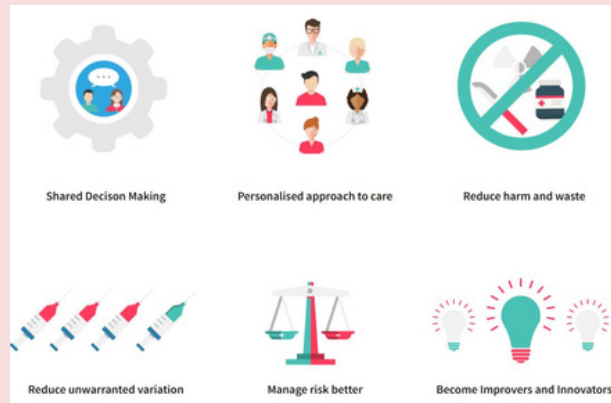


NHSO REALISTIC MEDICINE NEWSLETTER

The Annual Realistic Medicine Conference took place in May with inspirational speakers encouraging 'careful and kind care'. Below are the links to the keynote speakers, resources, publications and survey results.

JUNE 2025



SIR SAM EVERINGTON - GP

How would you answer his question....Are you a healer or a drug dealer?

A GP working in England in a unique environment that links family, community and nature. A leg ulcer flower arranging clinic...a party in the grounds for all patients with facepainting and blood pressure checks...social prescribing at the core.

Watch this video to hear how his inspiring creative approach is changing lives.



LINK TO KEYNOTE SPEECH - SAM



PROFESSOR MAUREEN BISOGNANO

What would make today a good day?

Maureen shares insightful connections between clinicians and patients. You can be empathetic but when you enlist compassion and kindness, that's when the connections are made. What are we doing that adds no value? It's time to see and hear in a different way!

LINK TO KEYNOTE SPEECH - MAUREEN

Feel her warmth and compassion in this video.

PUBLICATIONS AND RESOURCES

Realistic Medicine Annual Report (June 2025) from Sir Gregor Smith encouraging 'careful and kind care' that focuses on the 'biology and the biography' of our patients.

Realistic Medicine Casebook of good practice from across Scotland (May 2025).

Realistic Medicine Conference Virtual Posters that focus on the 6 principles from the diagram above.

Realistic Medicine Learning Turas Page contains modules on Introduction to Values based health and care and Shared Decision Making

Realistic Medicine Survey Results