



Programme

09:00 Registration and coffee

09:30 Welcome

Grant Archibald, Chief Executive, NHS Tayside
Shobhan Thakore, Realistic Medicine Lead, NHS Tayside

10:00 How has Realistic Medicine influenced you?

Arlene Coulson, Lead Clinical Pharmacist
Fran Benison, NHS Tayside Patient and Public Forum for Medicines Representative
Kate Arrow, Specialty Trainee and Scottish Leadership Fellow

10:30 Realistic Medicine – An Overview

Gregor Smith, Deputy Chief Medical Officer

11:10 How has Realistic Medicine influenced you?

Rod Mountain, ENT Surgeon
Sophie Corbett, Medical Student
Hannah Dalgety, Breast Buddies Coordinator
Tim Croudace, Chair (Applied Health Research & Health Technology Assessment)

11:50 Realistic Medicine: Organisational Challenges

Colin Fleming, Deputy Operational Medical Director, NHS Tayside

12:00 Lunch and Poster Exhibition

13:00 Breakout sessions (running at 13.00, 13.50, 14.40 - each lasting 45 minutes)

Delegates to select 3 of the 4 available sessions each at registration

Co-production to enable shared decision making and personalised care at the point of prescribing Room 2G12

Alison Clement, GP, Associate Medical Director Angus HSCP
Arlene Coulson, Lead Clinical Pharmacist
Fran Benison, NHS Tayside Patient and Public Forum for Medicines Representative
Sue Cole, NHS Tayside Patient and Public Forum for Medicines Representative
Karen Lowdon, Specialist Clinical Pharmacist Acute Frailty Team & Acute Medicine for the Elderly
Lee Ann McDermott, Rheumatology Specialist Pharmacist
Dr Scott Jamieson, GP Angus HSCP

- Shared decision making at the point of prescribing and the tools that are currently available to involve and empower patients to own their own treatment pathway
- Adopting a realistic medicine approach to prescribing, termed “realistic prescribing” and the challenges and opportunities associated with different prescribing environments
- Giving patients a true choice - applying realistic prescribing concepts to deliver personalised care
- Realistic evaluation: how will we know when we’re getting this right?

Co-authoring the last chapters of our lives: a consistent approach to supporting individuals as the end of life draws near

Room 2G13

Deans Buchanan, Palliative Care Consultant

- Understanding that all human stories have a start and an end and “co-authoring the last chapters of our stories” should start from the place that recognises that we are all human
- Promoting warranted variation and reduce unwarranted variation to consistently support individuals who are nearing the end of their lives
- Sharing understanding and making shared decisions that reflect individual’s values
- Population data related health and social care in the last year of life
- Data from Scottish co-design research programme looking at the experience of life change related to significant illnesses

Managing medicolegal risk: the fear of complaint when practising realistic medicine

Room 2F11

Claire MacAulay, National Education Lead for Realistic Medicine

- What do people actually complain about?
Review of Scottish complaint stats
- Could RM reduce the risk of complaints?
Specific focus on communication issues
- What is the position of the health regulators?
Review of GMC/NMC/HPC guidance and how it supports RM

Effective Citizen Engagement: ways in which we are listening to citizens voices and insights

Room 2F14

Rod Mountain, ENT Surgeon and Service Design Consultant

Ed Hall – Senior Lecturer in Human Geography, UoD

- **Why** engagement can transform health and social care services.
- **How** engagement can be done on a small, medium and large scale.
- **What** engagement tools and methods work well in practice.

15:30 Closing Plenary

Feedback from each breakout session

16:00 Close