

A Realistic Medicine Approach to Loneliness

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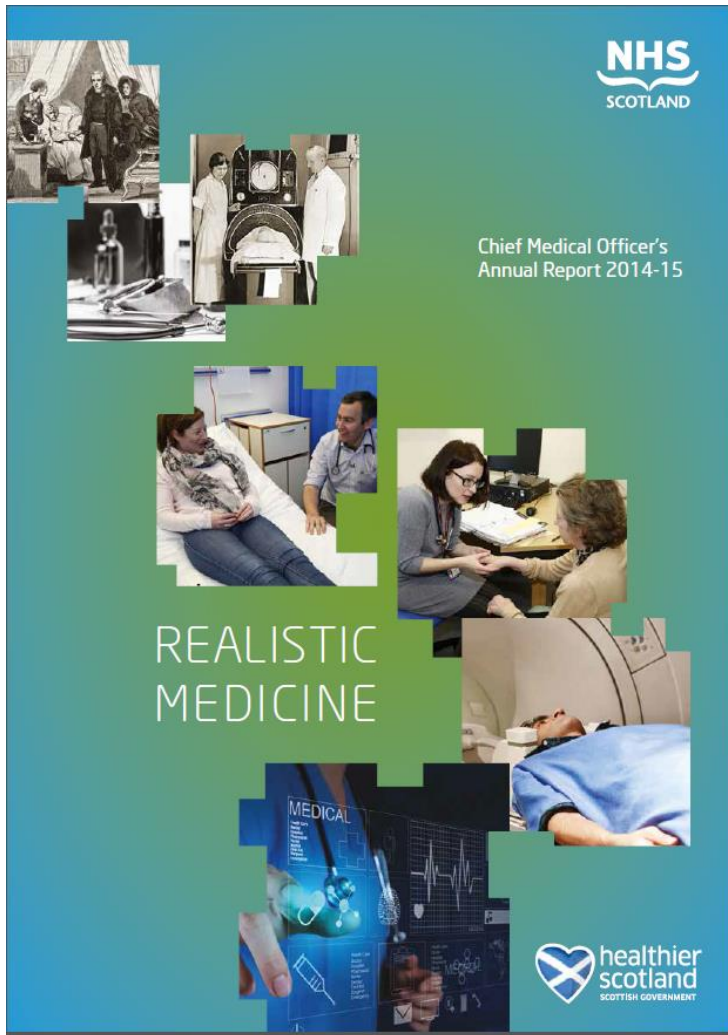


**The Scottish
Government**
Riaghaltas na h-Alba



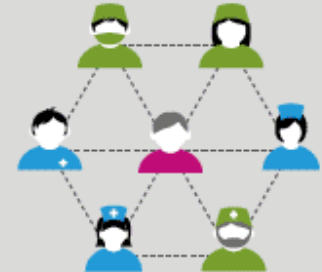
REALISTIC MEDICINE

CAN WE:



CHANGE OUR STYLE TO
SHARED DECISION-MAKING?

BUILD A **PERSONALISED**
APPROACH TO CARE?



**REDUCE HARM
AND WASTE?**

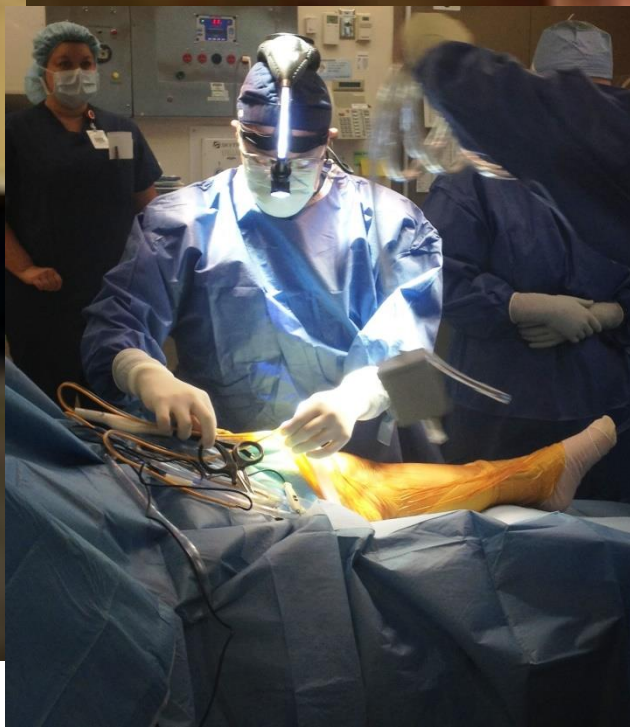


REDUCE **UNNECESSARY
VARIATION** IN PRACTICE
AND OUTCOMES?

MANAGE RISK BETTER?








**BECOME IMPROVERS
AND INNOVATORS?**



The #realisticmedicine Influencers






Top 10 by Mentions

	@cathcalderwood1
	@gmacscotland 678
	@drgregorsmith 422
	@brobson3 136
	@muirgray 125

Top 10 by Tweets

	@gmacscotland 229
	@cathcalderwood1
	@pag1962 103
	@drgregorsmith 97
	@ianmwelsh 86

Top 10 by Impressions

	@gmacscotland
	@bmj_latest 675,221
	@pag1962 484,601
	@cathcalderwood1
	@ianmwelsh 313,290

The Numbers

7,231,255 Impressions

3,746 Tweets

1,333 Participants

1 Avg Tweets/Hour

3 Avg Tweets/Participant

CMO Scotland @CathCalderwood1 · Jan 27
Thx @bengoldacre @JulianTreadwel1 Obviously realistic kind of guys.

ben goldacre @bengoldacre
Good grief, Scottish CMO report on Realistic Medicine almost unbelievably smart. Bravo @CathCalderwood1! twitter.com/JulianTreadwel...

43

CMO Scotland @CathCalderwood1 · Jan 24
Well done team!

muir gray @muirgray
@CathCalderwood1 i was understated in my praise , one of the best documents i have read in 44 years

33

 @em_doc_caesar 60

 @clairrog 31

 @roylilley 108,550

 Tweet

 Tweet

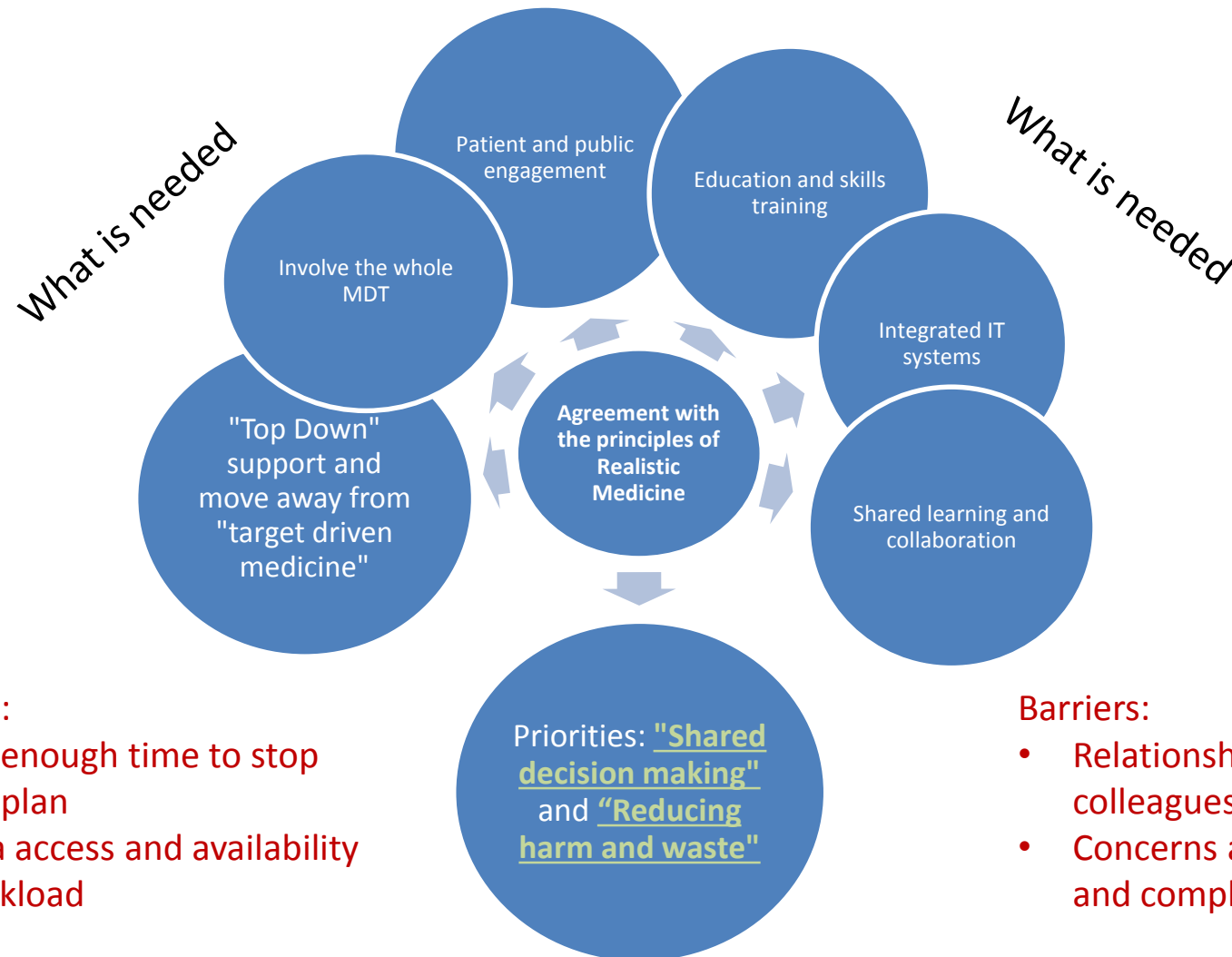
 Tweet

Realistic Medicine

- Added Value of Doctors in a complex system
- Realism in Healthcare
- Sharing Decision-making and Informing Consent:
People and Professionals combining their expertise
- Doctors and the Management of Clinical Risk
- Changing Practice to Support Improvement
- Translation of Medical Research into Routine
Clinical Practice

Realistic Medicine: Feedback

Feedback was received via letters, emails, an online survey and social media. Thematic analysis was undertaken identifying overall conclusions



Definition of loneliness





Self-management and Social Prescribing for Improved Mental Health

What is Social Prescribing?

Dr Karen Adam explains what is Social Prescribing in this [short video clip](#).

Social prescribing is one means of supporting self-management. It is an approach (or range of approaches) for connecting people with non-medical sources of support or resources within the community which are likely to help with the health problems they are experiencing. Social prescribing has been used with a range of client groups and draws on a wide range of different community based services. These include opportunities for the arts, physical activity, learning, volunteering, social support, mutual aid, befriending, self-help as well as support with benefits, debt, legal advice and parenting ([Friedil et al 2007](#)).

Evidence for Social Prescribing

This [Research Briefing Paper](#) provides an overview of the published research evidence on social prescribing in the context of mental health problems. A rapid review of the published literature shows how social prescribing has been applied in relation to mental health, the effectiveness of these approaches as well as factors that facilitate or hinder service implementation and/or uptake. The review also considers how social prescribing may contribute to reducing mental health inequalities.

Implementation Guidance Paper

This [Implementation Guidance Paper](#) draws on published research, local practice and evaluations, and learning from champions who are leading locally based approaches to social prescribing in Scotland. This paper will be of particular

**Do you need
immediate help?**

If you need to talk to someone

Find help now

**Children and Young
People**

[Read more...](#)

Infants and Early Years

[Read more...](#)

Mentally Healthy Adults

[Read more](#)

[Home](#)[About](#)[FAQ](#)[Blog](#)[Request Account](#)[Login](#)

Search for local resources

15 Miles

Search and collaboration tool for health and wellbeing resources in Scotland. It helps signpost people to useful community support, and with an ALISS account you can contribute the many and varied resources that our local communities have to offer.

**Collect**

Identify and gather local sources of support, our asset mapping pack can help you do this.

**Manage**

Describe resources in your own words, add useful resources from other collections to your own and create an ALISS collection that is specific to you

**Share**

All collections created in ALISS are openly available to everyone. Use them to enhance your existing information service and provide a richer picture of

Meal Makers, bringing neighbours together through food

🕒 22nd October 2016 👤 Derek Ramsay 📁 Health & Wellbeing, Top Stories 💬 0



Could you cook an extra portion of dinner for an older neighbour? Meal Makers, the project bringing neighbours together through food, is in Craigmillar and they want you to join up today!

Meal Makers bring together people who love cooking ('cooks'), with older neighbours who would appreciate having some delicious home-cooked food delivered to them ('diners').

Meals are most commonly

"I was so nervous when I delivered the first meal to my diner, Edith, in case she didn't like it. In fact, she has turned out to be an adventurous diner who likes most of the same things as me despite our 60 year age gap!"

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What do you think of Chronicle Online?

🕒 6th November 2016 💬 0

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Do you have anything you would like to share with us? This could be a news story, details of an event, your experiences growing up in the area, poetry, drawings, etc. If it's local then we would be interested in publishing it.

If you would like to get involved you can contact us through the button below or email hello@chronicleonline.net

Get Involved

Your feedback will help shape policy.....



cmo@gov.scot



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[@cathcalderwood1](https://twitter.com/cathcalderwood1)



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