

SHARING YOUR HEALTH AND

Making the *right information* available to the *right people* at the *right time*.

The Somerset Shared Care Record (SIDeR)



Digital technology is helping to revolutionise our health care system right here in Somerset. We now have the technical capability to share your health and care information securely between services. Once launched in late 2019, SIDeR will speed up the referral process, save you valuable time and provide you with better care when you visit a health or care professional.

SIDeR gives health and care staff access to appropriate information from other services you might have had contact with. At the point you need care, hospitals, GPs, hospices and community and mental health services will all have access from the launch, as well as Somerset County Council social care staff.

➔ Here's how SIDeR will help the social care teams deliver a package of care to a Somerset patient.



Betty goes to the GP because she burnt her hand. She tells her GP that she left a saucepan on the cooker and it boiled dry, so the handle was hot when she went to pick it up.



When the District Nurse visits Betty at home to change her dressings, she notices that Betty hasn't been taking her medication and seems a bit confused about what time of day it is. She refers Betty to the 'Memory Clinic' Dementia Team at Somerset Partnership.



The Dementia Team make an assessment in clinic and diagnose Betty with Alzheimer's. They recommend some medication and create a Treatment Escalation Plan.



The Dementia Team make a referral to the social care team to help Betty adapt to living with her condition at home.



Using SIDeR, the social care team can see Betty's GP history, and the District Nurse and Dementia Team records. In the past they would have needed to phone each service to get this information.



Using this information, and speaking to Betty and her family, the social care team are able to provide Betty with the right support to help her to live as independently as possible in her own home.

➔ If you have any questions about SIDeR, email the Digital Team at somccg.digitalteam@nhs.net or call PALS on 0800 085 1067.

CARE INFORMATION



Your guide to digital health and care services

Nearly a third of Somerset residents have already signed up to use GP Online Services to book appointments, order repeat prescriptions and view their medical records. With GP practices now releasing a quarter of all available appointments for registered patients to book online, make sure you sign up today. Don't worry you can still book appointments at your local surgery face-to-face or by phone and get access to out-of-hours assistance if you prefer.

➔ Here's just a few of the ways you can access health service and your medical information at a touch of a button.

NHS App

You can download the **NHS App** from the Google Play or Apple Store. It is connected to all Somerset GP practices and allows you to:

- Register and access GP Online Services. You can then book appointments online, order repeat prescriptions and view your medical records.
- Check your symptoms using the health A-Z on the NHS website.
- Use NHS 111 online and find out what to do when you need help urgently.
- Register as an organ donor.

- Choose whether the NHS uses your data for research and planning.



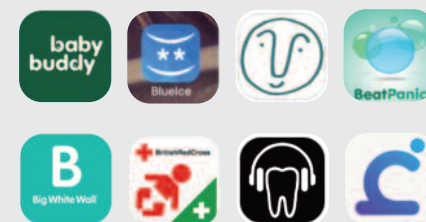
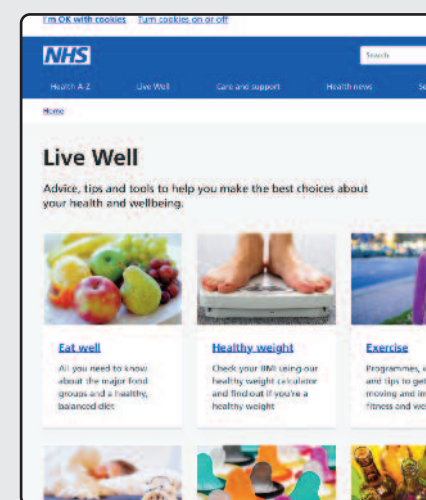
For more information, visit www.nhs.uk/using-the-nhs/nhs-services/the-nhs-app/

NHS Apps Library

There are loads of **NHS approved Apps** available to help you manage your health and wellbeing.

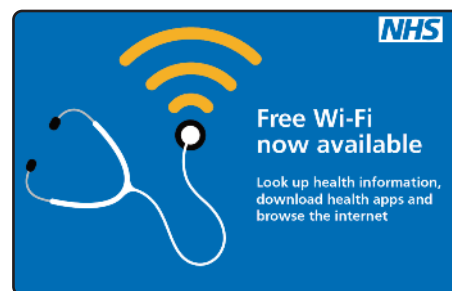
If you're looking for a **NHS approved App** to support you with an existing medical condition you can find them at www.nhs.uk/apps-library/

You will also find a number of other **NHS approved** health and wellbeing apps, for example, for things like mental health, support with sleep, mindfulness, healthy eating and help and advice for expectant parents. Visit, www.nhs.uk/apps-library/ to see what's available.



GP Online Services

are still available and can be accessed on a computer and laptop as well as your smart phones and tablets. This allows you to book GP appointments, order repeat prescriptions and view your GP medical record on the internet.



Did you know...

You can now get access at all Somerset GP practices and hospitals. Search for 'NHS WiFi' on your device (go to settings then networks) and register either using a social media account or by text message.

➔ The developments discussed here are part of **Fit for my Future**, Somerset's integrated health and care strategy. Digitalisation was already a key part of that strategy and your recent feedback has shown that you also consider this a priority. We will continue to keep you updated with our progress.

