



7.30 p.m. 5<sup>th</sup> October, 2016  
Main Lecture Theatre (3.25)  
John Anderson Building  
University of Strathclyde

### **Biography**

*Catherine Calderwood qualified from Cambridge and Glasgow universities. As a junior doctor she worked in medical specialities in Glasgow Royal infirmary and at the Royal Infirmary of Edinburgh before completing her specialist training in obstetrics and gynaecology and maternal medicine in SE Scotland and St Thomas' Hospital London.*

*She became a medical adviser to Scottish Government in 2010 and has been instrumental in the work in reducing stillbirths and neonatal deaths in Scotland and in reducing avoidable harm in maternity services. More recently her role expanded to include major trauma services and the introduction of robotic surgery for prostate cancer to Scotland. Until her recent appointment as CMO Catherine was also the National Clinical Director for maternity and women's health for NHS England.*

*She continues work as an obstetrician, seeing pregnant women in a regular antenatal clinic at the Royal Infirmary in Edinburgh. Her research interests include thromboembolic disease in pregnancy and she is an investigator on the AFFIRM study which is examining whether increasing focus on the importance of movements of babies in the womb will help further reduce stillbirths across the UK and Ireland.*

### **Abstract**

The Chief Medical Officer (CMO) Catherine Calderwood published her first annual report, 'Realistic Medicine', in January, and it took a critical eye on the relationship between doctor and patient. Realistic medicine is about moving away from the 'doctor knows best' culture and the need to treat "people" not patients. It's about more fully involving patients in the decisions about their care. Of course this will only happen if people are prepared to have these conversations in this way with their doctors. The CMO has been undertaking her own conversations with clinicians since the publication and the engagement has fared well. Dr Calderwood in going out and about round the country, has met not just doctors but the whole team in the NHS – nurses, pharmacists and dentists, physios etc who have all embraced the approach. There has also been an international welcoming of the approach across social media. The CMO will explain the concept and her aims for realising Realistic Medicine and would be delighted to have feedback and questions as she thinks on the next steps.