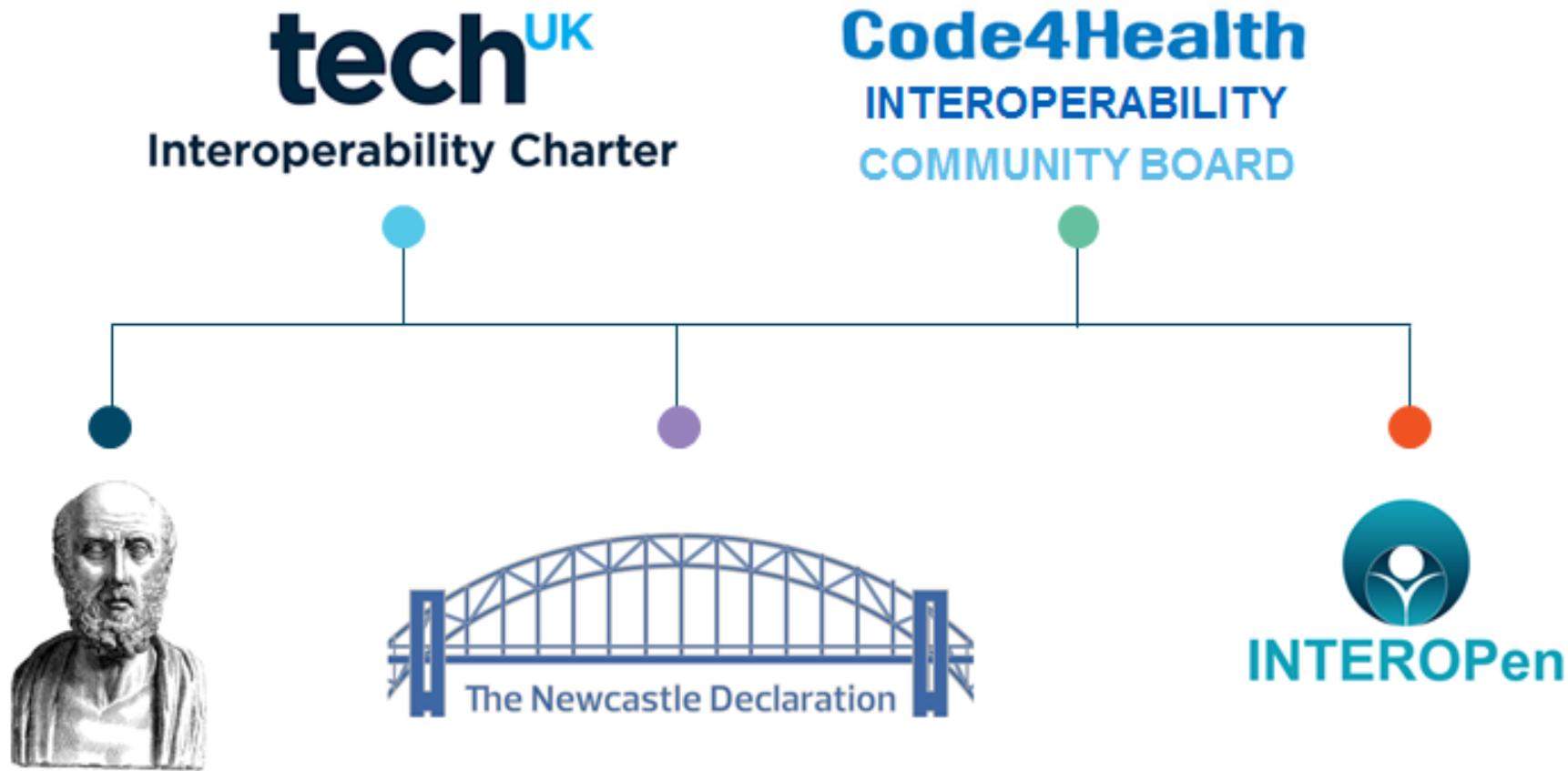


# Interoperability and Personal Health Records

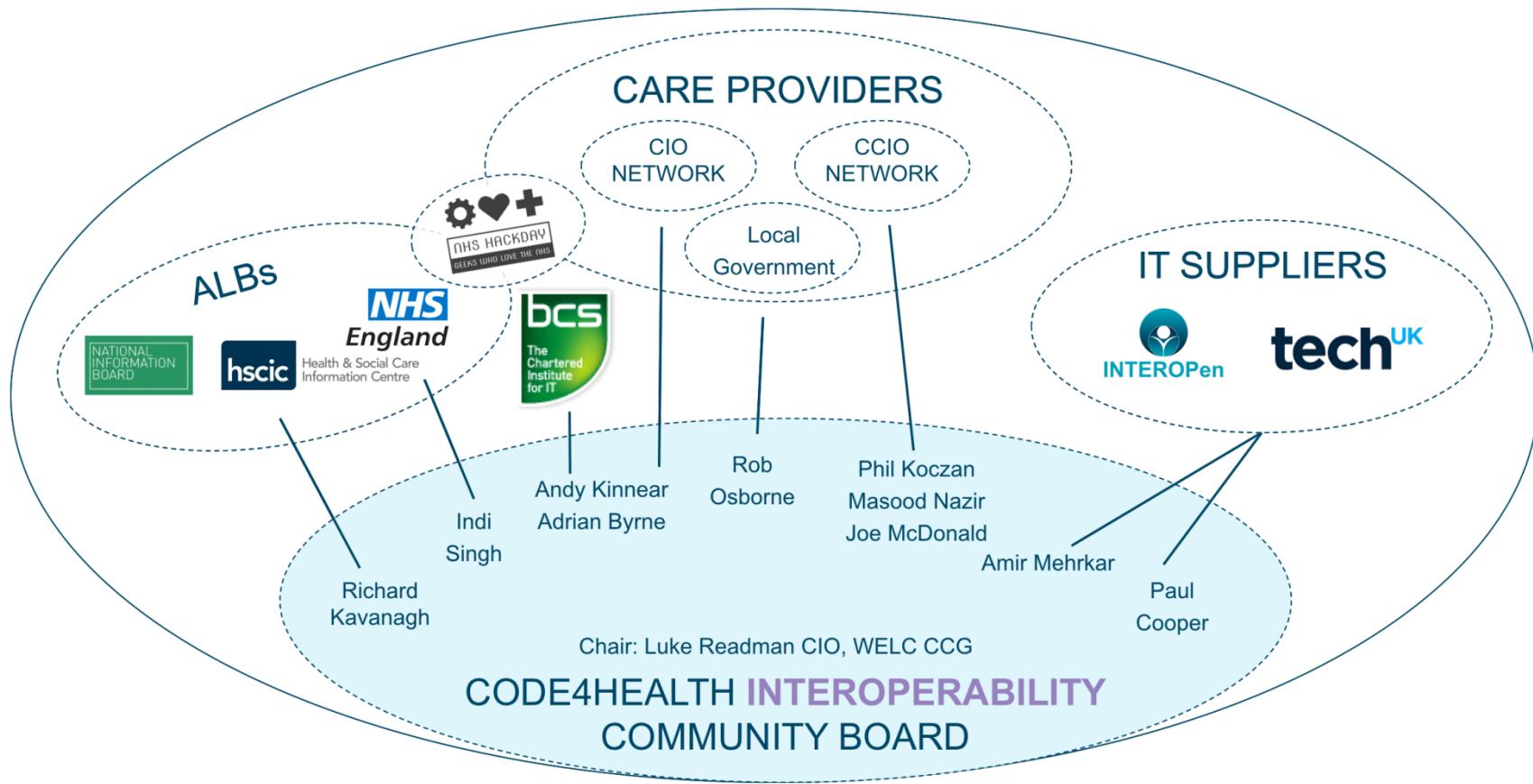
Adrian Byrne, Director of Informatics  
UHS NHSFT



# Interoperability timeline

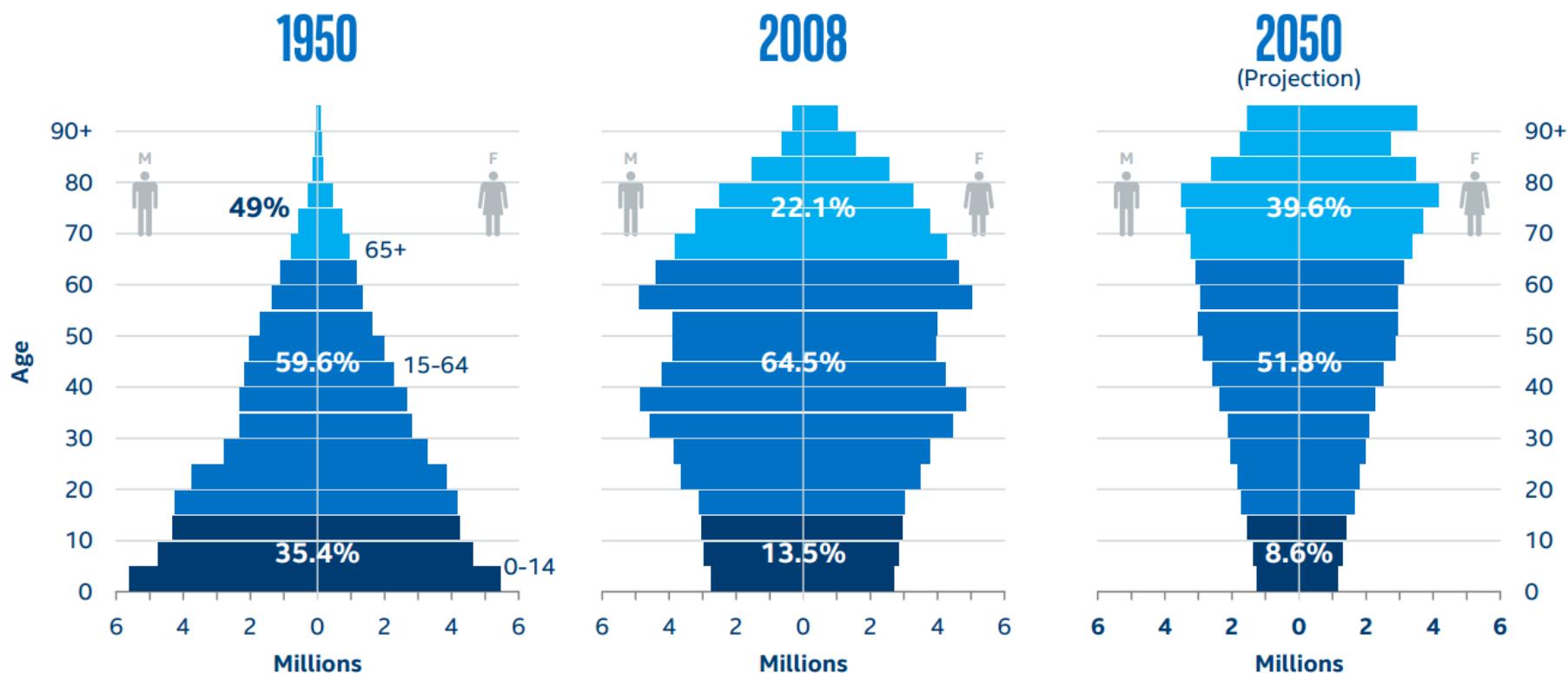


# The networks working together to unlock healthcare's data silos



## Strategic context: cost of health and care

### Population Changes



Source: Statistics Bureau, IMC; Ministry of Health, Labour and Welfare.

## Strategic context: cost of health and care

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“The current rates of **obesity and overweight conditions** suggest the cost to the NHS could increase from between **£6 billion and £8 billion** in 2015 to between £10 billion and £12 billion in 2030.”  
(Telegraph.co.uk 2014)

“More than **£6.8 billion** was spent on treating **Cardio Vascular Disease** within the NHS in England in 2012/13.”  
BHF (2014)

“Diabetes UK estimates that the NHS is already spending about **£10 billion a year** on **Diabetes**. ” (NHS England 2014)

“**Smoking** costs the NHS **more than £5 billion a year** - up to five times the previously accepted figure.” (The Independent (2009))

“**Mental health** is big business. Direct costs of mental health in England are now **around £22.5 billion a year** – that includes spending in health and social care and a variety of other agencies. ” (Kings Fund 2008)

## National Driver for Access

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“We can improve care and reduce the need to use health and care services by **enabling more of our citizens to build up the knowledge, skills and capabilities they need to manage their own care and symptoms** ... Enabling citizens to interact with existing and new services that are more convenient and efficient will increase satisfaction and reduce costs.”

*Personalised Health and Care 2020 - Using Data and Technology to Transform Outcomes for Patients and Citizens: A Framework for Action*

# Why do this?

1. Co-production leading to efficiency
  - Pre assessment for surgery
2. Demand management
  - Prostate cancer saving outpatient appointments
3. Self care with no business case
  - Quality and reputation bonus

# Business Case

HRG4 code	Description	Count (YTD 2015/16)	Avg LOS	Tariff
DZ21A	Chronic Obstructive Pulmonary Disease or Bronchitis w LOS 1 day or less discharged home	187	1	£541

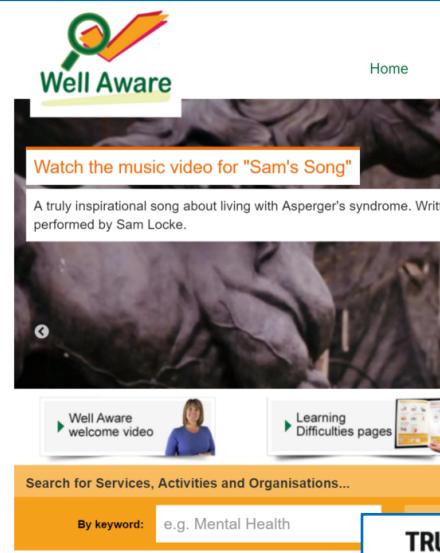
An experienced Cancer Nurse specialist using a system can review 20+ patients in an hour

Traditional Outpatient clinic would see on average 6 patients per hour.

Contacts are not recorded  
Phone calls are forgotten  
Valuable time is used to transcribe

Here, if a contact is flagged as clinically relevant, the notes are automatically pushed to the EPR

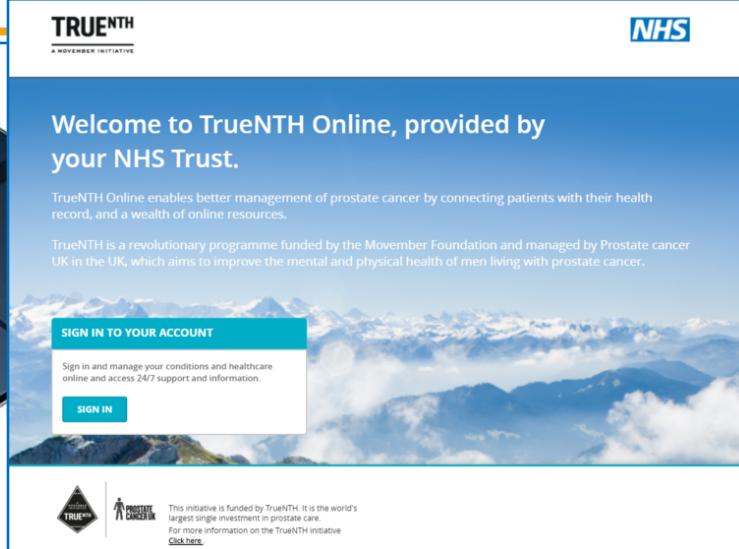
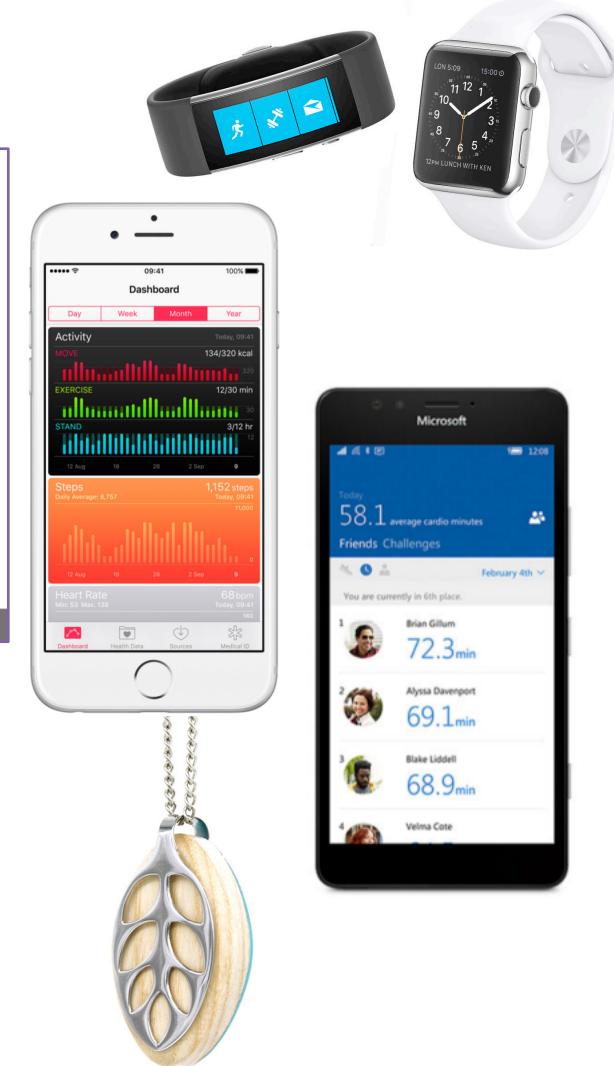
# What is a Personal Health Record?



The Well Aware website features a search bar at the top with the placeholder "Search for Services, Activities and Organisations...". Below it is a keyword search bar with the placeholder "e.g. Mental Health". A video player shows a music video for "Sam's Song". A banner below the video reads: "A truly inspirational song about living with Asperger's syndrome. Written and performed by Sam Locke." Navigation links include Home, Who We Are, Info & Resources, Calendar, News, and Contact.



The myhealthlocker website has a blue header with the tagline "Keep informed and involved, in confidence". It features a central graphic of a globe with various icons like a lock, a plus sign, and a download arrow. Text on the page explains the service allows users to control their health information, access care plans from the South London and Maudsley NHS Foundation Trust, and manage their health and wellbeing. It also mentions Microsoft HealthVault integration. Two buttons are present: "Are you 18 years old or older?" and "Are you 17 years old or younger?".



The TrueNTH Online website is provided by your NHS Trust. It features a "SIGN IN TO YOUR ACCOUNT" button and a "SIGN IN" button. Text on the page states: "TrueNTH Online enables better management of prostate cancer by connecting patients with their health record, and a wealth of online resources." and "TrueNTH is a revolutionary programme funded by the Movember Foundation and managed by Prostate cancer UK in the UK, which aims to improve the mental and physical health of men living with prostate cancer." Logos for TrueNTH and Prostate Cancer UK are at the bottom.



## The future of healthcare: connecting patients with their medical record

**My medical record**

- allowing patients to co-manage their healthcare online
- reducing the need for hospital visits
- offering 24/7 support and information
- allowing patients to cancel and re-book appointments online
- facilitating online consultations
- capturing pre-assessment data before patients visit our hospitals
- helping patients and clinicians to share information online.

**SIGN IN**



[Privacy Policy](#)  
[Terms of use](#)

[Our hospitals](#)  
[Contact us](#)  
[Research](#)

**University Hospital Southampton NHS Foundation Trust**

Tremona Road  
Southampton  
Hampshire  
SO16 6YD  
Telephone: 023 8077 7222





Menu

*My health record*

Betty Hamer



Sign-out

**Upcoming appointments**



**Did you know?**



**My record**



**About My health record**



**Our services**



Refresh

University Hospital Southampton **NHS**  
NHS Foundation Trust



# Get Real Health

••••• vodafone UK 4G 20:16 100% ⚡

< InstantPHR

Let's get started

Enter your application code

[Need help, don't know your application code?](#)

To begin the setup process, you must enter an application code. This code is used to link this app to your patient portal account.

[Continue](#)

••••• T-Mobile LTE 4:02 PM 60% ⚡

MENU InstantPHR

MEDICAL SUMMARY

WEIGHT 118.0 lbs

BMI 20.27

CONDITIONS  
Diaphragmatic hernia without mention of obstruction or gangrene  
Diaphragmatic hernia without mention of obstruction or gangrene  
Pre-diabetes

MEDICATIONS  
Habitrol  
Flouratide  
Clopidogrel 75 MG oral tablet

**Crohns Disease**



**Ulcerative Colitis**



**Prostate Cancer**



**Lymphoma**



**Congenital Cardiology**



**Ready Steady Go**



Do you smoke?

- Yes
- No

How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2 - 4 times per month
- 2 - 3 times per week
- 4+ times per week

### This is one unit of alcohol...



Half pint of regular beer,  
lager or cider



1 small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

### ...and each of these is more than one unit



Pint of Regular Beer/Lager/Cider



Pint of Premium Beer/Lager/Cider



Alcopop or can/bottle of Regular Lager



Can of Premium Lager or Strong Beer



Can of Super Strength Lager

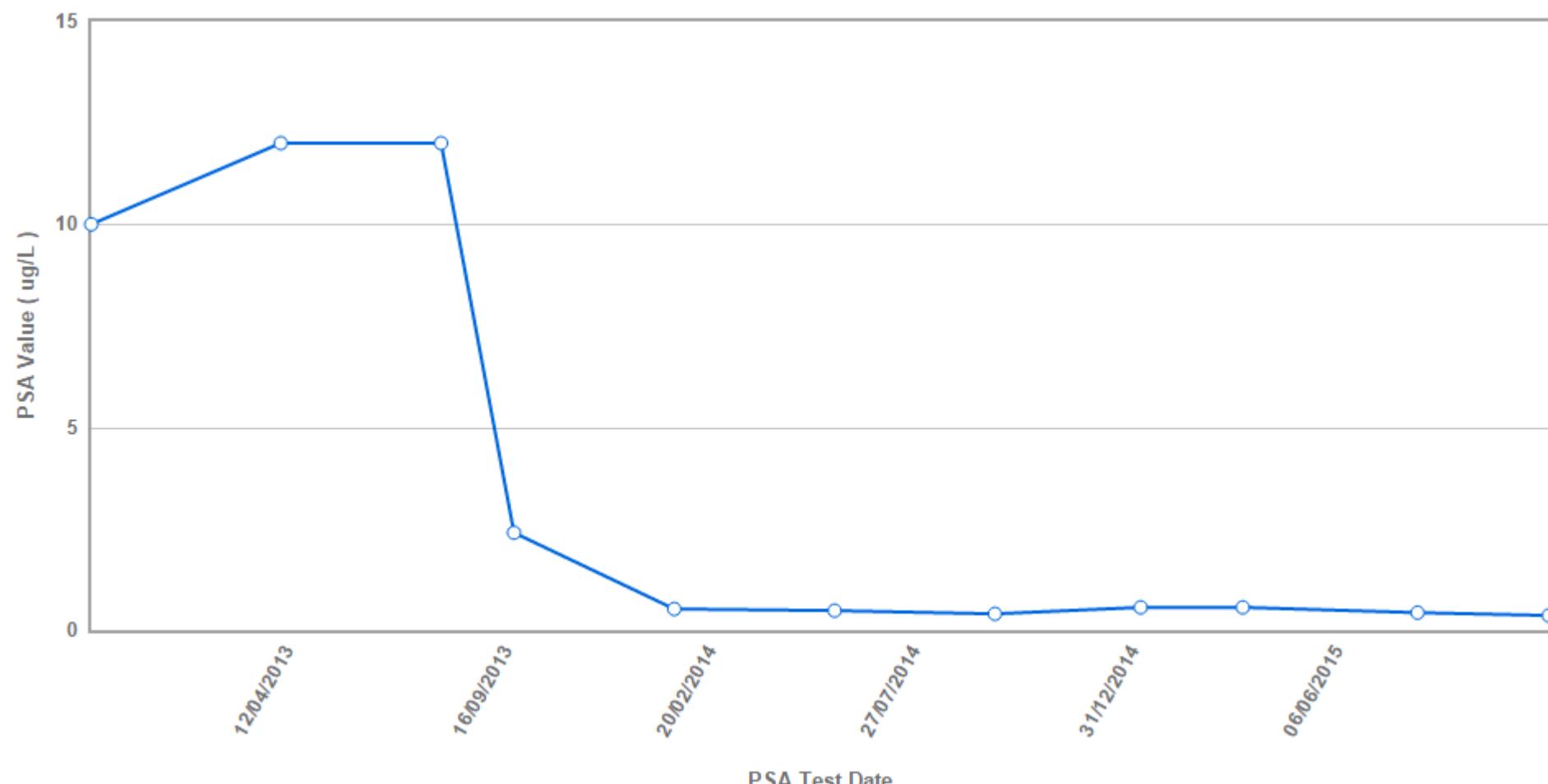


Glass of Wine (175ml)

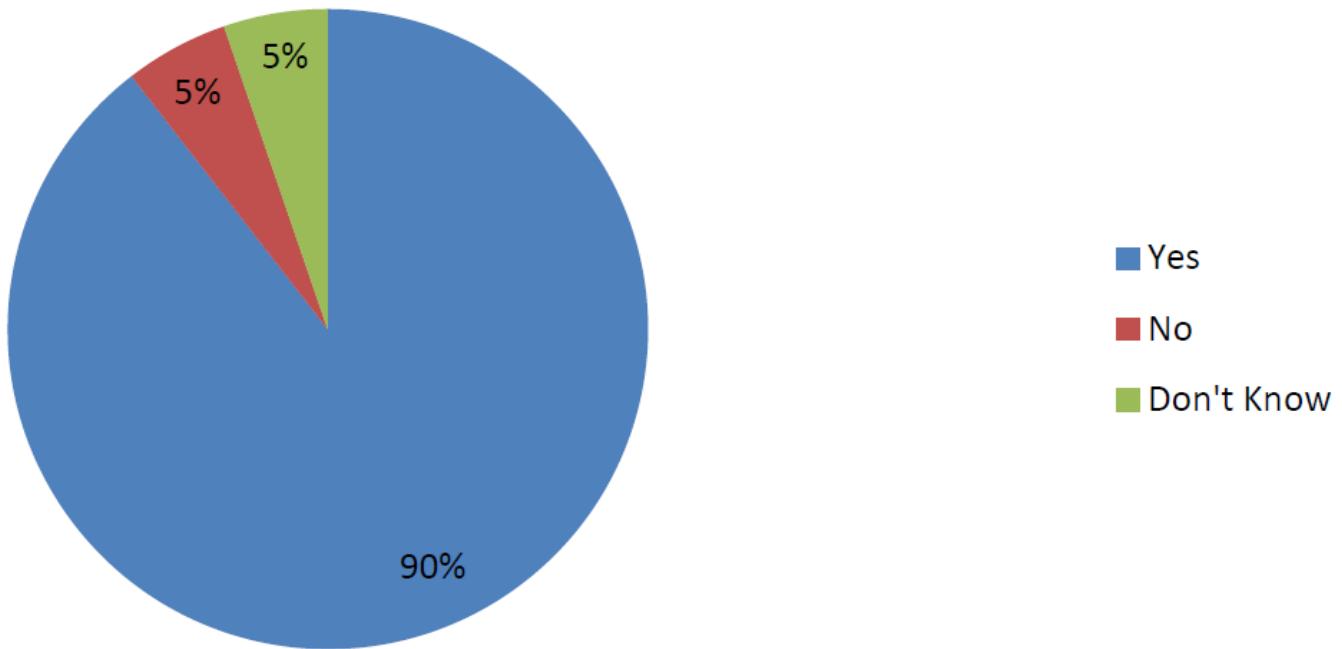


Bottle of Wine

# PSA Chart



**When you have had your PSA blood test, have you looked at the 'My health record' website to see your result?**



## Our service

Discover more about UHS and our digestive health services:

[Digestive health \(from UHS\)](#)

## Inflammatory bowel disease

Information about inflammatory bowel disease, Crohn's disease, ulcerative colitis and microscopic colitis:

[Useful information \(from Crohn's and Colitis UK\)](#)

More information about Crohn's disease:

[Improving life for people affected by inflammatory bowel diseases \(from crohnsandcolitis.org.uk\)](#)

## Tests and treatments for IBD

Tests and investigations for IBD:

[Some of the medical tests and investigations you may be offered \(from crohnsandcolitis.org.uk\)](#)

Drugs used in IBD:

[Drugs used in IBD \(from crohnsandcolitis.org.uk\)](#)

Adalimumab:

[Information if you have been prescribed Adalimumab \(from crohnsandcolitis.org.uk\)](#)

Infliximab:

[Information if you have been prescribed Infliximab \(from](#)

## General diet advice including during flares

Food and inflammatory bowel disease:

[Frequently asked questions about food and IBD.](#)

Low fibre factsheet:

[How to keep your diet low in fibre](#)

Advice for improving your calcium intake:

[Daily calcium requirements and how to achieve them](#)

Advice for improving your iron intake:

[Daily iron requirements and how to achieve them](#)

## Inflammatory bowel disease: subcutaneous injections



## Our service

Discover more about the Ready Steady Go programme:



## Ready Steady Go

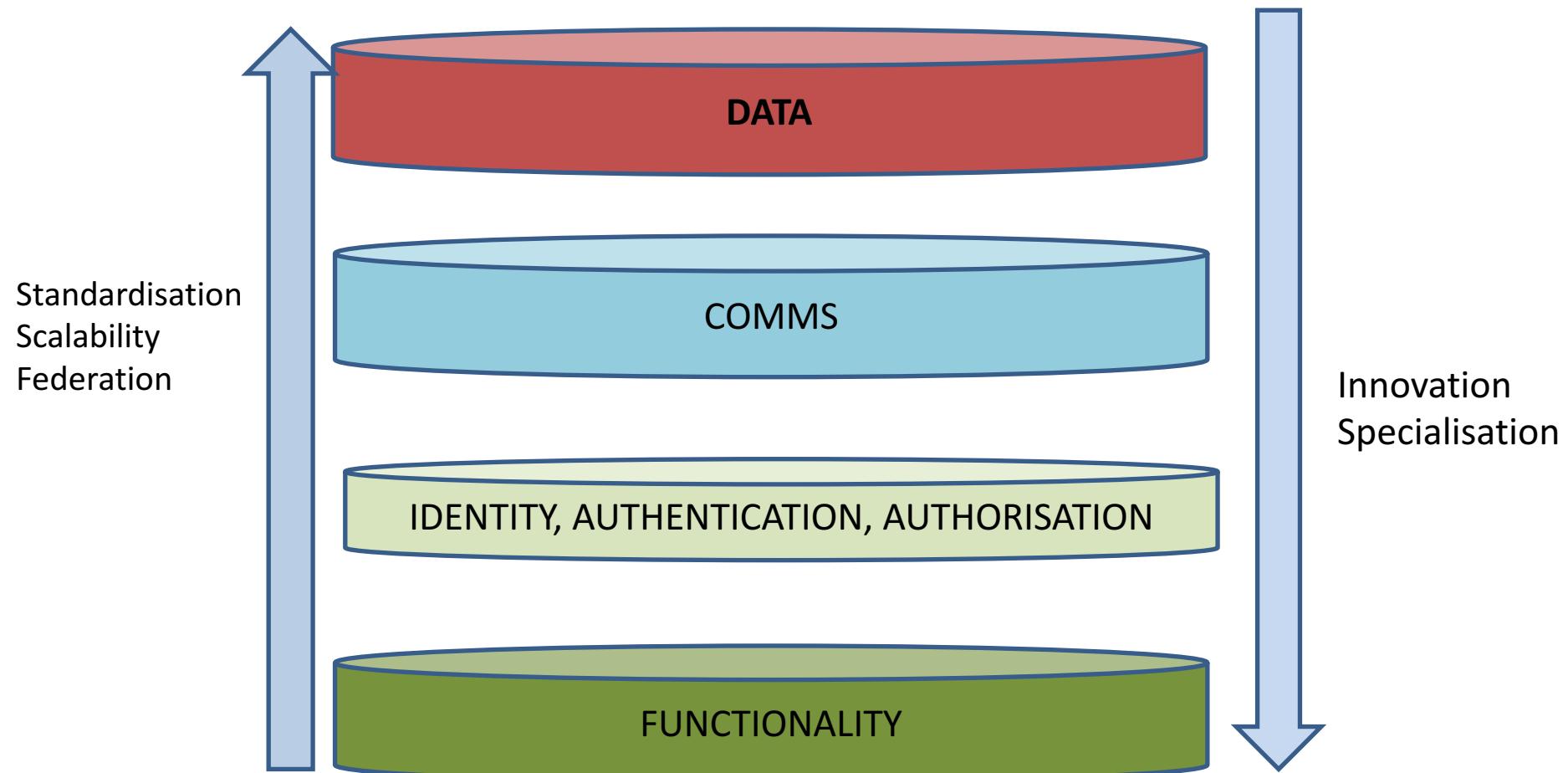
SOUTHAMPTON  
**Children's** Hospital



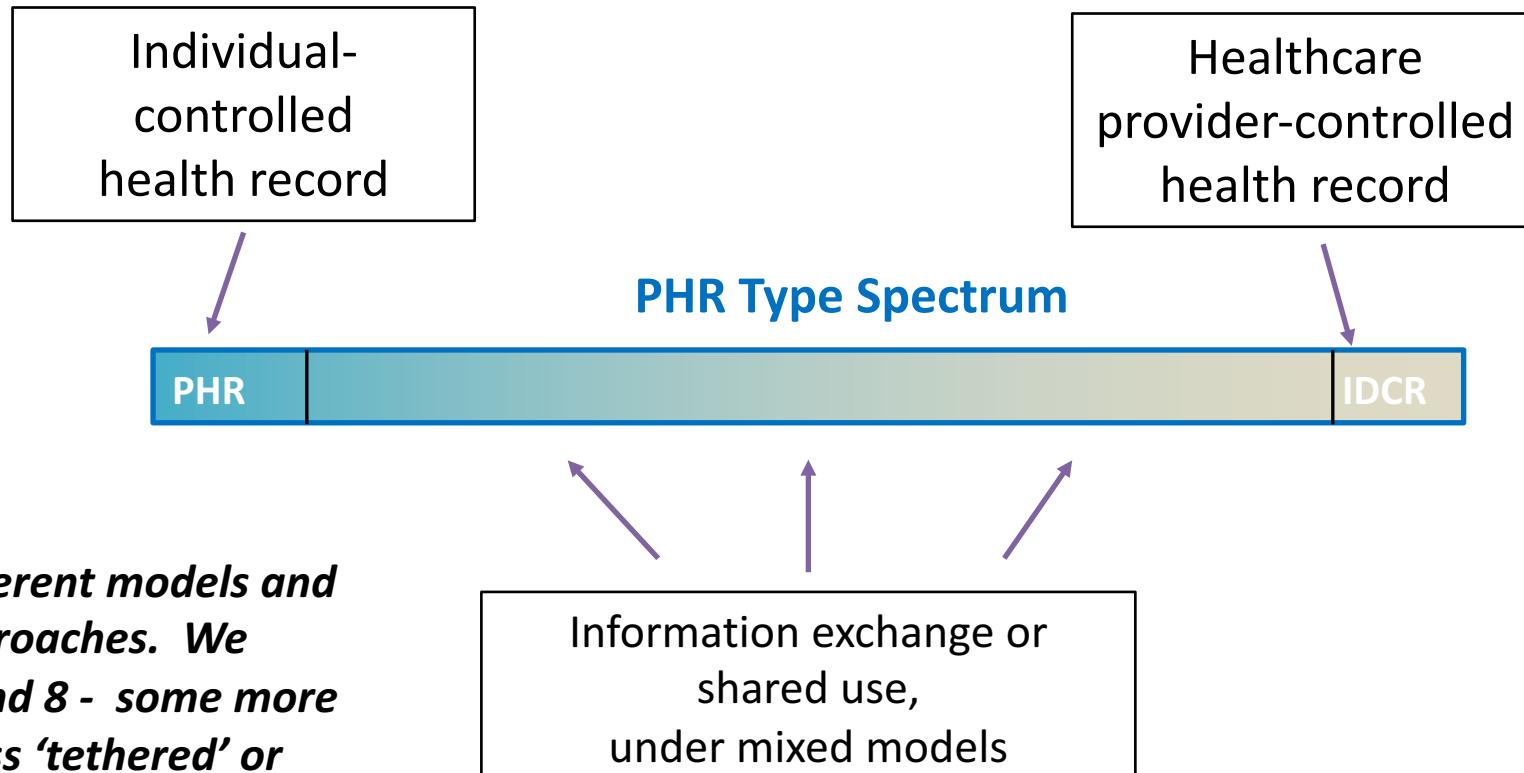
# Why not just?

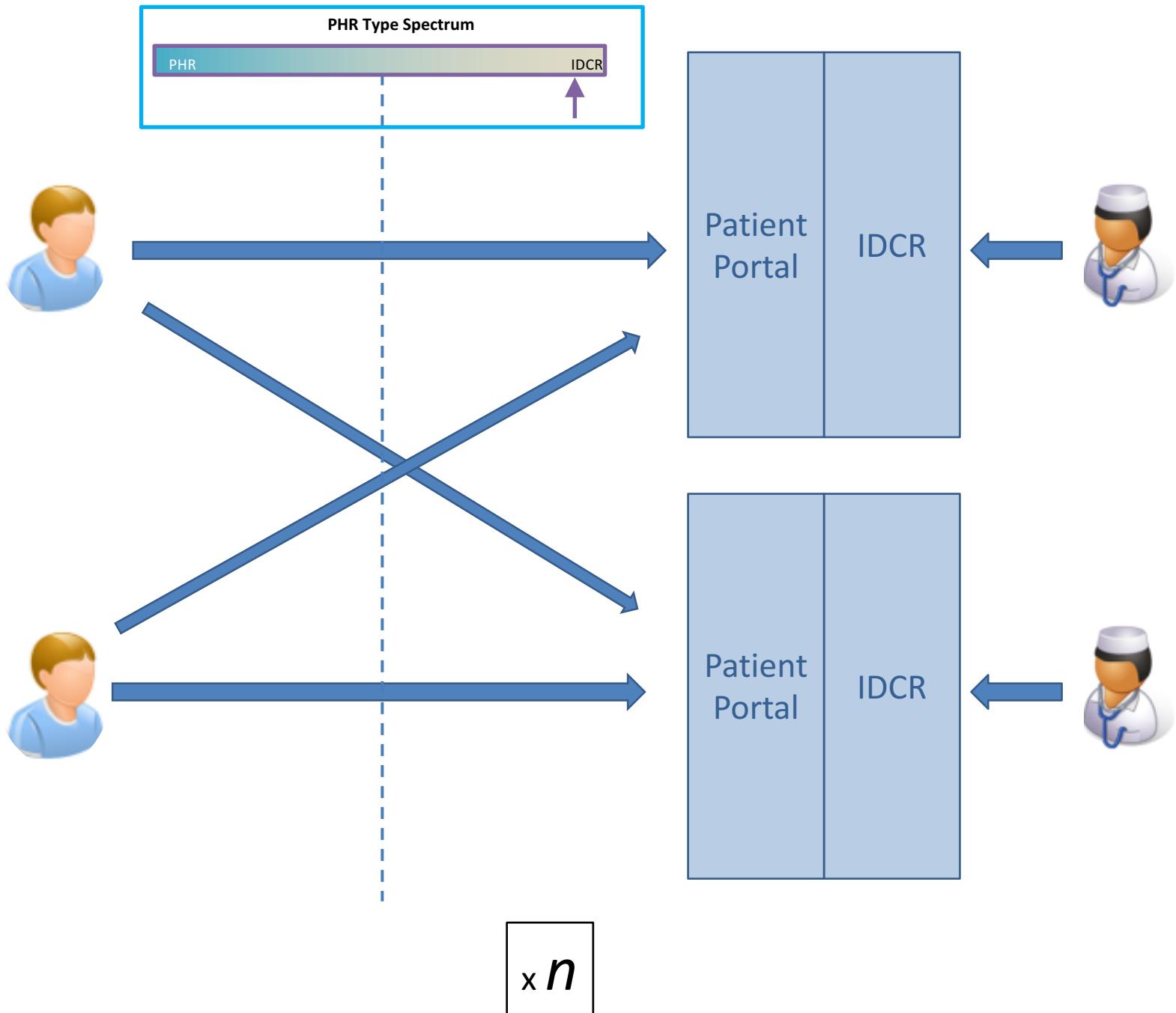
- Build a website?
- Put a patient front end on your EPR?
- Go crazy with “apps”?

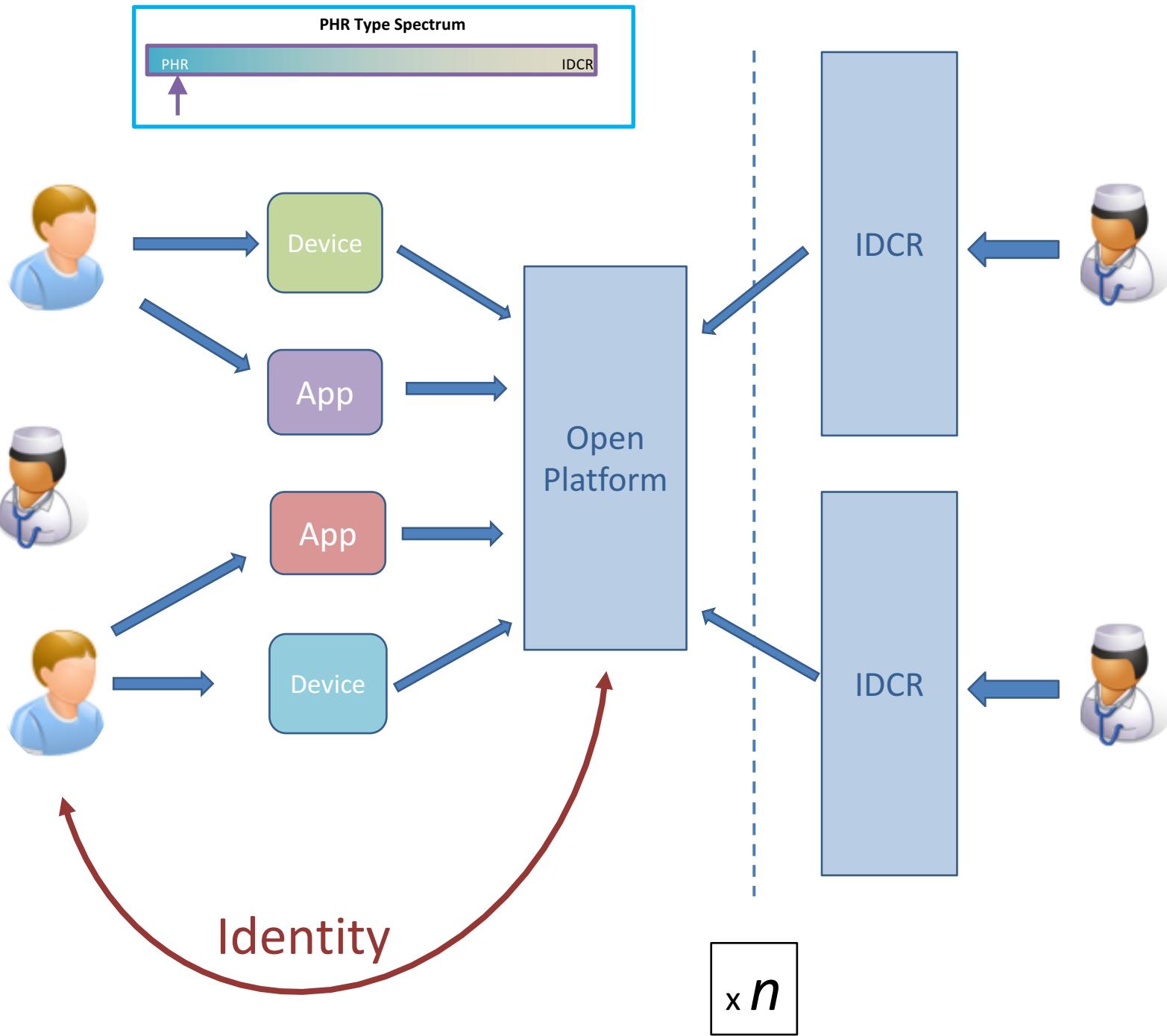
# Strategic IT Categories



# Getting going with a Personal Health Record?

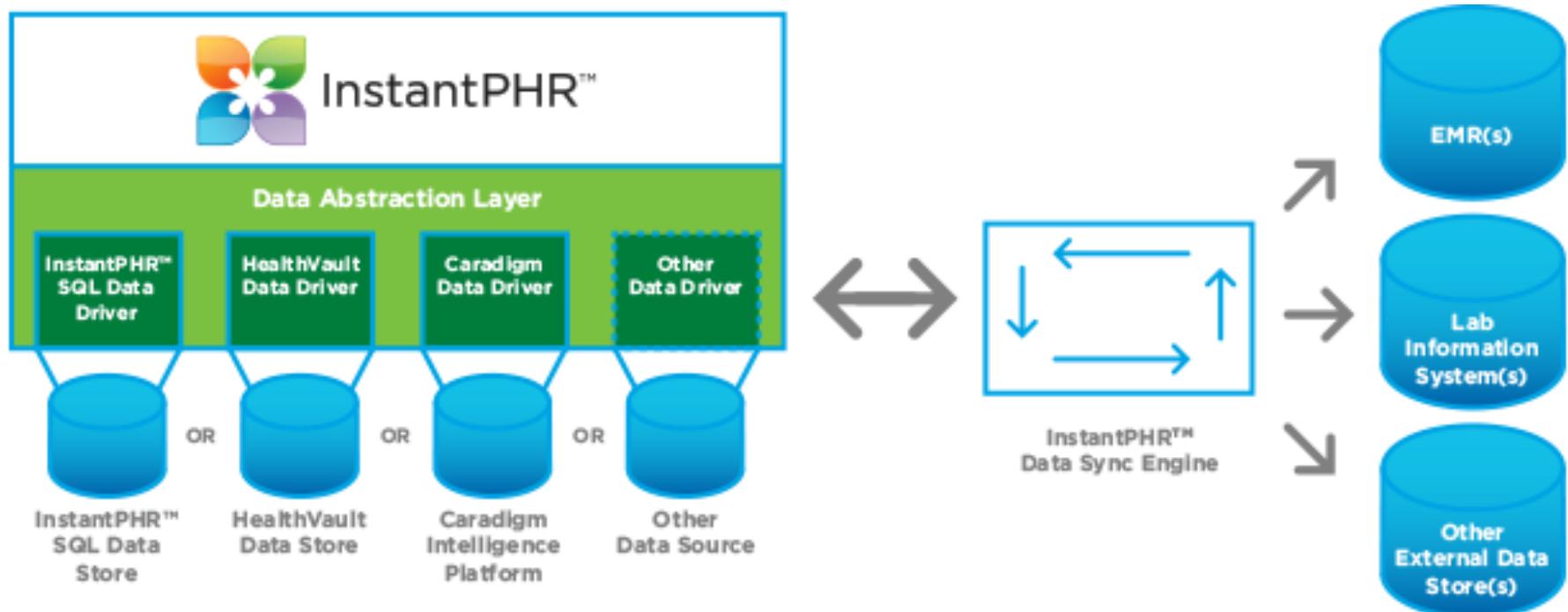








## Multiple data stores





*“I was invited to use My health record and asked to weigh myself using the digital scales once a week. As I was going through a rough patch it was good to know that there were people keeping an eye on how I was doing. If my weight went down too low then I would automatically get contacted by a member of the clinical team.*

*I also used the messaging function in the system. It is comforting to have a simple way of telling people you are not feeling well” – IBD patient*

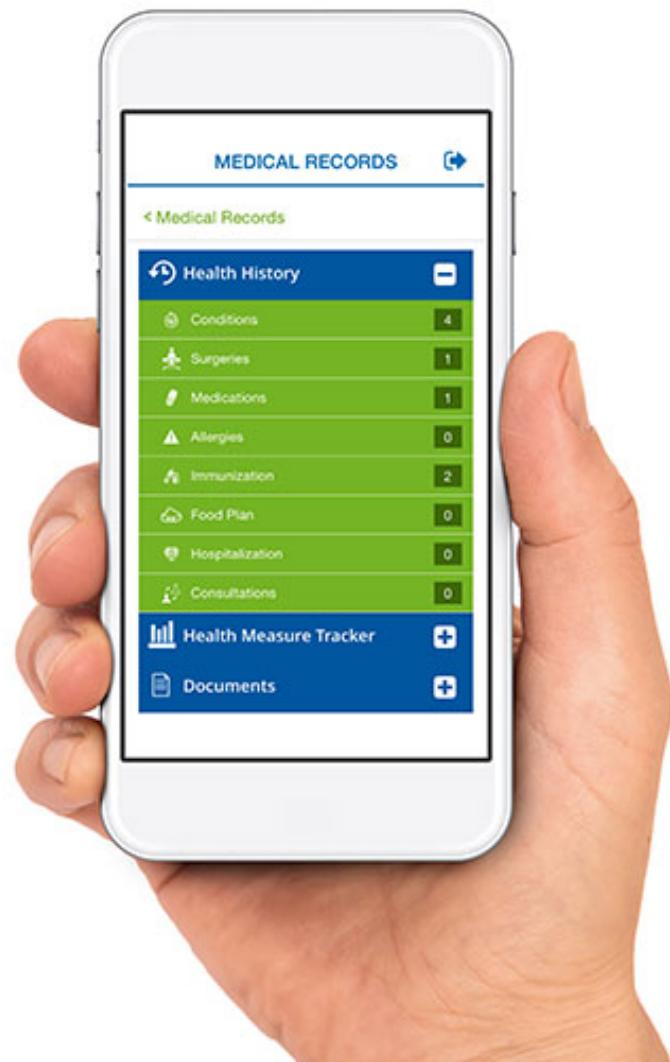
# What do we need?

- Identity service
- Record repository (PHR)
- Open data and interfaces
- Common consent and sharing model

# Recommendations

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- It's not just viewing the record
  - It's **not** ALL about the GP Record
- Don't just mimic the pathway, **redesign the pathway**
- Be mindful of ways not to be 'locked in'
- Push your suppliers to be open
  - TechUK charter @INTEROPen
  - Apply the “Newcastle Declaration”



# Thank You



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