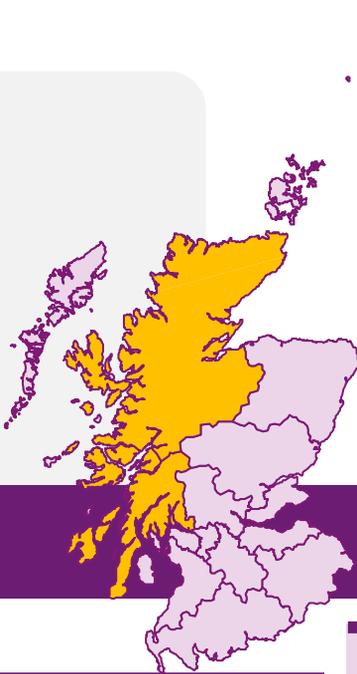


News from your Local Office



scottish
health
council

making sure
your voice counts

August 2018

Highland

Gathering views on Realistic Medicine

Following a request from the Chief Medical Officer, the Scottish Health Council gathered views from patients and members of the public on what realistic medicine means to them.

Realistic medicine means putting the person receiving health and social care at the centre of decisions about their care and creates a personalised approach.

The Scottish Health Council organised 26 sessions and involved 228 people from a wide range of demographics and interests.

Key findings included that participants:

- had a mixed understanding of what realistic medicine means, and
- felt that healthcare professionals needed to take a more holistic view of the patient.

Feedback was shared with the Scottish Government to help inform ongoing discussions on realistic medicine and future development of services.

Deputy Chief Medical Officer Dr Gregor Smith said:

“This is a really helpful document which is full of fascinating insights. I’m struck by how people have interpreted what realistic medicine is. Their views give the Scottish Government a lot to consider going forward.”

Read the report here:

www.scottishhealthcouncil.org/publications/gathering_public_views/realistic_medicine.aspx.

Participation requests

Participation requests give communities the opportunity to become involved in achieving the changes or improvements they want to see. The Scottish Community Development Centre (SCDC) would like to hear from community groups and organisations about their experiences of using participation requests to have their voices heard in the planning and delivery of services. The survey can be found here:

www.surveymonkey.co.uk/r/86TJP7N

Treatments and Medicines (TAM)

The Treatments and Medicines (TAM) app was launched by NHS Highland in May 2018 and contains a range of local and national information for patients. Find out more on the NHS Highland website: www.tam.nhsh.scot/treatments-and-medicines/

Patient Participation Groups

We have been planning events where Patient Participation Groups (PPGs) will be able to network informally – where members and practice staff can come together to share their successes and challenges with each other and with the Scottish Health Council team in Highland. There are still spaces available at both workshops; whether you're already involved with a PPG or if you're interested in getting one started at your practice, you're welcome! Please get in touch with us via the contact details at the bottom of the page.

5/09/18	An Lochran, Inverness	10.30am to 3.00pm
19/09/18	Rockfield Centre, Oban	10.30am to 3.00pm

Start-up guide for groups

Are you looking to set up a public or community-led group that links to a particular health and social care topic, service, organisation or geographical area? The Scottish Health Council has produced a new start-up guide for participation groups to provide advice including the key steps that should be followed in the early stages of establishing the group; how to ensure the group is properly representative; and practical tips for maintaining momentum. It also includes templates and example documents to help groups to prepare terms of reference, agree roles and responsibilities and keep an accurate record of meetings. The Start-Up Guide for Participation Groups in Scotland is available from:

www.scottishhealthcouncil.org/patient_public_participation/participation_groups.aspx

Voices Scotland workshops

The Scottish Health Council recently delivered a Voices Scotland workshop in Dunoon, Argyll and Bute. The main focus of the workshop was to look at service users' and carers' experience of Community Mental Health Team Services in Cowal. This work will be fed into the wider Community Mental Health Team Review. The workshop was run in collaboration with service users and carers, Argyll and Clyde United in Mental Health (ACUMEN) and Argyll and Bute Health and Social Care Partnership. The Scottish Health Council will be running more of these collaborative workshops, in relation to the Community Mental Health Team Review, across Argyll and Bute in August and September. Please do not hesitate to get in touch if you would like any more information.

Contact details

Please contact the Scottish Health Council if you have any comments or suggestions for future updates.

Scottish Health Council Highland
Southside Lodge, 45 Southside Road
Inverness, IV2 4XA
Tel: 01463 723930
Email: highland@scottishhealthcouncil.org
Twitter: @shc_highland

www.scottishhealthcouncil.org



The Scottish Health Council is part of
Healthcare Improvement Scotland