Your health information there when it's needed

Cofnod Meddyg Teulu Cymru
Welsh GP Record

What is your Welsh GP Record and how is the record used

Llywodraeth Cymru
Welsh Government

Your health information - there when it's needed

Working together **Welsh Government** and **NHS Wales** have improved the way your health information is accessed through a safe electronic system that allows the people caring for you to see a *summary* of important information from the medical record held by your GP. This will help them treat you better, safer and quicker.

This summary is called the '**Welsh GP Record***' and has been used for some time to give Out of Hours doctors, who provide care when your GP practice is closed, access to the information they need about you.

What is in my Welsh GP Record?

A summary of important information from your full GP medical record:

- Your name, address and contact details
- Current medication and medication you have been prescribed in the last two years
- Allergies or any adverse reactions
- Current problems or diagnosis
- Results of any recent tests you have had in the previous year, for example, blood tests and x-rays

It does not include any private discussions you may have had with your GP.

Why do we need the Welsh GP Record?

Whenever you receive care or treatment in NHS Wales information is stored about you, usually on a computer. But not all computers are connected to each other. For example the information held about you by your GP is not usually available when you are admitted to hospital or attend an outpatient's appointment.

How will having a Welsh GP Record help me?

- Wherever you receive care in Wales your information will be available to help the people caring for you make an informed decision.
- You won't have to repeat your information time and again.
- Improves the safety and quality of your care through quicker access to information about your current medications, histories and allergies.

Who can look at my Welsh GP Record?

- Hospital doctors and nurses directly involved in your care.
- Doctors and nurses working in the GP out of hours service and directly involved in your care.
- Hospital pharmacists and pharmacy technicians directly involved in your care.

Your record can be accessed by the person caring for you wherever you are in Wales, even if you are visiting a different part of the country. The record will not be available outside Wales.

In the future community based pharmacists, emergency services, first responder and advanced paramedics directly involved in your care, will also have access to your Welsh GP Record. They will only see the information they need to do their job.

How is my Welsh GP Record kept secure?

Strict controls are in place to keep your information safe. Only the people caring for you will be able to look at your Welsh GP Record and they must ask your permission first. A record will be kept each time your information is looked at and checks will be made to make sure no one is looking at your record when they shouldn't be.

If you are unconscious, NHS Wales' staff may look at your Welsh GP Record without your permission. This is so they can give you the best possible care. Any decision to look at your Welsh GP Record when you are not able to give your permission will be recorded with an explanation of why the decision was taken.

I'm not sure that I want a Welsh GP Record?

The person looking after you will ask permission to look at your record at each and every consultation. You can refuse permission by simply saying 'no'.

If you don't want your medical information to be shared then you will need to tell your GP practice that you want to opt out. Before deciding you should look at the Welsh GP Record patient website or talk to your GP practice about your concerns as opting out could make a difference to the care you receive. If you are a parent or guardian of a child under aged 16 and you do not wish your child's information to be shared outside your GP practice through the Welsh GP Record, please discuss with your family doctor.

Do you need more information?

More information can be found at www.gprecord.wales.nhs.uk

If you require a copy of this leaflet in large print, Braille, other formats or interpreted into another language, please contact us.

***Welsh GP Record** was previously known as the Individual Health Record

Nid wy'n sicr fy mod i eisiau Cofnod Meddyg Teulu Cymru?

Bydd yr unigolyn sy'n gofalu amdanoch yn gofyn am ganiatâd i edrych ar eich cofnod ym mhob ymgynghoriad. Gallwch wrthod rhoi caniatâd trwy ddweud 'na'.

Os nad ydych eisiau i'ch gwybodaeth feddygol gael ei rhannu, bydd angen i chi ddweud wrth bractis eich meddyg teulu eich bod chi eisiau optio allan. Cyn gwneud penderfyniad, dylech edrych ar wefan cleifion Cofnod Meddyg Teulu Cymru neu siarad â phractis eich meddyg teulu ynglŷn â'ch pryderon, gan y gallai optio allan wneud gwahaniaeth i'r gofal y byddwch yn ei gael.

Os ydych yn rhiant neu'n warcheidwad plentyn iau nag 16 oed, ac nad ydych yn dymuno i wybodaeth eich plentyn gael ei rhannu y tu allan i bractis eich meddyg teulu trwy Gofnod Meddyg Teulu Cymru, trafodwch hyn gyda'ch meddyg teulu.

A oes arnoch angen fwy o wybodaeth?

Cewch fwy o wybodaeth ar www.cofnodmeddygteleu.cymru.nhs.uk

Os oes angen copi o'r daflen hon arnoch mewn print bras, Braille, fformatau eraill neu wedi'i chyfieithu i iaith arall, cysylltwch â'ni.

*Roedd **Cofnod Meddyg Teulu Cymru** yn cael ei adnabod yn flaenorol fel Cofnod Iechyd Unigol

Eich gwybodaeth iechyd – ar gael pan fo'i angen

Trwy weithio gyda'i gilydd, mae **Llywodraeth Cymru** a **GIG Cymru** wedi gwella'r ffordd y cyrchir eich gwybodaeth iechyd i helpu gyda'ch gofal. Mae system electronig ddiogel yn caniatáu i'r bobl sy'n gofalu amdanoch weld *crynodeb* o wybodaeth bwysig o'r cofnod meddygol sy'n cael ei gadw gan eich meddyg teulu. Bydd hyn yn eu helpu i'ch trin chi'n well, yn fwy diogel ac yn gynt.

Enw'r crynodeb hwn yw **'Cofnod Meddyg Teulu Cymru'*** ac mae wedi cael ei defnyddio ers tipyn o amser i roi mynediad i feddygon y tu allan i oriau gwaith, sy'n darparu gofal pan mae practis eich meddyg teulu ar gau, at y wybodaeth sydd ei hangen arnynt amdanoch.

Beth yw Cofnod Meddyg Teulu Cymru?

Mae'n grynodeb o wybodaeth bwysig o'ch cofnod meddygol meddyg teulu llawn:

- Eich enw, cyfeiriad a manylion cyswllt
- Eich meddyginiaeth bresennol ac unrhyw feddyginiaeth sydd wedi cael ei rhagnodi i chi yn y ddwy flynedd diwethaf
- Alergeddau neu unrhyw adweithiau niweidiol
- Problemau presennol neu ddiagnosis
- Canlyniadau unrhyw brofion diweddar rydych wedi'u cael yn ystod y flwyddyn ddiwethaf, er enghraifft, profion gwaed a phelydr-x

Nid yw'n cynnwys unrhyw drafodaethau preifat y gallech fod wedi'u cael gyda'ch meddyg teulu.

Pam mae angen Cofnod Meddyg Teulu Cymru?

Pa bryd bynnag y cewch ofal neu driniaeth gan GIG Cymru, caiff gwybodaeth ei storio amdanoch, ar gyfrifiadur fel arfer. Ond nid yw pob cyfrifiadur wedi cael eu cysylltu â'i gilydd. Er enghraifft, nid yw'r wybodaeth sydd gan eich meddyg teulu amdanoch ar gael fel arfer pan gewch eich derbyn i'r ysbyty neu pan fyddwch yn mynd i apwyntiad claf allanol.

Sut bydd cael Cofnod Meddyg Teulu Cymru yn fy helpu?

- Pa le bynnag y byddwch yn cael gofal yng Nghymru, bydd eich gwybodaeth ar gael i helpu'r bobl sy'n gofalu amdanoch i wneud penderfyniad gwybodus.
- Ni fydd rhaid i chi ailadrodd eich gwybodaeth dro ar ôl tro.
- Bydd yn gwella diogelwch ac ansawdd eich gofal trwy fynediad cynt at wybodaeth am eich meddyginiaethau, hanes meddygol ac alergeddau.

Pwy all weld Cofnod Meddyg Teulu Cymru?

- Meddygon a nyrsys ysbyty sy'n uniongyrchol gysylltiedig â'ch gofal.
- Meddygon a nyrsys sy'n gweithio i'r gwasanaeth meddyg teulu y tu allan i oriau gwaith ac sy'n uniongyrchol gysylltiedig â'ch gofal.
- Fferyllwyr a thechnegwyr fferyllfa ysbyty sy'n uniongyrchol gysylltiedig

Gall yr unigolyn sy'n gofalu amdanoch, pa le bynnag yr ydych yng Nghymru, hyd yn oed os ydych yn ymweld â rhan wahanol o'r wlad, gyrchu eich cofnod. Ni fydd y cofnod ar gael y tu allan i Gymru.

Yn y dyfodol, bydd gan fferyllwyr yn y gymuned, ymatebwr cyntaf y gwasanaethau brys ac uwch barafeddygon sy'n uniongyrchol gysylltiedig â'ch gofal fynediad at eich Cofnod Meddyg Teulu Cymru hefyd.

Byddant ond yn gweld y wybodaeth fydd ei hangen arnynt i wneud eu gwaith.

Sut bydd Cofnod Meddyg Teulu Cymru yn cael ei gadw'n ddiogel?

Mae rheolaethau llym ar waith i gadw eich gwybodaeth yn ddiogel. Dim ond y bobl fydd yn gofalu amdanoch fydd yn gallu edrych ar Gofnod Meddyg Teulu Cymru a rhaid iddyn nhw ofyn am eich caniatâd yn gyntaf. Bydd cofnod yn cael ei gadw bob tro y bydd rhywun yn edrych ar eich gwybodaeth, a chynhelir gwiriadau i wneud yn siŵr nad oes neb yn edrych ar eich cofnod pan na ddylent fod yn edrych arno.

Os byddwch yn anymwybodol, efallai y bydd staff GIG Cymru yn edrych ar Gofnod Meddyg Teulu Cymru heb eich caniatâd. Y rheswm dros hyn yw er mwyn iddyn nhw allu rhoi'r gofal gorau posibl i chi. Bydd unrhyw benderfyniad i edrych ar Gofnod Meddyg Teulu Cymru pan nad ydych yn gallu rhoi eich caniatâd yn cael ei gofnodi gydag esboniad ynghylch pam y gwnaed y penderfyniad.

Eich gwybodaeth iechyd ar gael pan fo'i angen

GIG CYMRU NHS WALES

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Beth yw Cofnod Meddyg Teulu Cymru a sut caiff y cofnod ei ddefnyddio

Llywodraeth Cymru
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