Important information about your healthcare from NHS Wales

GIG CYMRU NHS WALES

Your health information – there when it's needed

Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Your Individual Health Record

This leaflet tells you about something new. The Individual Health Record, which is being introduced in Wales to be used by NHS Wales' medical staff for your care.

The Individual Health Record does not form part of the English electronic summary care health record. In Wales, we have a different approach.

The Individual Health Record means your information can be shared with the local doctors, nurses, pharmacists and other medical staff who look after you, if you are ill and need their advice or assistance outside normal GP surgery hours, or in an emergency.

Why do I need an Individual Health Record?

Whenever you receive care or treatment in NHS Wales information is stored about you, usually on computers. As most NHS Wales computers can't 'talk to one another' the information held about you, for example at your GP practice, hasn't until now been available to other NHS Wales' staff providing care.

We know that information about your health is very valuable to doctors looking after you when you are unwell. It helps them make the best decisions about your care.

In time every GP practice in Wales will be invited to take part in this new service which is for your benefit. Your GP practice will have more information if you have any queries.

What's in the new record?

A summary of important information from your GP medical record, including:

- Your name, address and contact details
- Current medication
- Allergies or any adverse reactions
- Current problems or diagnosis

Who can look at my Individual Health Record?

Doctors and nurses working for the out of hours service can look at your Individual Health Record on a computer if they need to treat you when your GP surgery is closed. They must ask you if you agree to this before they look at your information.

In the future, a limited number of local staff in hospital emergency departments may also be able to look at your Individual Health Record. This will only be with your agreement.

If you are unconscious, NHS Wales' staff may look at your Individual Health Record without your agreement. This is so they can give you the best possible care.

There are strict controls to make sure that your personal information is protected, such as:

- allowing access only to a limited number of staff who are providing your care
- by recording and checking who has accessed your information

What if I'm not sure that I want an Individual Health Record?

If you have an Individual Health Record for use in out of hours or emergency care the person looking after you will ask your permission to look at your details at each and every consultation. You could if you wished refuse your permission by simply saying 'no'.

If you don't want an Individual Health Record tell your GP that you do not want your health information to be available outside the GP surgery for this type of care.

Do you need more information?

More information can be found on the NHS Direct Wales website **www.nhsdirect.wales.nhs.uk** or by ringing the NHS Direct Wales information line on **0845 4647**.

If you require a copy of this leaflet in large print, Braille, other formats or interpreted into another language, please contact the health information team at NHS Direct Wales on **0845 46 47**.

Gwybodaeth bwysig am eich gofal iechyd gan GIG Cymru

GIG CYMRU NHS WALES

Eich gwybodaeth iechyd – yno pan fydd ei hangen

Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Eich Cofnod Iechyd Unigol

Mae'r daflen hon yn sôn wrthych am rywbeth newydd. Y Cofnod Iechyd Unigol, sy'n cael ei gyflwyno yng Nghymru i'w ddefnyddio gan staff meddygol GIG Cymru ar gyfer eich gofal chi.

Nid yw'r Cofnod Iechyd Unigol yn rhan o'r cofnod iechyd cryno electronig yn Lloegr. Yng Nghymru, mae ein dull yn wahanol.

Drwy'r Cofnod Iechyd Unigol, gall eich gwybodaeth gael ei rhannu gyda'r meddygon, nyrsys, fferyllwyr a staff meddygol lleol eraill sy'n gofalu amdanoch os ydych yn sâl a bod angen eu cyngor a'u cymorth arnoch y tu allan i oriau arferol y feddygfa neu mewn argyfwng.

Pam mae angen Cofnod Iechyd Unigol arnaf?

Pryd bynnag byddwch chi'n cael gofal neu driniaeth gan GIG Cymru, bydd gwybodaeth yn cael ei chadw amdanoch, ar gyfrifiaduron fel arfer. Gan nad yw'r rhan fwyaf o gyfrifiaduron GIG Cymru yn gallu 'siarad â'i gilydd', nid yw'r wybodaeth sy'n cael ei chadw amdanoch chi, er enghraifft ym meddygfa'ch meddyg teulu, wedi bod ar gael tan nawr i staff eraill GIG Cymru sy'n cynnig gofal.

Rydym yn gwybod bod gwybodaeth am eich iechyd yn werthfawr iawn i feddygon sy'n gofalu amdanoch pan fyddwch yn sâl. Mae'n eu helpu nhw i wneud y penderfyniadau gorau ar gyfer eich gofal.

Ymhen amser, bydd pob meddygfa yng Nghymru'n cael gwahoddiad i gymryd rhan yn y gwasanaeth newydd hwn, sef gwasanaeth er budd i chi. Bydd mwy o wybodaeth gan eich meddygfa os oes unrhyw ymholiadau gennych chi.

Beth sydd yn y cofnod newydd?

Crynodeb o wybodaeth bwysig o'ch cofnod meddygol sy'n cael ei gadw gan eich meddyg teulu, gan gynnwys:

- Eich enw, eich cyfeiriad a'ch manylion cyswllt
- Meddyginiaeth bresennol
- Alergeddau neu unrhyw adweithiau andwyol
- Problemau neu ddiagnosis presennol

Pwy all edrych ar fy Nghofnod Iechyd Unigol?

Gall meddygon a nyrsys sy'n gweithio i'r gwasanaeth y tu allan i oriau fwrw golwg ar eich Cofnod Iechyd Unigol ar gyfrifiadur os oes angen iddynt eich trin chi pan fydd eich meddygfa ar gau. Mae'n rhaid iddynt ofyn a ydych yn cytuno i hyn cyn eu bod yn edrych ar eich gwybodaeth.

Yn y dyfodol, mae'n bosibl y bydd nifer gyfyngedig o staff lleol mewn adrannau brys ysbytai yn gallu darllen eich Cofnod Iechyd Unigol hefyd. Dim ond gyda'ch cytundeb chi y gwneir hyn.

Os ydych yn anymwybodol, gall staff GIG Cymru edrych ar eich Cofnod Iechyd Unigol heb eich cytundeb. Gwneir hyn fel eu bod yn gallu cynnig y gofal gorau posibl i chi.

Mae rheolau caeth ar waith i sicrhau bod eich gwybodaeth bersonol yn cael ei diogelu, er enghraifft:

- caniatáu dim ond i nifer gyfyngedig o staff sy'n darparu'ch gofal allu gweld eich cofnod
- cofnodi a chadarnhau pwy sydd wedi edrych ar eich gwybodaeth

Beth os nad ydw i'n siŵr fy mod am gael Cofnod Iechyd Unigol?

Os oes Cofnod Iechyd Unigol gennych i'w ddefnyddio mewn gofal y tu allan i oriau neu mewn gofal brys, bydd y sawl sy'n gofalu amdanoch yn gofyn am eich caniatâd i edrych ar eich manylion adeg pob ymgynghoriad. Petaech yn dymuno gwrthod rhoi caniatâd, y cwbl y bydd angen i chi ei wneud yw dweud 'na'.

Os nad ydych eisiau cael Cofnod Iechyd Unigol, rhowch wybod i'ch meddyg teulu nad ydych yn dymuno i'ch gwybodaeth iechyd fod ar gael y tu allan i'r feddygfa, ar gyfer y math hwn o ofal.

A oes angen mwy o wybodaeth arnoch?

Mae mwy o wybodaeth i'w chael ar wefan Galw Iechyd Cymru **www.galwiechydcymru.wales.nhs.uk** neu drwy ffonio llinell wybodaeth Galw Iechyd Cymru ar **0845 4647**.

Os hoffech gopi o'r daflen hon mewn print bras, Braille, mewn fformat arall neu wedi'I gyfieithu I iaith arall, cysylltwch â'r tîm gwybodaeth iechyd yn Galw Iechyd Cymru ar **0845 46 47**.