here](#).