

Introduction

This project was designed and completed with St Margaret's High School, Airdrie and ran from Nov 2019-Jan 2020. It was funded by the Value Improvement Fund Project 2019-20.

The aims and objectives were to:

- Introduce Realistic Medicine 5 Question concept to school pupils and increasing awareness of the underpinning principles by 50% by Jan 2020.
- Introduce a different approach to healthcare for young people
- Develop knowledge and skills to make more informed health choices
- Help young people to learn ways in which they can take responsibility for their own health

This project introduced the concept of Realistic Medicine, Shared Decision Making and the '5 questions' to school pupils and sought to address the Citizens Jury recommendation that there should be, *'School visits to educate children about how to participate in shared decision-making by nurses or doctors'*.

We wanted to ensure that this project had sustainability so we have produced an online pack of the resource materials and the lesson plans we used. Any school or health-board in NHS Scotland is free to download and use these resources. Please acknowledge NHS Lanarkshire as the owner and producer of the materials as well as those who have kindly shared their work with us. Thank you to the pupils at St Margaret's High School who gave us their critical feedback on the lessons and their ideas of how to change and improve the activities.

Also please note, we were kindly given permission to re-use materials from other authors/organisations in our work. You may need to check the copyright permission for some material if you wish to adapt them for further use. All details of additional owners, licences and copyright are given with materials.

Thank you to St Margaret's High school for all their time and help with this project. It could not have succeeded without their hard work and dedication.

Lesson Plans

The materials in this pack were designed to be delivered over 6-8, 45min-1 hour sessions. They can be delivered over a range of classes throughout the curriculum. The lessons all work as stand-alone but are most effective if delivered as a number of sessions looking at the NHS and the Realistic Medicine concepts.

The original project completed:

- 6 sessions class sessions
- 2 sessions from outside speaker (not essential to programme)
- Sessions lasted 45 minutes
- Most sessions need minimal supplies e.g. flipchart and pens. Some sessions will require IT. We used a computer and display to show a number of videos to the whole class and iPads for group work.

Week One

- Ice-breaker – group exercise. Look here for some examples <https://youthgroupgames.com.au/top-ten-icebreaker-games/>
- Complete any pre-questionnaires if measuring impact
- **Activity** - The 60 second challenge
 - Ask pupils to write as many things as you know about the NHS
 - You will need:- Post it notes/scrap paper/pens
 - Use feedback from pupils to explore what they already know. Look for information on your local NHS – what can you find out from their website?
- **Activity** - NHS Quiz – (See Resources)

Week Two

- Ice-breaker – e.g. Balloon game
 - Objective – team working and communication.
 - Get group to stand in circle.
 - Use a blown up balloon and ask group to keep this in the air, passing to each person on their right. Pupils need to ‘tap’ this over to the next person and not pass from hand to hand. Process starts again each time the balloon touches the floor
 - Pupils should not move from their spot and there shouldn’t be any running. Pupils can touch the ball more than once if the pass goes a bit astray. You are complete once the balloon has made it all the way around the circle without it touching the floor.
- Recap previous week – what can you remember. What questions do you have?
- **Activity** – What kind of jobs can you do in the NHS (group discussion)

- **See resource section.** There are a number of videos and support resources for this activity.

Week Three

- Recap previous week – what can you remember. What questions do you have?
- **Activity** - Making the Right Choice
 - Use videos/website to introduce concept
<https://www.nhsinform.scot/campaigns/well-keep-you-right>
 - **See resources section.** Print out one set for each group and get pupils to complete activity
 - Discuss the reasons for selecting a particular service and encourage pupils to think about their own experiences? Prompt with questions such as; Why did you choose that service? What are the benefits of using one service over another? Highlight self-care – when is this appropriate?
- **Activity** - Patient journey including the role of the GP. Use a video such as <https://www.youtube.com/watch?v=b7XAadLx4Fg> – Realistic Medicine link which also highlights the 5 questions.
 - Day in the life of a GP - <https://www.kingsfund.org.uk/publications/articles/gp-day-in-the-life> (background info)

Week Four

- Recap previous week – what can you remember. What questions do you have?
- **Activity** - 999 activity
 - See resources section outline which contains a number of activities in this area
- **Activity** - What is Realistic Medicine and Shared Decision Making?
 - **See resources section** outline which contains a number of activities in this area
 - We used mental health as theme for many of the activities at the request of the school. Our video example is given below. NHS videos For example:
<https://vimeo.com/126354690> - CAMHS

Week Five

- Recap previous week – what can you remember. What questions do you have?
- **Activity** - Health websites activity. (**see resources section**)
 - If you have a school librarian, they can deliver this part of the project which looks specifically at finding good health information online and the problem of fake health information, particularly through social media. You can pick a topic of

interest and see what can be found by Googling compared to searching one of the listed health websites to answer simple health related questions.....what is the difference, was it easier one way than another, did anyone come across unusual or surprising information? How does this differ from how pupils usually look for health information online?

Week Six

- **Activity** - Health headlines –finding good health info online
 - **See resources section** which outlines a number of activities in this area

Further Work

We were able to finish our project with a visit from a speaker who specialised in mental health. This was not an essential part of the programme and it can run successfully without this element. However, do give thought as to who can support your work in this area. Can you fund a speaker, can someone from the NHS/local Council come to talk to some of these areas and support you?