

Name of Activity:- What is Realistic Medicine and Shared Decision Making?

Type of Activity:- Pairs/Group. Suitable for 11-15 year olds

Learning points:- Realistic medicine was introduced to Scotland in 2014-15 with the publication of the [first report](#). There has since been 3 further reports:-

1. [Realising Realistic Medicine – 2015-16](#)
2. [Practicing Realistic Medicine 2016-17](#)
3. [Personalising Realistic Medicine 2017-18](#)

What is realistic medicine, the 5 questions and shared decision making?

Realistic medicine is about putting *‘the person receiving health and social care at the centre of decisions made about their care. It encourages health and care workers to find out what matters most to you so that the care of your condition fits your needs and situation. Realistic medicine recognises that a one size fits all approach to health and social care is not the most effective path for the patient or the NHS. Realistic medicine is not just about doctors. ‘Medicine’ includes all professionals who use their skills and knowledge to help people maintain health and to prevent and treat illness. This includes professions such as nursing, pharmacy, counsellors, physios and social work.* ^[1]

It’s about:-

- Listening to patients
- Good communication
- Helping patients make informed choice – the 5 questions
- Looking at over and under treatment
- Looking at variation
- Making you an active partner in your own healthcare
- Empowering the patient
- A recent survey suggested that only 67% of patients ask their Dr about different treatment options
- Only 54% have asked about benefits and risks of a treatment

Part One

The ‘5 questions’ has been developed to facilitate discussions between patients/carers and healthcare professionals.

We are going to be looking at the 5 questions and shared decision making and how we could use these when we have an conversation with any health professional be it a GP/nurse/Pharmacist/Optician etc.:-

Talking about your health –

You will need – print out of the 5 questions image to share with the groups and a flip chart to record answers.

Brainstorm Activity – where would you go to if you had questions about your health?

- Friends and family
- Dr
- Online website/app – NHS Direct/GP Practice
- Dedicated phone line? 111/childline
- Minor injury unit
- Other....




(see resource pack for posters)

1. **Need** – do I really need this test, treatment or medicine?
2. **Benefit** – what are the benefits to me/
3. **Risks** – are there any risks or side effects
4. **Choice** – how can I improve my condition or health
5. **If I don't** – what will happen if I don't do anything?

Talk about why each question may be important when seeing a health professional. Would you use each question every time? Would these be occasions you may just use some of the questions?

RM&SD Project: A Minns, Head of Evidence, NHS Lanarkshire March 2020 v2.0

1. <https://www.nhsinform.scot/care-support-and-rights/nhs-services/using-the-nhs/realistic-medicine>

- What problems/challenges might you get with these?
- How could you use the 5 questions to help you?
- Can you use them with someone who isn't a Dr?
- What are the challenges when you speak to a health professional? – talking to them can be embarrassing, they don't have time, they have all the 'power/authority'?...

Part Two

What is shared decision making?

You will need flip chart, scrap paper, pens, a cartoon picture printed from the internet.

Making decisions is about:-

- Identify the problem
- Gathering the info
- Brainstorming potential solutions
- Evaluate potential solutions
- Making choices
- Taking action/Making a plan
- Evaluating

Listening Activity to show importance of communication, questioning, clarification and decision making.

- Work in pairs – each pair gets a picture (any cartoon picture with multiple parts will do, we choose a scene with trees, snowman and reindeer.) Sit back to back. In pairs one person has to describe the image to the drawer who cannot see the picture. Give team 2 minutes to complete. Compare the drawings.
- You can make this harder by having some pairs allowed to ask clarifying questions while others can't.
- Compare the results
- You should see that all the images drawn are different. Now imagine you were all trying to describe the same conditions/symptoms/problems to a Dr, if you don't understand what is being said your idea/conclusions can be wrong. Not so serious with a picture but what if this is instructions for taking medication or something the Dr is asking you to do to make yourself better?

Further Discussion

Where else can you use the 5 questions? They are not just designed to be used with a Dr. What about when going to the pharmacist? You don't need to use all the questions all the time – you might use some more than others...

Videos on shared decision making

The conversation that happens between a patient and their healthcare professional to reach a health care choice together” (NHS Shared decision making 2012).

<http://www.healthtalk.org/peoples-experiences/improving-health-care/shared-decision-making/what-shared-decision-making>

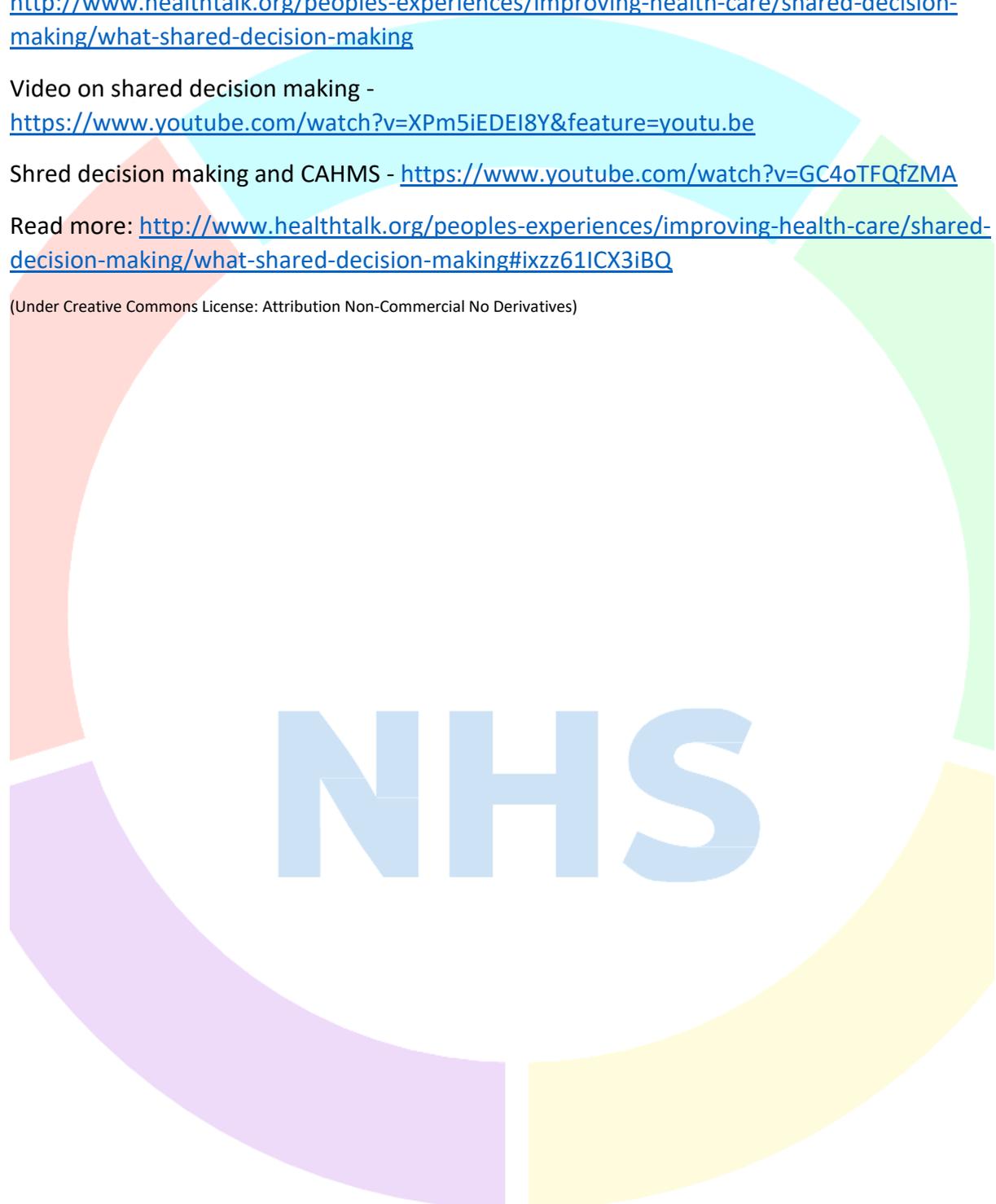
Video on shared decision making -

<https://www.youtube.com/watch?v=XPm5iEDEI8Y&feature=youtu.be>

Shred decision making and CAHMS - <https://www.youtube.com/watch?v=GC4oTFQfZMA>

Read more: <http://www.healthtalk.org/peoples-experiences/improving-health-care/shared-decision-making/what-shared-decision-making#ixzz61ICX3iBQ>

(Under Creative Commons License: Attribution Non-Commercial No Derivatives)



NHS