



## 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, Allied Nursing Practitioner
- ***The Migraine Trust & NHS Grampian – Improving Migraine Management in Pharmacy*** | Dr Callum Duncan (Consultant Neurologist), Dr David Watson (GPsWI), Sarah Buchan (Pharmaceutical Services Improvement and Development Manager) and Katy Styles (Realistic Medicine NMAHP Lead )

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

- ***Shared Decision-Making in Practice*** - NHS Grampian Obstetrics and Maternity Services
- ***Inguinal Hernia Opt-in Pathway*** - Ms A J 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
- ***Shared Decision-Making TURAS Module*** - Katy Styles, Realistic Medicine NMAHP Lead and Leigh Ewen, Senior Project Manager

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



## 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](#)

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

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

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

**15:00 – 15:15 | BREAK + VIRTUAL POSTER DISPLAY**

**15:30 – 15:50 | Realistic Medicine Network, Education and Awareness + Call to Showcase Your Work - Katy Styles, Realistic Medicine NMAHP Lead and Leigh Ewen, Senior Project Manager**

**15:50 – 16:00 | Summary and Closing - Paul Bachoo, Realistic Medicine Executive Lead, NHS Grampian**

**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 Governments Vimeos for each Realistic Medicine principles [here](#).**