

Title/Subject: Realising Realistic Medicine
Meeting: Integration Joint Board
Date: 02 February 2018
Submitted By: NHS Forth Valley Medical Director
Action: For Noting

1. INTRODUCTION

- 1.1 This paper describes the approach taken by NHS Forth Valley towards the two Chief Medical Officer reports, Realistic Medicine (2016) and Realising Realistic Medicine (2017).

2. RECOMMENDATION

The Integration Joint Board is asked to:

- 2.1 note the opportunities that Realistic Medicine offers in terms of transforming the quality, consistency and value of healthcare services and the progress made so far.

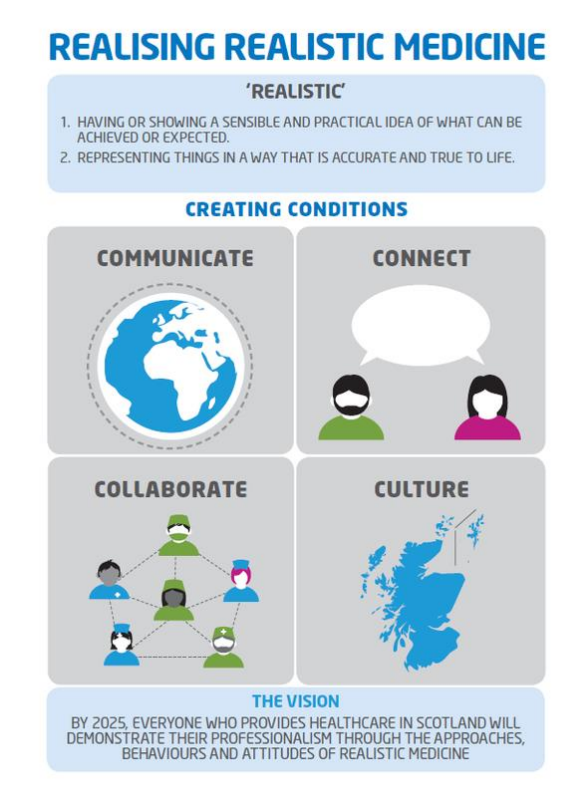
3. BACKGROUND

- 3.1 The Chief Medical Officer of Scotland, Dr Catherine Calderwood, published her two reports Realistic Medicine (2016) and Realising Realistic Medicine (2017), outlining a new and bold strategic approach to healthcare. These synthesised diverse work such as promotion of Health Literacy, the “What Matters to Me?” programme and learning from high performing healthcare organisations, into a coherent strategy.

The main messages and domains of Realistic Medicine are summarised in the infographic below:



Realising Realistic Medicine looked to broaden the messages to multidisciplinary teams and has the following infographic as its summary:



4. REALISING REALISTIC MEDICINE

4.1 NHS Forth Valley recognises the opportunities Realistic Medicine brings, if properly systematised. It offers a roadmap through the challenges that healthcare faces.

- Changing demographics
- More complexity in older patients
- More costly treatments but no new resource
- Risk averse clinicians
- Highly variable clinical practice in some areas

4.2 Realistic Medicine offers a coherent response to these challenges by creating a dialogue around its linked domains, driving the following changes.

- Reduced variation in clinical practice, which will deliver the highest quality care consistently
- Consistent, high quality care is the most cost effective
- Shared decision making results in **fewer** tests and interventions being used

4.3 NHS Forth Valley has begun its engagement with Realistic Medicine through the following:

- Senior management & clinician workshop Dec 2017
 - Evaluation

Overall rating	Number	%
Very good	8	36
Good	14	64
Average	0	0
Poor	0	0
Very poor	0	0
Total	22	100

- Commitment to embed in Directorate reports
- Clinician workshops x2 January 2018
 - Evaluations

Overall rating	Number	%
Very good	7	32
Good	15	68
Average	0	0
Poor	0	0
Very poor	0	0
Total	22	100

- Use of 5Qs in dialogue with outpatients Oct 2017-present

Asking the Right Questions Matters

To help ensure you have all the information you need to make the right decisions about your care, please ask your doctor or nurse:-

- Is this test, treatment or procedure really needed?
- What are the potential benefits and risks?
- What are the possible side effects?
- Are there simpler, safer or alternative treatment options?
- What would happen if I did nothing?

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- 4.4 Next steps are to invite Associate Medical Directors and Clinical Directors to develop a template report in their areas, to consistently update regarding their Realistic Medicine work, and ensure it is a standing agenda item for departments. This also requires the organisation to support the teams with data and feedback, to allow them to maximise the potential. Two further events at least are also planned, to involve Primary Care and hear senior updates and plans for Realistic Medicine.
- 4.5 There is also interest in a debate around “Realistic Social Care” and that would be worth considering as a future avenue to actively explore.

5. CONCLUSIONS

- 5.1 Realistic Medicine offers solutions to many current healthcare challenges and it is therefore incumbent on NHS Forth Valley to develop a systematic approach to deliver those solutions. The approach described above will lead to that systematic approach.

Resource Implications

No resource implications.

Impact on IJB Outcomes and Priorities

Realistic Medicine has full alignment with strategic direction locally.

Legal & Risk Implications

No legal or risk issues.

Consultation

No consultation required.

Equalities Assessment

No equalities impact.

Approved for Submission by: Patricia Cassidy, Chief Officer

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Date: 14th January 2018