

PL013

HOW DO YOU RECONCILE STRONG RECOMMENDATIONS WITH PATIENT CHOICE AND SHARED DECISION MAKING?

Dr Gregor Smith

**Deputy Chief Medical Officer, Scottish Government
Honorary Clinical Associate Professor at the University of Glasgow
Fellow of the Scottish Patient Safety Programme and Salzburg Global**

The first “Realistic Medicine” report was published by the Chief Medical Officer for Scotland, Dr Catherine Calderwood, in 2016. Developed directly from discussion with clinicians across Scotland, the concept seeks to introduce greater realism in health care; focusing on bringing true value to the patient by promoting a personalised approach to care, with shared decision making, reduction in unwarranted variation, harm and waste, better understanding and management of risk and the promotion of improvement and innovation. Since then, Realistic Medicine has gathered strong and enthusiastic support from right across the clinical and care professions, with two subsequent reports, “Realising Realistic Medicine” and “Practising Realistic Medicine”, outlining how the philosophy is bringing about a shift in culture and practice within NHS Scotland. Dr Gregor Smith, Deputy Chief Medical Officer for Scotland and a co-author of the three reports, will outline the changes that this has brought about and the evolving role and relationship that Realistic Medicine has to the application of evidence and guidelines.