**Controlling your medical records**

**National Data Opt Out**

The National Data Opt Out is a mechanism by which individuals in England can control, to a limited degree, certain aspects of their confidential medical information.

These opt outs

* *Will have no effect* on anonymised or aggregate (numbers) information being

shared within the NHS to help medical research

* They will **in no way** affect the National Summary Care Record (SCR).

You can opt-out of the SCR via the surgery or our website.

The National Data Opt Out only applies to confidential information, that is medical information that can identify you, for example by containing your name, DOB, address, NHS number. It is not limited to electronic data and so includes paper records.

The National Data Opt Out only applies to uses of your confidential medical information for *secondary purposes*, that is unrelated to, and beyond, the direct medical care that GP surgeries and other healthcare organisations provide you with when you are unwell, or to keep you well. Secondary purposes include healthcare planning, audit, population analytics, “risk stratification”, research, “commissioning”, commercial and even political uses.

There are 2 types of opt out: Type 1 opt out and The National Data Opt Out, which replaces the previous Type 2 opt out.

**Type 1 opt-out**

This relates to your personal confidential information going from your GP surgery which you can control by expressing an objection, or *opt-out*, to your GP surgery. One such opt-out is known as a *Type 1 opt-out*. Below is the link to this form:

<https://www.civicmc.nhs.uk/files/2021/05/Opt-out-Form.pdf>

A Type 1 opt-out, when present in your GP record, should prevent identifiable information about you being extracted from your GP record, and uploaded to *any* other organisation, for purposes other than your direct care.

A Type 1 opt-out will in no way affect how healthcare professionals

provide you with direct medical care or prevent them from accessing your medical record if and when appropriate, and with your explicit consent.

**National Data Opt Out**

[www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters)

The National Data Opt Out replaces the previous Type 2 opt out and prevents confidential medical information obtained by NHS Digital from GP surgeries, hospital trusts, mental health providers and social care, being released or disseminated by them in a format that can identify you.

To opt out of this you do not need to submit a form to your GP Surgery to express your wishes regarding your data – simply click the link [here](https://www.nhs.uk/your-nhs-data-matters/manage-your-choice/) https://www.nhs.uk/your-nhs-data-matters/manage-your-choice/ and follow the instructions at the ‘Start Now’ point to record your preference.  You will need your NHS number – you can find this by clicking this [link](https://www.nhs.uk/nhs-services/online-services/find-nhs-number/) <https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

Please click the below link for a flow chart which explains how the Type 1 and the National Data Opt Outs work:

<https://www.centralsurgerysawbo.nhs.uk/wp-content/uploads/2021/06/OptOuts.pdf>