**Introduction**

This current awareness bulletin compiles recently published evidence relevant to the core principles of Realistic Medicine. It is produced on a quarterly basis by a team of NHS Scotland Librarians.

Issue 08 contains evidence published between October and December 2024.

The search strategy and sources included are based on our understanding of Realistic Medicine and may not be exhaustive or complete. Please also be aware that the sources listed have not been through a quality assurance process.

You can use the contents list below to jump to the sections of this bulletin which are most relevant to you and if you would like more specific literature for your subject area, please [reach out to your local NHSS library service](http://www.knowledge.scot.nhs.uk/home/help-and-training/library-services.aspx).

We value your feedback – please [fill out our feedback form](https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5Jmvs_CSBnSLJPpemaJsTukt5UNEpBNEo3NzhSM0dKVUFFTEtYTVJaWjE3SS4u) or contact one of the co-authors listed at the end of this document with any comments or suggestions.

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## **General**

*This section contains general literature, resources and eLearning we feel relate to Realistic Medicine.*

Right Decision Service (2024) ‘[Realistic Medicine – national toolkit for professionals](https://rightdecisions.scot.nhs.uk/realistic-medicine-national-toolkit-for-professionals/)’. Online (accessed: 20/12/2024).

Scottish Government (2024) ‘[NHS recovery plan 2021-2026: annual progress update 2024](https://www.gov.scot/binaries/content/documents/govscot/publications/progress-report/2024/12/nhs-recovery-plan-2021-2026-annual-progress-update-report-2024/documents/nhs-recovery-plan-2021-2026-annual-progress-update-2024/nhs-recovery-plan-2021-2026-annual-progress-update-2024/govscot%3Adocument/nhs-recovery-plan-2021-2026-annual-progress-update-2024.pdf)’. Online (accessed: 20/12/2024).

## **Outcomes that matter to people**

*This section contains literature on the pillars of Shared Decision Making and Personalised Approach to Care.*

Clayman, M. L., et al. (2024) ['Reframing SDM using Implementation Science: SDM is the Intervention.'](https://libkey.io/libraries/3071/10.1177/0272989X241285418)*Medical Decision Making 44*(8), 859–861.

Colby, H., et al. (2024) ['How Much Information is Too Much? an Experimental Examination of how Information Disclosures may Unintentionally Encourage the Withholding of Health Information.'](https://libkey.io/libraries/3071/10.1177/0272989X241275645)*Medical Decision Making 44*(8), 880–889.

Eigeland, J. A., et al. (2025) ['Development and Validation of the Chronic Condition Physician-Patient Relationship Scale (CC-PPR): A Patient-Informed Measurement Tool.'](https://libkey.io/libraries/3071/10.1016/j.pec.2024.108492)*Patient Education and Counseling 131*, 108492.

Haverman, L., et al. (2024) ['Truth and Dare: Patients Dare to Tell the Truth when using PROMs in Clinical Practice.'](https://libkey.io/libraries/3071/10.1007/s11136-024-03772-3)*Quality of Life Research 33*(12), 3299–3307.

Kachur, E., and Harter, T. (2024) ['Wired for Stereotyping and Biases – is there a Professional Way Out of Prejudicial Behaviors and Discrimination?'](https://libkey.io/libraries/3071/10.1080/17538068.2024.2427451)*Journal of Communication in Healthcare 17*(4), 355–359.

Koch, A., et al. (2024) ['Barriers and Facilitators of Patient Engagement Activities to Improve Patient Safety in Healthcare Organizations: A Delphi-Based Expert Survey.'](https://libkey.io/libraries/3071/10.2147/RMHP.S489522)*Risk Management and Healthcare Policy 17*, 3217–3226.

Lins-Kusterer, L., et al. (2024) ['Confirmatory Validation of the Transgender Health Care Humanization Scale.'](https://libkey.io/libraries/3071/10.1186/s12939-024-02351-9)*International Journal for Equity in Health 23*(1), 265–8.

Matlock, D. D., and Scherer, L. (2024) ['Shared Decision Making “Ought” to be done, but Definitions Need Simplicity: Response to “Reframing SDM using Implementation Science: SDM is the Intervention”.'](https://libkey.io/libraries/3071/10.1177/0272989X241286880)*Medical Decision Making 44*(8), 865–866.

Navas, C., et al. (2024) ['The Role of Patient-Reported Outcomes to Measure Treatment Satisfaction in Drug Development.'](https://libkey.io/libraries/3071/10.1007/s40271-024-00702-w)*The Patient : Patient-Centered Outcomes Research 17*(6), 603–617.

NHS Digital (2024) ‘[Patient reported outcome measures (PROMs) in England, final 2022/23 data](https://www.gov.uk/government/statistics/patient-reported-outcome-measures-proms-in-england-final-202223-data)’. Online (accessed: 20/12/2024).

NHS Digital (2024) ‘[Patient reported outcome measures (PROMs) in England, provisional 2023/24 data](https://www.gov.uk/government/statistics/patient-reported-outcome-measures-proms-in-england-provisional-202324-data)’. Online (accessed: 20/12/2024).

Pasma, A., et al. (2024) ['Healthcare Providers’ use of Dashboards with Patient Reported Outcomes Reinforces Patients to Fill Out Patient Reported Outcome Measures.'](https://libkey.io/libraries/3071/10.1177/20552076241293975)*Digital Health 10*

Pieterse, A., and van Bodegom-Vos, L. (2024) ['Shared Decision Making is in Need of Effectiveness-Implementation Hybrid Studies.'](https://libkey.io/libraries/3071/10.1177/0272989X241286516)*Medical Decision Making 44*(8), 862–864.

Posselt, J., et al. (2024) ['Health Literacy Promotion and Digital Interventions for Depressive Disorders.'](https://libkey.io/libraries/3071/10.3928/24748307-20240730-01)*Health Literacy Research and Practice 8*(4), undefined.

Remer, L., et al. (2024) ['Use of Daily Web-Based, Real-Time Feedback to Improve Patient and Family Experience.'](https://libkey.io/libraries/3071/10.1177/23743735241226994)*Journal of Patient Experience 11*, undefined.

Richter, R., et al. (2024) ['How Inclusive are Patient Decision Aids for People with Limited Health Literacy? an Analysis of Understandability Criteria and the Communication about Options and Probabilities.'](https://libkey.io/libraries/3071/10.1177/0272989X241302288)*Medical Decision Making 45*(2), 143–155.

Russell, C., et al. (2024) ['“Short, Modern, Smart”: Humanizing Healthcare Experiences through Modernized Feedback.'](https://libkey.io/libraries/3071/10.1177/23743735241272168)*Journal of Patient Experience 11*, undefined.

Sañudo, Y., et al. (2025) ['The Implementation of Design Methodologies for Supporting Shared Decision Making in Healthcare Services: A Systematic Review.'](https://libkey.io/libraries/3071/10.1016/j.pec.2024.108551)*Patient Education and Counseling 131*, 108551.

Schiavo, R. (2024) ['Challenging Implicit Bias: A Call for Action.'](https://libkey.io/libraries/3071/10.1080/17538068.2024.2432170)*Journal of Communication in Healthcare 17*(4), 311–313.

Scottish Government (2024) ‘[Getting it right for everyone (GIRFE)](https://www.gov.scot/publications/getting-it-right-for-everyone-girfe/)’. Online (accessed: 20/12/2024).

Shah, R., et al. (2024) ['Responsiveness and Minimal Important Change of the Family Reported Outcome Measure (FROM-16).'](https://libkey.io/libraries/3071/10.1186/s41687-024-00703-1)*Journal of Patient-Reported Outcomes 8*(1), 38–undefined.

Skuban-Eiseler, T., et al. (2024) ['Discrimination Experiences of Transgender Individuals in Healthcare: An Interview Study on the Perspective of Health Professionals Specializing in the Treatment of Transgender Individuals.'](https://libkey.io/libraries/3071/10.1186/s12939-024-02313-1)*International Journal for Equity in Health 23*(1), 225–13.

Van der Wal-Huisman, H., et al. (2025) ['Integrated Oncological Treatment Decision-Making: Creating a Practice of Patient-Centred Decision-Making.'](https://libkey.io/libraries/3071/10.1016/j.pec.2024.108555)*Patient Education and Counseling 131*, 108555.

Wu, K., et al. (2025) ['Understanding how Virtual Care has Shifted Primary Care Interactions and Patient Experience: A Qualitative Analysis.'](https://libkey.io/libraries/3071/10.1177/1357633X231167905)*Journal of Telemedicine and Telecare 31*(1), 73–81.

Zakeri, M., et al. (2024) ['Racial and Ethnic Disparities in Perceived Health Status among Patients with Cardiovascular Disease.'](https://libkey.io/libraries/3071/10.5888/pcd21.240264)*Preventing Chronic Disease 21*, E89.

## **Optimising use of health and care resources**

*This section contains literature on the pillars of Reducing Harm and Waste and Reducing Unwarranted Variation.*

Buck, D. (2024) ‘[Delivering population health: lessons for government on implementing plans and missions on the ground](https://www.kingsfund.org.uk/insight-and-analysis/blogs/delivering-population-health-lessons-government-implementing-plans)’. London: The Kings Fund. Online (accessed: 20/12/2024).

Cooper, D., et al. (2024) ['The Power of Personas: Exploring an Innovative Model for Understanding Stakeholder Perspectives in an Oncology Learning Health Network.'](https://libkey.io/libraries/3071/10.1002/lrh2.10422)*Learning Health Systems 9*(1), undefined.

Deakin, E. et al. (2024) ‘[The Scottish Health Survey 2023 – volume 1: main report](https://www.gov.scot/publications/scottish-health-survey-2023-volume-1-main-report/documents/)’. Edinburgh: Scottish Government. Online (accessed: 20/12/2024).

García-Morales, C., et al. (2024) ['Social and Economic Impacts of Non-Communicable Diseases by Gender and its Correlates: A Literature Review.'](https://libkey.io/libraries/3071/10.1186/s12939-024-02348-4)*International Journal for Equity in Health 23*(1), 274–38.

Goosdeel, A. (2024) ['Harm Reduction and its Monitoring in Europe, from EMCDDA to EUDA.'](https://libkey.io/libraries/3071/10.1186/s12954-024-01130-7)*Harm Reduction Journal 21*(1), 219–4.

Husband, A., and Robinson-Barella, A. (2024) ['Integration and Connection: The Key to Effectiveness of Large-Scale Pharmacist-Led Medication Reviews?'](https://libkey.io/libraries/3071/10.1136/bmjqs-2024-017740)*BMJ Quality & Safety 33*(12), 765–768.

Kilbourne, A., et al. (2024) ['The Foundational Science of Learning Health Systems.'](https://libkey.io/libraries/3071/10.1111/1475-6773.14374)*Health Services Research 59*(6), undefined.

McGill, A., et al. (2024) ['Mapping the Way: Functional Modelling for Community-Based Integrated Care for Older People.'](https://libkey.io/libraries/3071/10.1186/s12961-024-01196-6)*Health Research Policy and Systems 22*(1), 103–undefined.

Perrin, S., et al. (2024) ['Exploring and Describing Alcohol Harm Reduction Interventions: A Scoping Review of Literature from the Past Decade in the Western World.'](https://libkey.io/libraries/3071/10.1186/s12954-024-01105-8)*Harm Reduction Journal 21*(1), 207–17.

Rasanathan, K. (2024) ['How can Health Systems Under Stress Achieve Universal Health Coverage and Health Equity?'](https://libkey.io/libraries/3071/10.1186/s12939-024-02293-2)*International Journal for Equity in Health 23*(1), 244–3.

Scottish Government (2024) ‘[Achieving value and sustainability in prescribing guidance](https://www.gov.scot/publications/achieving-value-sustainability-prescribing/documents/)’. Online (accessed: 20/12/2024).

Scottish Government (2024) ‘[Inclusion health action in general practice equality impact assessment](https://www.gov.scot/publications/inclusion-health-action-general-practice-equality-impact-assessment/documents/)’. Online (accessed: 20/12/2024).

Scottish Government et al. (2024) ‘[Suspected drug deaths in Scotland: July to September 2024](https://www.gov.scot/publications/suspected-drug-deaths-scotland-july-september-2024/documents/)’. Online (accessed: 20/12/2024).

Subbe, C. P., et al. (2024) ['Patient-Activated Escalation in Hospital: Patients and their Families are Ready.'](https://libkey.io/libraries/3071/10.1136/bmjqs-2024-017486)*BMJ Quality & Safety 34*(1), 4–7.

Sutton, E., et al. (2024) ['Understanding the Enablers and Barriers to Implementing a Patient-Led Escalation System: A Qualitative Study.'](https://libkey.io/libraries/3071/10.1136/bmjqs-2024-017132)*BMJ Quality & Safety 34*(1), 18–27.

Todd, A., and Hanratty, B. (2024) ['Beyond Polypharmacy to the Brave New World of Minimum Datasets and Artificial Intelligence: Thumbing a Nose to Henry.'](https://libkey.io/libraries/3071/10.1136/bmjqs-2024-017577)*BMJ Quality & Safety 33*(12), 762–764.

Wei, D., et al. (2024) ['A Toolkit to Facilitate the Selection and Measurement of Health Equity Indicators for Cardiovascular Disease.'](https://libkey.io/libraries/3071/10.5888/pcd21.240077)*Preventing Chronic Disease 21*, E78.

Whitty, C. J. M. et al. (2024) ‘[Chief Medical Officer’s annual report 2024: health in cities](https://www.gov.uk/government/publications/chief-medical-officers-annual-report-2024-health-in-cities)’. Online (accessed: 20/12/2024).

Wilson, V. et al. (2024) ‘[The Scottish Health Survey 2023 – volume 2: technical report](https://www.gov.scot/publications/scottish-health-survey-2023-volume-2-technical-report/documents/)’. Edinburgh: Scottish Government. Online (accessed: 20/12/2024).

Zhang, M., et al. (2024) ['Assessing Healthcare Cost Changes Associated with Transitioning Away from Cigarette Smoking using Healthcare Claims Data: An Exploratory Study among Adult Male Patients with COPD.'](https://libkey.io/libraries/3071/10.1186/s12954-024-01141-4) *Harm Reduction Journal 21*(1), 227–13.

## **Contributing to a more sustainable health and care system**

*This section contains literature on the pillars of Managing Risk Better and Becoming Improvers and Innovators.*

Alruwaili, M. M., et al. (2024) ['Exploring Nurses’ Awareness and Attitudes Toward Artificial Intelligence: Implications for Nursing Practice.'](https://libkey.io/libraries/3071/10.1177/20552076241271803)*Digital Health 10*, 20552076241271803.

Arnold, S., Wickens, C. and Holden, J. (2024) ‘[The 10 year health plan: our recommendations](https://www.kingsfund.org.uk/insight-and-analysis/long-reads/10-year-health-plan-recommendations)’. London: The Kings Fund. Online (accessed: 20/12/2024).

Bidoli, C., et al. (2025a) ['Virtual Hospitals: The Future of the Healthcare System? an Expert Consensus.'](https://libkey.io/libraries/3071/10.1177/1357633X231173006)*Journal of Telemedicine and Telecare 31*(1), 121–133.

Bidoli, C., et al. (2025b) ['Virtual Hospitals: The Future of the Healthcare System? an Expert Consensus.'](https://libkey.io/libraries/3071/10.1177/1357633X231173006)*Journal of Telemedicine and Telecare 31*(1), 121–133.

Brotherdale, R., et al. (2024) ['A Qualitative Study Exploring the Digital Therapeutic Alliance with Fully Automated Smartphone Apps.'](https://libkey.io/libraries/3071/10.1177/20552076241277712)*Digital Health 10*, 20552076241277712.

Choi, J., et al. (2025) ['Artificial Intelligence Assisted Telehealth for Nursing: A Scoping Review.'](https://libkey.io/libraries/3071/10.1177/1357633X231167613)*Journal of Telemedicine and Telecare 31*(1), 140–149.

Dusin, J., and Peltzer, J. (2024) ['Patient Engagement in Evidence-Based Practice Frameworks.'](https://libkey.io/libraries/3071/10.1177/23743735241302941)*Journal of Patient Experience 11*, 23743735241302941.

Elsman, E. M., et al. (2024) ['Guideline for Reporting Systematic Reviews of Outcome Measurement Instruments (OMIs): PRISMA-COSMIN for OMIs 2024.'](https://libkey.io/libraries/3071/10.1186/s41687-024-00727-7)*Journal of Patient-Reported Outcomes 8*(1), 64–undefined.

Fakhari, H., et al. (2024) ['From Calculation to Communication: Using Risk Score Calculators to Inform Clinical Decision Making and Facilitate Patient Engagement.'](https://libkey.io/libraries/3071/10.1177/0272989X241285036)*Medical Decision Making 44*(8), 900–913.

Ghaffari Heshajin, S., et al. (2024) ['A Framework for Health Information Governance: A Scoping Review.'](https://libkey.io/libraries/3071/10.1186/s12961-024-01193-9)*Health Research Policy and Systems 22*(1), 109–undefined.

Howes, S., et al. (2024) ['The Effectiveness of Digital Tools to Maintain Physical Activity among People with a Long-Term Condition(s): A Systematic Review and Meta-Analysis.'](https://libkey.io/libraries/3071/10.1177/20552076241299864)*Digital Health 10*, 20552076241299864.

Kelders, S. M., et al. (2024) ['What does it Mean to be Engaged with Digital Health Interventions? A Qualitative Study into the Experiences of Engaged Users and the Views of Professionals.'](https://libkey.io/libraries/3071/10.1177/20552076241283530)*Digital Health 10*, 20552076241283530.

Maguraushe, K., and Ndlovu, B. M. (2024) ['The use of Smart Technologies for Enhancing Palliative Care: A Systematic Review.'](https://libkey.io/libraries/3071/10.1177/20552076241271835)*Digital Health 10*, 20552076241271835.

Meng, F., et al. (2024) ['Global Research on Wearable Technology Applications in Healthcare: A Data-Driven Bibliometric Analysis.'](https://libkey.io/libraries/3071/10.1177/20552076241281210)*Digital Health 10*, 20552076241281210.

Merino, M., et al. (2024) ['Value-Based Digital Health: A Systematic Literature Review of the Value Elements of Digital Health Care.'](https://libkey.io/libraries/3071/10.1177/20552076241277438)*Digital Health 10*, 20552076241277438.

Moler-Zapata, S., et al. (2024) ['An Approach for Combining Clinical Judgment with Machine Learning to Inform Medical Decision Making: Analysis of Nonemergency Surgery Strategies for Acute Appendicitis in Patients with Multiple Long-Term Conditions.'](https://libkey.io/libraries/3071/10.1177/0272989X241289336)*Medical Decision Making 44*(8), 944–960.

Newell, S., et al. (2024) ['“This has Reinvigorated Me”: Perceived Impacts of an Innovation Training Program on Employee Experience and Innovation Support.'](https://libkey.io/libraries/3071/10.1108/JHOM-06-2024-0256)*Journal of Health Organization and Management 39*(1), 114–129.

Rajamani, S., et al. (2024) ['A Model of Academic‐practice Collaboration for Facilitating Informatics Capacity and Building a Learning Health System Framework in Public Health.'](https://libkey.io/libraries/3071/10.1002/lrh2.10446)*Learning Health Systems 8*(4), e10446–n/a.

Scottish Government (2024) ‘[Transport to health: delivery plan](https://www.gov.scot/publications/transport-health-delivery-plan/documents/)’. Online (accessed: 20/12/2024).

Sousa Filho, L. F., et al. (2024) ['How Therapeutic Relationships Develop in Group-Based Telehealth and their Perceived Impact on Processes and Outcomes of a Complex Intervention: A Qualitative Study.'](https://libkey.io/libraries/3071/10.1136/bmjqs-2023-016840)*BMJ Quality & Safety 33*(12), 795–806.

Spector‐Bagdady, K., et al. (2024) ['Lessons for a Learning Health System: Effectively Communicating to Patients about Research with their Health Information and Biospecimens.'](https://libkey.io/libraries/3071/10.1002/lrh2.10450)*Learning Health Systems 9*(1), undefined.

Tenenbaum, J. D. (2024) ['Accelerating a Learning Public Health System: Opportunities, Obstacles, and a Call to Action.'](https://libkey.io/libraries/3071/10.1002/lrh2.10449)*Learning Health Systems 8*(4), e10449–n/a.

Todd, A., et al. (2024) ['The Value of Health Service-Based Research to Health Service Organisations: A Qualitative Study with Senior Health Service Executives.'](https://libkey.io/libraries/3071/10.1186/s12961-024-01149-z)*Health Research Policy and Systems 22*(1), 65–undefined.

Vibe, A., et al. (2024) ['The Predictors of Patient Safety Culture in Hospital Setting: A Systematic Review.'](https://libkey.io/libraries/3071/10.1097/PTS.0000000000001285)*Journal of Patient Safety 20*(8), 576–592.

Waitzberg, R., et al. (2024) ['Health System Description and Assessment: A Scoping Review of Templates for Systematic Analyses.'](https://libkey.io/libraries/3071/10.1186/s12961-024-01166-y)*Health Research Policy and Systems 22*(1), 82–undefined.

Watts, S., et al. (2024) ['Using Gaming to Prepare Health Professional Students to Practice Systems Thinking.'](https://libkey.io/libraries/3071/10.1002/lrh2.10441)*Learning Health Systems 9*(1), undefined.

Winzer, H., et al. (2024) ['Tactical Capacity Planning Under Uncertainty – a Capacity Limitation Analysis.'](https://libkey.io/libraries/3071/10.1108/JHOM-01-2024-0011)*Journal of Health Organization and Management 39*(1), 66–82.

Wolfenden, L., et al. (2024) ['Learning Health Systems to Implement Chronic Disease Prevention Programs: A Novel Framework and Perspectives from an Australian Health Service.'](https://libkey.io/libraries/3071/10.1002/lrh2.10466)*Learning Health Systems 8*(4), e10466–n/a.

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