



Integrated Care Matters Webinar Series 5

Health Literacy and Realistic Medicine

Wednesday, 16th June 2021

Background: Mandy Andrew, Health and Social Alliance Scotland hosted the webinar with Alpana Mair, Head of Effective Prescribing and Therapeutics, Scottish Government. Alpana's presentation on [iSymathy](#) highlighted the contribution of polypharmacy management to the aims of [Realistic Medicine](#). This was complemented by an overview of self management in Wales from Claire Hurlin and Rhona Millar's account of the positive contribution of libraries to health and wellbeing in Scotland. Jonathan Reid described the importance of communication and active listening to support people with sensory impairments. All speakers emphasised the importance of connectivity, compassion and careful use of language and agreed that peer and professional support for self management must become the default.

A total of 103 registered for the webinar from various sectors covering 23 countries around the globe:



Panellists



Alpana Mair
Head of Effective Prescribing and Therapeutics & PPE Directorate, Scottish Government



Rhona Millar
Senior Development Officer, Self Management and Co-Production Hub, Health and Social Care Alliance Scotland



Jonathan Reid
Sensory Coordinator, Health and Social Care Alliance Scotland



Claire Hurlin
Head Chronic Conditions Management, Primary, Community and Mental Health Directorate
Hywel Dda Local Health Board

There's the move towards a social model of care rather than the medical model and what matters to you is so important. We need to have self management and self care at the forefront and as the first step in treatment. For example, there are 8760 hours in one year. A person living with diabetes receives three hours of professional diabetic care leaving the remaining 8757 hours for the person to self manage. Utilising your assets including communities, libraries and peer support can play an important part in supporting self management. Not all self care groups or self care networks require to be led by professionals. Lay tutors are having a positive impact.

Take Home Messages

It's not about what is wrong with you? but what matters to you?

Work with people outside of the health community to co-produce

Catch people at the point of diagnosis this is where we can make a real difference!

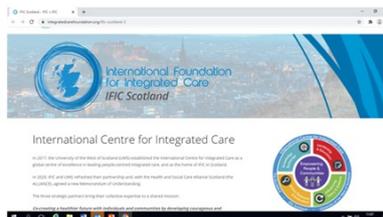
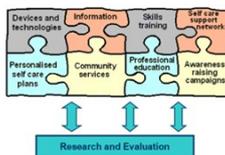
- ⇒ Jonathan's presentation has introduced me to a condition of which I had no prior knowledge
- ⇒ Use self management support as a first option rather than a last resort
- ⇒ Ask what's important to individuals in a meaningful way
- ⇒ Libraries are amazing and it is so exciting to see the support they offer to the community
- ⇒ I have learned how much libraries could support with improving health literacy around the falls agenda and support with self management. Will also speak to our consultant pharmacist regarding the iSIMPATHTY work
- ⇒ How do you enable GPs and others to do more of this given their limited time and inflexible scheduling of appointments. Needs changes in workload and attitude?

Unpack the notion of 'no decision without me' – communication and agency are critical enablers

Learning and moving on – do not stay static. Things will change

You will find the webinar recording, presentation slides and topic resource [here](#)

Components of the self care support jigsaw



Watch out for Series 6 in the Autumn

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<https://integratedcarefoundation.org/ific-scotland-3>



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