

## What happens next?

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It is your decision whether you wish to share all, some, or none of your medical records – it is up to you.

If you are content for all of your records to be shared by GPs and community/mental health care staff involved in your care, then you don't need to do anything.

However, if you do not wish for all, or some, of your record to be shared you simply tell your GP, or the health professional treating you. You can do this either by using the opt-out form which has been sent to you, or in person.

As an extra check, when you use a service which can access your shared record for the first time, the person treating you will also ask you if you are happy for them to see your medical records.

You can change your mind at any time. Your GP or health professional can record your choice to share, or not share, your information with every provider.

Health professionals have a legal obligation to keep your records secure and have been trained to manage them responsibly and in confidence. That is not changing.

## Want to find out more?

If you want more information please talk to your GP practice or health professional, or see the 'Questions and Answers' document on your GP surgery website.

Please let us know if you need this information in another language, in Easy Read, or another format.

Email: [enquiries@portsmouthccg.nhs.uk](mailto:enquiries@portsmouthccg.nhs.uk) or call (023) 9221 2442.

## Sharing your medical records to support your care



You can decide what information you share, and who you share it with

# Patient Benefits:

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- Health professionals have the right information at the right time
- You won't need to repeat your medical history
- You avoid unnecessary appointments and tests
- You can be more involved in decisions about your care
- Your records remain secure and confidential, as they are now

## How sharing has worked in the past:

Each health service provider such as your GP practice, hospital or district nursing team holds their own individual records about you and your treatment. Your GP receives updates, but does not see your complete medical record, and other providers cannot see your GP medical record.

This can mean that your health professional does not always have the most up-to-date information about you.

This may result in you having to repeat blood tests or investigations which have already been done elsewhere. You may also need to keep explaining your medical history, your allergies or your medicine to all of the people involved in caring for you.



## How sharing will work in future:

Now most GP, community and mental health services in our area are using the same IT system. This means that, with your consent, these teams will be able to see your full medical record when treating you.

Importantly, this means that the person treating you will have the most up-to-date information about you. This will help them to make the right decisions about your care – they will immediately know about your medical history, past treatments, and whether you are waiting for test results.

In turn, that will help you to avoid being sent for unnecessary appointments and tests. You can also be more involved in your care, because you can see a summary of your online medical record and discuss it with your health professional. Your practice can advise you about accessing this information online.

In addition, if you travel to other parts of the country and need NHS care from services which also use this IT system, the person treating you will also be able to see your full record.