



From 2012, we'll be sharing
your electronic patient record
with a new diabetes expert.

You.



As a member of our diabetes service, you can now access your own electronic medical record, through a cutting-edge scheme designed to put people with diabetes at the heart of their healthcare.



Since I've been accessing my results online, I'm more prepared for appointments and I know what questions I need to ask.

It makes it easier for me to achieve my targets.

Patient with diabetes

Why access my medical record?

If you have diabetes, good healthcare is especially important, to help you stay healthy. But managing the regular medical appointments and tests can be time consuming and draining. Accessing your own medical record can help relieve the pressure, by giving you better information and more control over your healthcare.

What does the system let me do?

Our online system lets you do lots of useful things without having to contact the practice.

You can:

- make appointments and order repeat prescriptions
- check the dates and results of tests, including your HbA1c, blood pressure, cholesterol, kidney functions tests, sight tests and leg and feet checks
- review past consultations, including diagnoses, advice and treatment
- view letters between your GP and other healthcare professionals
- confirm dates, to help you fill in forms for insurance or benefits, or to alert you that it's time for a medical review
- securely share your GP record electronically with other health professionals
- immediately access your medication list even when you're on holiday
- find out more about managing your diabetes, and other conditions, through links to trusted resources such as information sheets, websites and support groups.



Now that I have direct records access, I can easily view my results, medication reviews, and current and previous medications.

I can print them out for my own use or to take to my consultant or other medical personnel.

An added bonus is the links, with explanations of my results. These facilities have saved me many visits to the surgery.

Patient with diabetes

How does it work?

The system has the same kind of security as online banking. All you need is access to an internet-enabled computer or smartphone. Once you have joined the scheme you will be given a PIN and password to access your record. Then you're ready to start. The information itself is kept by your practice and protected by the Data Protection Act (1988). This means it cannot be shared with any third parties.

How will the system change my healthcare?

It won't. But it will change the way you organise your medical information. And many patients say it makes them feel more in control of their condition, more involved in their care, and able to get more out of their consultations.

If you don't want to use the system, you are welcome to continue using our services exactly as before. Your decision will not affect your care or your relationship with us in any way.

Are there any risks?

There is a small chance that you see something in your record that you don't want to be reminded about, or that you discover test results when the practice is closed and there is no one available to talk to. Some practices hide some parts of the medical record to reduce this risk. To find out more about our policy, talk to us.

46% _____

50% _____

In a recent survey, 46% of patients said that since accessing their electronic medical record they feel more confident about their health, and 50% feel more able to help themselves.

[For more information please ask at reception](#)

