



My Care Record enables health and care professionals directly involved in your care to access information about you.

When you visit an NHS or social care service, information about you and the care you receive is recorded and stored in a health and care record. This is so people caring for you can make the best decisions about your care.

The information in your records can include: your name, age and address, your health conditions, treatments and medicines, your allergies and past reactions to medicines, tests, scans and X-ray results' lifestyle information, such as whether you smoke or drink, hospital admission and discharge information.

Your GP, hospital, community health, mental health and social care teams may all hold important information about your care. They know that when information is made available between services in a more joined-up way, they can better meet your health and wellbeing needs.

There is now a common agreement that health and care organisations within our region will follow. We

They are calling this '**My Care Record**'. Where it is in place, professionals can access relevant information from other organisations that will help to deliver better care to you. For example, a doctor treating you in hospital or a nurse working in the community could view the information they need from your GP record.

If there are particular parts of your record that you would like to remain private, but you are happy to share the rest, then just inform your GP surgery of which items you would like to be private and they can mark them as so. Agreeing to this will also allow your GP surgery to view notes that are recorded about you when you are seen elsewhere. This will only happen if the other service you see also uses a compatible computer system.

This service was created by West Essex Commissioning Group (CCG). It was then successfully adopted across the whole of Hertfordshire and West Essex and is now being extended to benefit Suffolk and North Essex region. This will go live early in 2020 following a 12 week commissioning campaign.

My Care Record has been reviewed in line with current legislation.



For more information: www.mycarerecord.org.uk

STAFF NEWS

Dr Chopra - MBBS, MRCGP, DRCOG, DFRH, has moved from Rugby, Warwickshire in 2019 where she was a GP for 11 years. She has a keen interest in training Doctors wishing to be GPs, and also has a keen interest in women's health and family planning. She lives here with her family, and in her spare time likes to keep fit, go for long walks, explore the country side and swim! Medical interests include Family Planning, Women's health, GP training and Education.

Dr. Victoria Okeke – BSc, MBBS, MRCGP, recently joined the practice following training at Medical School at the University in Heidelberg Germany and general Practice training in Colchester in 2019. Interested in Cardiology and Elderly Care

Linda Smith, Nurse Practitioner, has accepted a permanent role after covering for maternity leave.



Any comments or queries to Mill Road Patient Group mrsppg@gmail.co.uk

INTERESTED IN JOINING THE PATIENT PARTICIPATION GROUP (PPG)?
Ask at reception or contact mrsppgc.com