

We are thrilled to share some updates from the NHS Grampian Realistic Medicine Team in our first newsletter. The team has been busy hosting a variety of events and the Chief Medical Officer's report has been published. Stay tuned for more details and insights!

Chief Medical Officer's Annual Report 2023-2024

The Chief Medical Officer's Annual Report *Realistic Medicine: Taking Care* focuses on a holistic approach to healthcare in Scotland. It highlights the importance of compassionate, personalized care that combines scientific evidence with patients' personal stories. The report also stresses the need for sustainable practices to tackle the climate emergency and protect our planet's health.

For more details, you can read the full report [here](#).



People - Planet - Progress - Purpose

Value Based Referral Decision Making Project

We're looking into how referrals and vetting decisions are made to find ways to improve the process. We've teamed up with Progressive Partnership, known for their work on the "It's Ok to Ask" initiative, to interview professionals who handle patient referrals to hospitals. This phase wrapped up in July.

We'll be conducting a broader survey to gather input from all staff involved in making or vetting referrals.



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](#)

NHS Grampian Improving Migraine Management Project

We were pleased to welcome Minister for Public Health & Women's Health, Jenni Minto, to Aberdeen. Jenni met with people who live with migraine, along with doctors, pharmacists, and artists who all play a part in our project. Our collaboration with The Migraine Trust aims to enhance awareness and understanding of migraine and the support community pharmacies can provide to those living with the condition



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Future Care Planning

Treatment Escalation Plans: Launch Event Highlights

We recently launched Treatment Escalation Plans at Aberdeen Royal Infirmary. NHS Grampian Medical Director, the Clinical Lead for Realistic Medicine and Consultants presented on the benefits of treatment escalation plans for both patients and staff alike. Their insights provided valuable perspectives on the importance of treatment escalation plans to make sure that patients receive care tailored to their goals and needs. This initiative marks a significant step forward in enhancing patient care and planning within our healthcare system.

Lets get Social!!

You might have noticed our social media accounts are buzzing with activity lately. This is part of our plan to highlight the amazing work happening in Grampian, showcasing realistic medicine and celebrating our fantastic team. Follow us on social media to stay updated!