



REALISTIC  
MEDICINE



VALUE BASED  
HEALTH & CARE

# Scottish Community Link Worker Network Annual Conference 2024

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# REALISTIC MEDICINE

WE CAN:



# Five Things

Value Based  
Health and  
Care

What Matters  
to You

Avoiding  
Waste

Reducing  
Inequalities

Changing  
Culture

# Delivering Value Based Health & Care

A Vision For Scotland



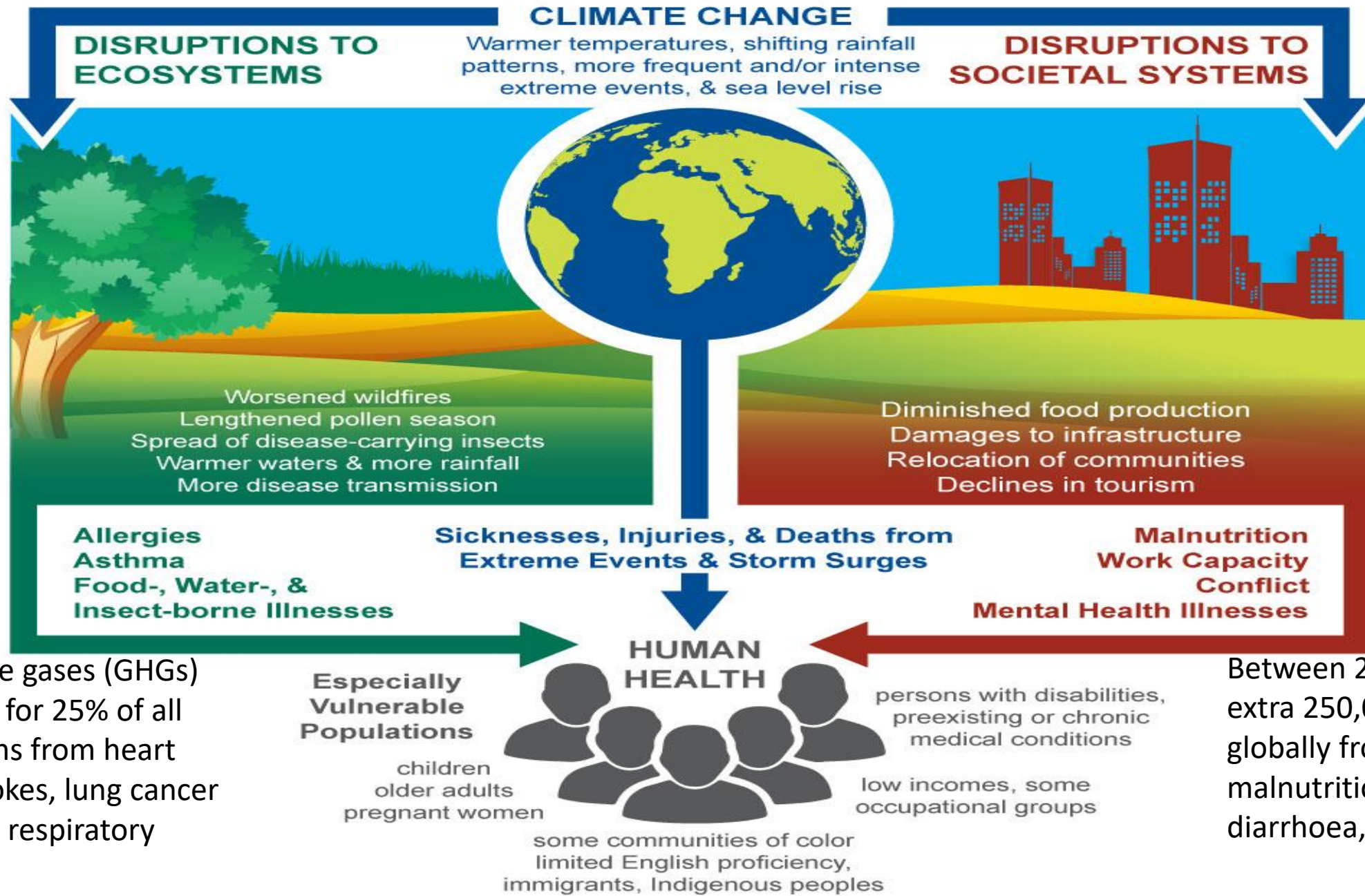
## Definition

Value Based Health & Care delivers better outcomes and experiences for the people we care for through the equitable, sustainable, appropriate and transparent use of available resources.

## Vision

By 2030 all health and care professionals will be supported to deliver Value Based Health & Care. This will achieve the outcomes that matter to people and a more sustainable system.

# The Impacts of Climate Change on Human Health



Green house gases (GHGs) responsible for 25% of all global deaths from heart attacks, strokes, lung cancer and chronic respiratory disease



# Introduction to Value Based Health and Care

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Introduction to Value Based Health & Care eLearning module

NES has developed an online module, guiding you through what Value Based Health & Care is and how it relates to your practice. The module is relevant for all staff working in health and social care. This interactive and reflective module summarises the challenges currently facing health and social care systems. It explains the link between Realistic Medicine and Value-Based Health & Care and what we mean by outcomes that really matter to people

Click [here](https://learn.nes.nhs.scot/63101) to access the eLearning Module. Please note you must be logged in to your TURAS account to access this.

<https://learn.nes.nhs.scot/63101>

# RM and VBH&C

RM - describes the principles of care

VBH&C - focus on outcomes which matter to patients

VBH&C - focus on sustainability (financial, environmental, system)

VBH&C - delivered by practising RM

VBH&C - requires multiprofessional working and measurement

# Key message 1

**VBH&C encompasses outcomes which matter,  
delivered in a sustainable way, by practising RM**



# REALISTIC MEDICINE

WE CAN:



CHANGE OUR STYLE TO  
**SHARED DECISION MAKING**

BUILD A **PERSONALISED**  
APPROACH TO CARE





International Forum on  
**QUALITY & SAFETY in HEALTHCARE**  
PARIS 2012





The Big Yin  
*(the big one)*

The Wee Yin  
*(the little one)*



VALUE BASED  
HEALTH & CARE



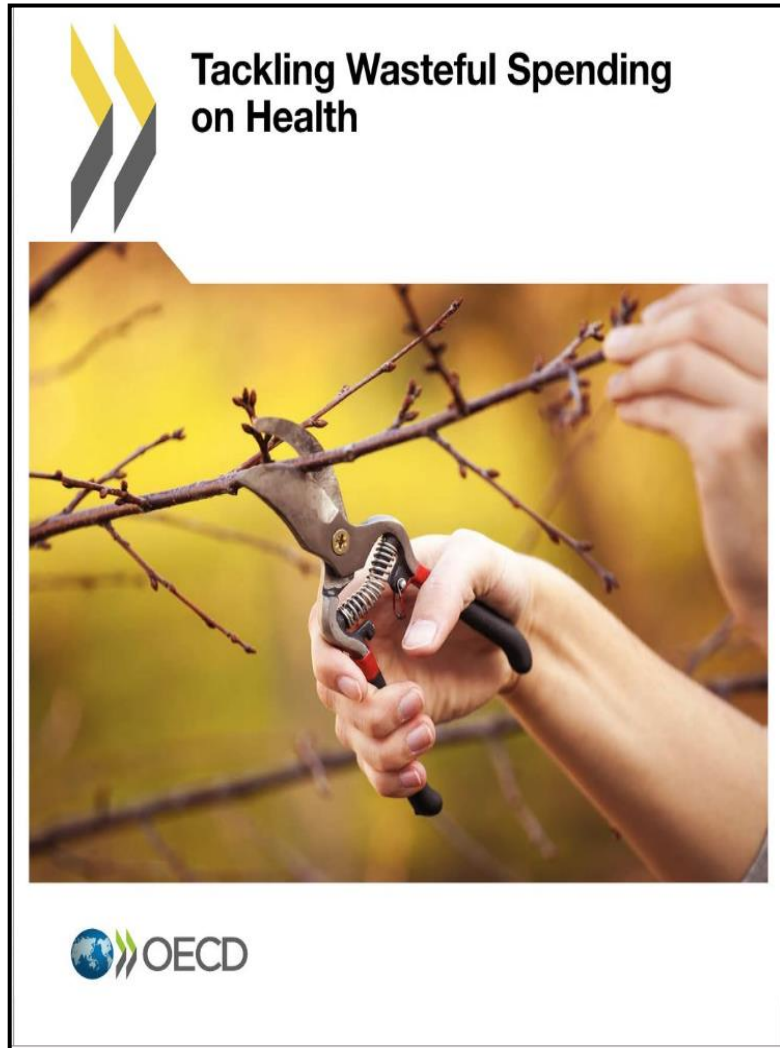
## Key message 2

**Celebrate What Matters to You  
...Every Day and  
...on 6<sup>th</sup> June (WMTY day)**



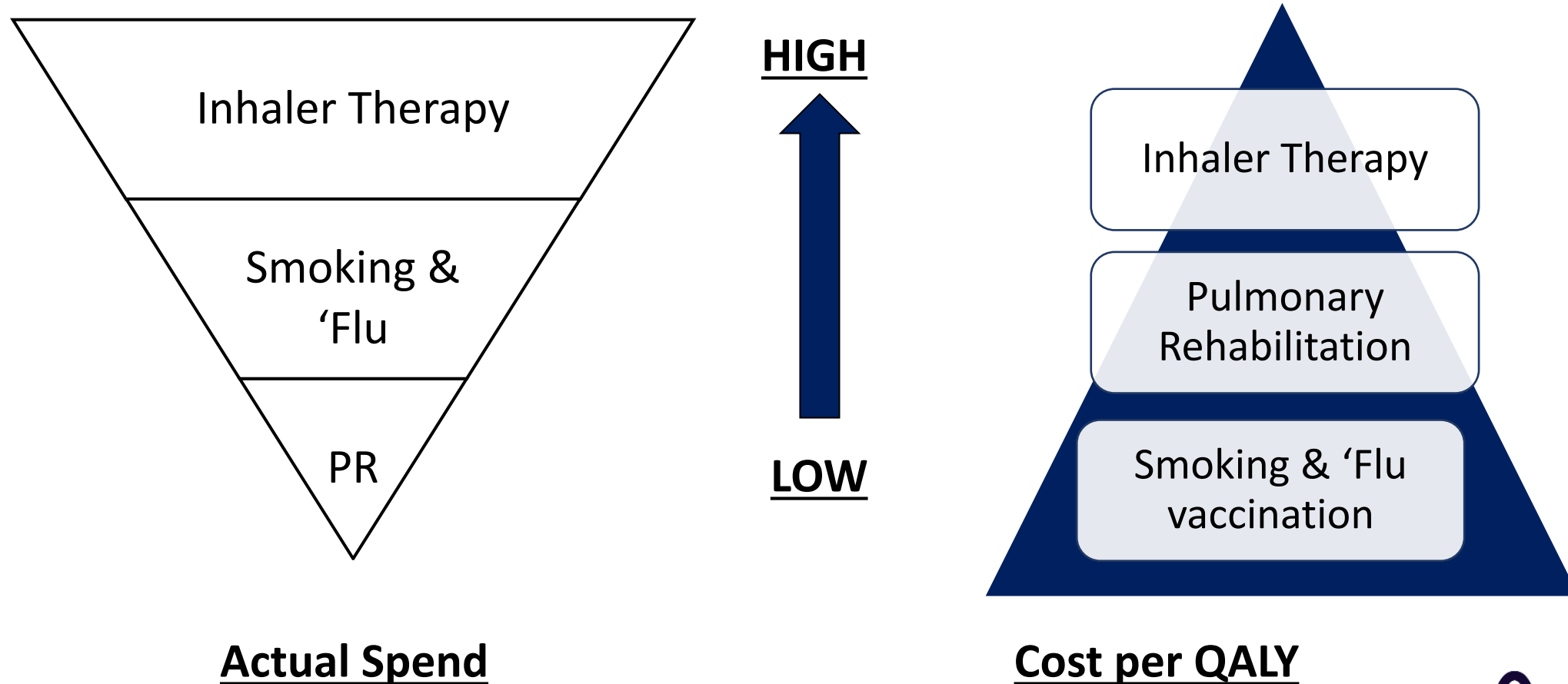
# OECD report on waste:

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One fifth of healthcare  
spend has NO impact

# Lessons from NHS Wales



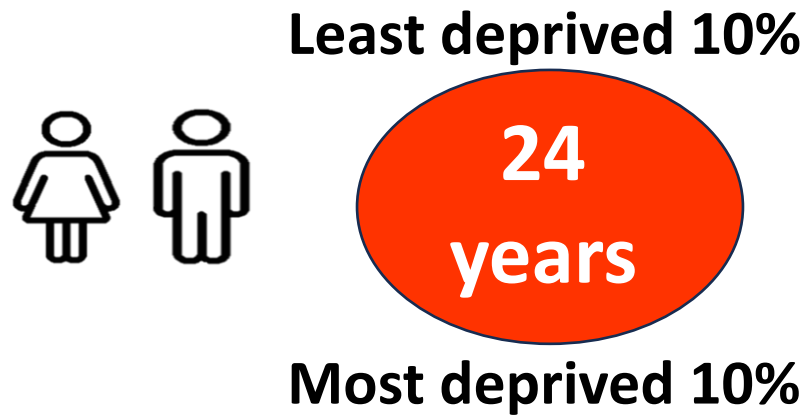


## Key message 3

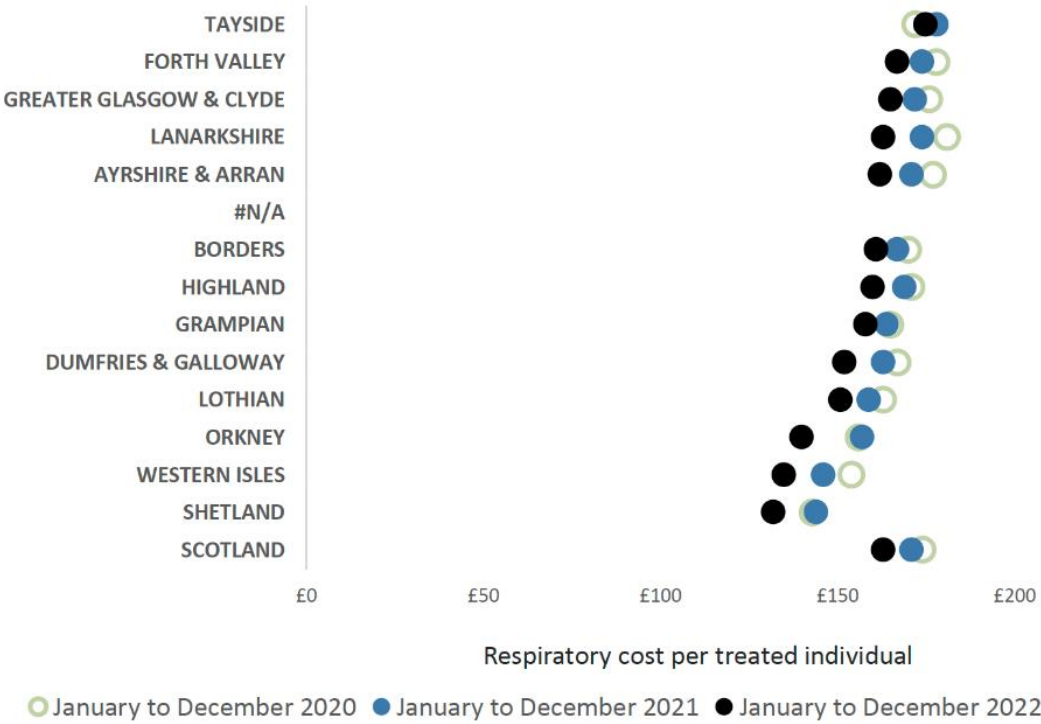
**Tackle waste locally and on a system basis**

# Major challenges

- Widening of **healthy life years gap**
- Sustainability in health and care systems
- Pandemics/antimicrobial resistance
- Climate emergency



# Unwarranted Variation



The Scottish Atlas  
of Variation



## Key message 4

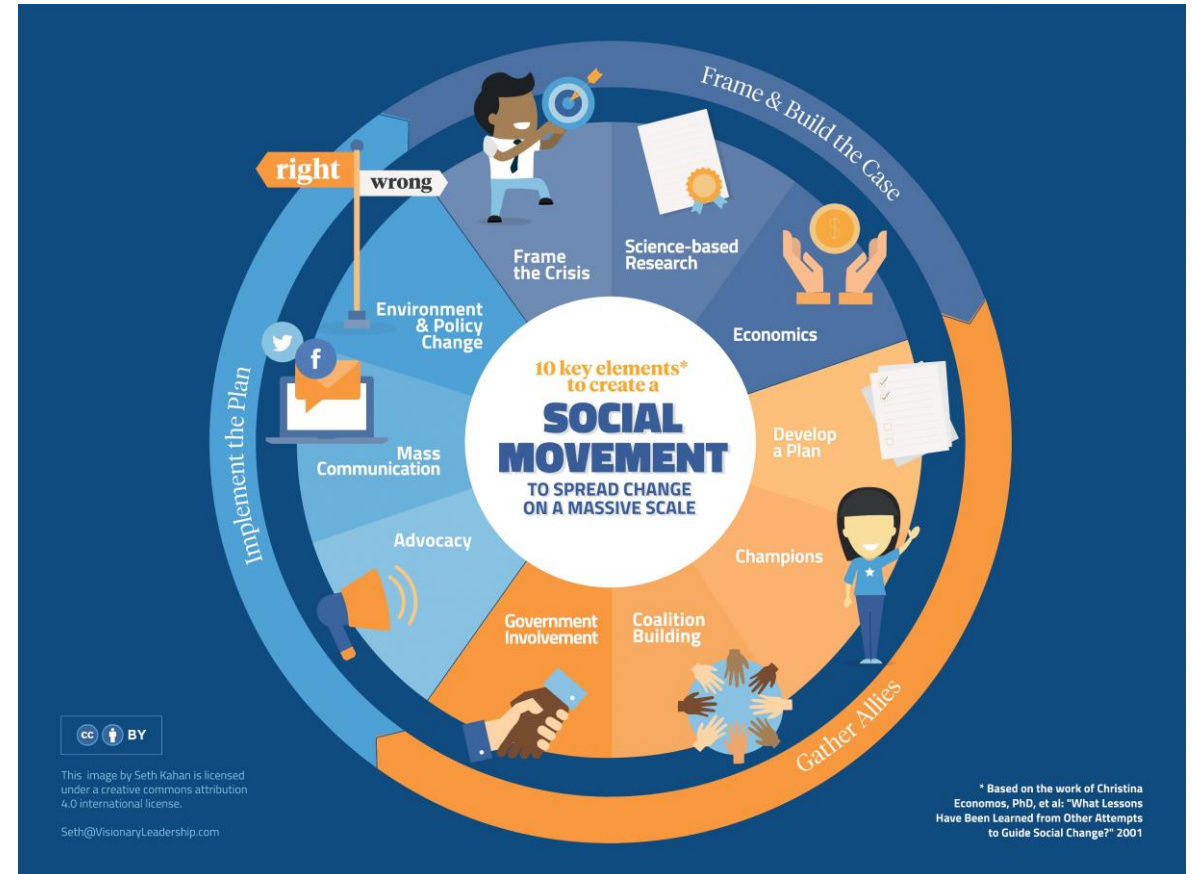
**Tackle inequalities locally and on a systematic basis**

# Culture Change

Social Movement

Community of Practice

Culture of Stewardship





# Key message 5

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**Get involved**  
**Help change our**  
**culture**





# Thank You

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[Realistic Medicine – Shared decision making, reducing harm, waste and tackling unwarranted variation](#)