

# Realistic Care

Supporting you to give the best care, in partnership with your patients & families

What is Realistic Medicine?

Realistic Medicine is a set of principles which have been embraced by health and care in Scotland. As people advance in age, or develop health conditions which require treatment or support, it is important to understand that a 'one size fits all' approach to health and social care is not the most effective path. Medicines, treatments and surgeries all have risks and we must consider the risks and benefits of treatment for each person, to be sure that we make the best choices.

Why is it important in Care Homes?

Many of the people we care for are in their last months or years of life. They are the very people who do not have time to waste, yet they are the people who are most likely to get stuck in our hospital systems due to their complex health and social needs. Even a short stay in hospital can have a negative effect on Care Home residents. Sometimes, hospital admission is unavoidable but there are many things we can do to reduce the need for hospital admission.

## 1 Keeping Active



## 2 Medications



## 3 Skin Care



*"I follow three rules: do the right thing, do your best, and always show people you care."*  
- Lou Holtz,

### What can we do to ensure we are caring realistically?

*"That which is used - develops. That which is not used wastes away."*  
- Hippocrates

## 4 Slips, trips, falls



## 5 Talk, Plan, Communicate



## 6 Food & drinks

