

News from your Local Office

scottish
health
council

making sure
your voice counts

October 2018

Ayrshire & Arran

Gathering views on realistic medicine

Following a request from the Chief Medical Officer, the Scottish Health Council gathered views from patients and members of the public on what realistic medicine means to them.



Realistic medicine means putting the person receiving health and social care at the centre of decisions about their care and creates a personalised approach.

The Scottish Health Council organised 26 sessions and involved 228 people from a wide range of demographics and interests.

Key findings included that participants:

- had a mixed understanding of what realistic medicine means, and
- felt that healthcare professionals needed to take a more holistic view of the patient.

Feedback was shared with the Scottish Government to help inform ongoing discussions on realistic medicine and future development of services.

Deputy Chief Medical Officer Dr Gregor Smith said: "This is a really helpful document which is full of fascinating insights. I'm struck by how people have interpreted what realistic medicine is. Their views give the Scottish Government a lot to consider going forward."

Read the report at www.scottishhealthcouncil.org/publications/gathering_public_views/realistic_medicine.aspx.

Welcome to your first newsletter

Your local team are Local Officers Sharon Bleakley and Katrina MacFarlane, and Administrator Gillian Macfarlane.

Start-up Guide for Participation Groups

The updated guide will help health and social care providers, service users, carers, communities and the public establish a participation group.

The guide contains advice, practical tips and templates which you can download at www.scottishhealthcouncil.org/patient_public_participation/participation_groups.aspx

Scotland's new Health and Social Care Standards

Published by the Scottish Government in June 2017, the standards set out what care should look and feel like for people across Scotland every time they use health and social care services. The standards will help support improvement in services across health and social care. There are five standards and these are underpinned by five principles that are based on human rights and wellbeing:

- Dignity and respect
- Compassion
- Be included
- Responsive care and support
- Wellbeing



**Health and
Social Care
Standards**
My support, my life.

Find out more at www.newcarestandards.scot

Care Opinion



Care Opinion is an **independent, open** and **transparent** way for patients and public to share their experiences about health and social care service. Feedback is shared with local health and social care staff so that they know what's good and what could be improved. Anonymous feedback is placed on the website so that everyone can read about what's happening and how the service responded. You can read or share your own story at www.careopinion.org.uk or call 0800 122 31 35.

Voices Scotland



Voices Scotland is a **free** and **flexible** workshop developed by Chest, Heart and Stroke Scotland. It aims to provide knowledge, skills and confidence to have your voice heard in shaping local and national health and social care services. Our local officers are trained in delivering these workshops and if you, your organisation or group would like to find out more please get in touch with us at ayrshire.arran@scottishhealthcouncil.org

Contact details

Please contact the Scottish Health Council if you have any comments or suggestions for future updates.

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