

# Opting out of data sharing

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# Opting out of data sharing

## Why your data is important

The NHS uses information about patients (patient data) to research, plan and improve:

- the services we offer
- the treatment and care patients receive

They sometimes get this data from your GP surgery, hospitals and other healthcare providers. To help improve services, NHS England shares this data with researchers from organisations such as universities or hospitals. This type of data-sharing has been happening for many years.

**Organisations using this patient data will never sell or share it with insurance or marketing companies. It is only used for research and service planning.**

All data that is collected and shared is protected by strict rules around privacy, confidentiality and security. More detailed information about why this occurs and your rights can be found on the [Understanding Patient Data](#) website.

## Can I opt-out of Data Sharing?

There are some circumstances where the Mitcham Family Practice is legally permitted to share your confidential data without your explicit consent for specific purposes. More information about when we can do this can be found in our Privacy Notices.

Wherever possible, this will be anonymised, pseudonymised, or de-identified to protect your privacy. However, it is occasionally necessary to share patient level data with researchers for their project to be successful.

If you do not want your confidential health information to be used for purposes beyond direct care, or without your consent, you can choose to opt-out of certain things, like Shared Care Records and research uses - subject to certain exceptions set out in national policy.

## Types of Opt-Out

There are three main ways you can opt-out:

- 1. National Data Opt-Out**
- 2. Type 1 Opt-Out**
- 3. Shared Care Records**

More information about how and when you can refuse consent to share your personal information can be found on the NHS website, here:

## [Consent to using and sharing patient information](#)

Patients have control over setting or changing their own opt-out choices and can change their mind at any time.

## National Data Opt-Out

The National Data Opt-Out allows a patient to choose whether they want NHS England to share their confidential patient information with organisations like Universities and hospitals for purposes beyond their individual care and treatment - like research and planning.

This type of opt-out only applies to disclosures where an organisation, for example a research body, confirms they have approval from the [Confidentiality Advisory Group \(CAG\)](#) to access the confidential patient information which NHS England has collected from GP practices and hospitals.

More detailed information about which data disclosures the National Data Opt-Out applies to can be found in this [detailed guidance](#), and [this guidance](#) explains simply when it does not apply.

If you are happy with this use of information you do not need to do anything.

To register your choice to opt out, please visit [www.nhs.uk/your-nhs-data-matters](http://www.nhs.uk/your-nhs-data-matters).

## Type 1 or 'Local' opt-out

The National Data Opt-out only applies to information shared by NHS England.

It doesn't restrict your confidential patient information being shared by your GP practice for other research and planning purposes - like [NHS England population screening programmes](#), or ICB for population health management, research, or planning.

Registering a Type 1 or 'Local' opt-out stops your confidential medical data being shared outside of the GP practice for any research and planning purposes, except where these are legally mandated.

This kind of opt-out can only be added by your registered GP practice. They will apply a code to your medical record which registers your objection to any secondary use of your data.

**Please note:** Registering a Type 1 opt-out only applies to use of data in your GP record for research and planning purposes. It won't prevent NHS bodies collecting and sharing data from other healthcare providers, such as hospitals.

It also won't have any impact on the way we use and share your information to provide you with direct care or prevent the practice disclosing data when it is necessary to comply with legal or public interest obligations.

If you would like to register a Type 1 opt-out, please print and complete [this form](#) and bring it to reception at the surgery, or speak to a member of staff at the practice.

## Shared Care Records

Shared care records are databases which enable health and care professionals to access information from your GP health record. For example, with your permission, it

is usually possible for healthcare professionals in other services to access parts of your GP record when the practice is closed.

Shared care records are optional. So, you can opt-out if you don't want your health information to be shared in this way.

## Thinking of opting out of Shared Care Records?

Opting out of having shared or summary care records will not affect your entitlement to access care, but you should be aware that this may, in some instances, affect the speed and quality of your care.

If you opt out, the same information will continue to be shared, but it will be slower and less secure because it will have to be sent by email, telephone, and post. Sharing your health and social care information digitally is much more secure and will make it easier for services to provide the best treatment and care for you.

It also means NHS healthcare staff caring for you outside of this surgery may not be aware of important information, like your current medications, allergies you suffer from and any bad reactions to medicines you have had. This might reduce their ability to treat you safely in an emergency, increasing the risk of you receiving poorer health outcomes. So, we ask you to think carefully before opting out of the shared care records we rely on for direct care purposes.

## Who we routinely share records with

Mitcham Family Practice permits access or shares data into the following shared care databases:

<b>Primary Care Network (PCN)</b>	<p>Mitcham Family Practice is a member of North Merton PCN</p> <p>This will mean that GPs from other local practices we partner with will be able to access your full GP record the same as staff at this practice, but only when providing direct care to you.</p> <p>You have the option to opt out of sharing their medical records across organisational boundaries within the PCN.</p> <p>This ensures your personal medical information remains confidential within your local practice network. However, it will mean you can only access appointments available at this practice.</p> <p>So, it may reduce the kinds of care available to you or result in longer waiting times for appointments.</p> <p><b>Opt-Out</b></p>
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	<p>If you would like to opt-out of PCN sharing, please email the practice.</p>
<p><b>Summary Care Record</b> Hosted by NHS England</p>	<p>The Summary Care Record (SCR) is a national database that holds electronic records of important patient information such as current medication, allergies and details of any previous bad reactions to medicines.</p> <p>An SCR with additional information can also include reason for medication, vaccinations, significant diagnoses / problems, significant procedures, anticipatory care information and end of life care information. Additional information can only be added to your SCR with your agreement.</p> <p>It is created from GP medical records. It can be seen and used by authorised staff in other areas of the health and care system who are involved in the patient's direct care but do not need access to the patient's full record.</p> <p>More information about this record can be found <a href="#">here</a>.</p> <p><b>Opt-Out</b></p> <p>Guidance on how to opt-out if you don't wish to have your SCR details shared can be found on the <a href="#">NHS Digital website, here</a>.</p>
<p><b>National Care Record Service</b> Hosted by NHS England</p>	<p><a href="#">The National Care Records Service (NCRS)</a> allows health and care professionals to:</p> <ul style="list-style-type: none"> <li>• view summarised health and care information in patient records</li> <li>• access and update patient information nationally, regardless of their integrated care system (ICS)</li> <li>• support a patient's direct care where a full patient record is not required</li> </ul> <p>Users are only permitted to access this record for the purpose of providing you with the individual care you need or ask for.</p> <p><b>Opt-Out</b></p> <p>More information about your rights to opt-out can be found on the <a href="#">NHS website, here</a>.</p>

	<p>You can opt out of the NCRS by filling in a <a href="#">type-one optout form</a> and submitting this to your practice.</p>
<p><b>London Care Record</b></p>	<p>The London Care Record provides health and care professionals with a secure “electronic summary view” of the information that organisations want to share about you.</p> <p>This provides the people looking after you with important information from other services that you use, so that they can quickly assess you and make the best decision or plans about your care.</p> <p><b>Opt-Out</b></p> <p>You may be able to opt-out of sharing for the purpose of the London Care Record. More details about how to do this can be found on the <a href="#">OneLondon website, here</a>.</p>
<p><b>London Data Service</b></p> <p>Hosted by NEL ICB in partnership with OneLondon</p>	<p>If you have been to a GP, a hospital, a social care provider or another NHS organisation in London that is part of London Data Service, then data will be extracted from their local records and ingested into London Data Service.</p> <p>This service can be used by any public authorities for direct care purposes, and de-identified data can be used in other ways that are permitted by law, like the ICB using it to plan how to improve local services.</p> <p><b>Opt-out</b></p> <p>You can opt out of this data sharing for research and planning purposes, direct care purposes, or both.</p> <p>More details about how to do this can be found on the <a href="#">OneLondon website, here</a>.</p>
<p><b>London Analytics Platform</b></p> <p>Hosted by NEL ICB in partnership with OneLondon</p>	<p>The London Analytics Platform uses the same data from the London Data Service.</p> <p>It allows health and care professionals have access to confidential patient information within a secure data environment (SDE). The SDE allows the researchers to view and use data inside the tool but not remove it or share it.</p> <p>They study ways to ensure that there is safer and better treatment, based on more accurate information by using data about patients from their own records, and also from the records of other care providers who</p>

	<p>also hold information about those patients, including both adults and children.</p> <p>All work is assessed by NHS oversight committees to make sure it is valuable research which is beneficial to the public interests, and is being done by professionals subject to confidentiality and research ethics obligations.</p> <p>All users are also subject to conditions of access that make them promise that information that identifies individuals will ever be removed from the system or disclosed in published research.</p> <p>Recent examples of the work being done using this data can be found on the <a href="#">London Secure Data Environment – Data Uses Register</a>.</p> <p>Work done before December 2025 can be found on the <a href="#">Approved Data Access Request register</a>.</p> <p><b>Opt-Out</b></p> <p>You can opt out of this data sharing for research and planning purposes, direct care purposes, or both.</p> <p>More details about how to do this can be found on the <a href="#">OneLondon website, here</a>.</p>
<p><b>Universal Care Plan (UCP)</b></p> <p>Hosted by SWL ICB in partnership with OneLondon and Better Ltd.</p>	<p>The Universal Care Plan is an NHS service that enables every Londoner to have their care and support wishes digitally shared with healthcare professionals across the capital.</p> <p>A care plan is created following a conversation between a healthcare professional (such as a doctor or nurse) and the person in their care. Throughout the conversation, the healthcare professional will listen, understand and make notes on:</p> <ul style="list-style-type: none"> <li>• What is important to the person in their day-to-day life</li> <li>• Their preferences or wishes about their care</li> <li>• What support they need and who is best placed to provide this</li> <li>• Information about others who may be involved in that person’s care, such as relatives.</li> </ul> <p>The care plan is then created following this conversation using the Universal Care Plan. As soon as information is saved on the plan, it is visible to all health and care services who use it.</p>

	<p>This includes the London Ambulance Service, 111 and Out of Hours GP services who may see the person in an emergency.</p> <p>UCPs are one part of the NHS strategy to use digital tools to enable universal personalised care. You can learn more about this in the <a href="#">NHS guidance</a>.</p> <p><b>Opt-out</b></p> <p>Since the Universal Care Plan is created voluntarily by patients, it can be updated at any time when a person's needs or preferences change and can be withdrawn at any time.</p> <p>It will then be de-identified, archived, and no longer shared or used for your care moving forward. However, it may be reidentified if necessary for inquiries or legal defence purposes.</p> <p>More information can be found here: <a href="https://ucp.onelondon.online/about/">https://ucp.onelondon.online/about/</a></p>
<p><b>GP Connect</b></p> <p>Hosted by NHS England</p>	<p>GP Connect helps clinicians gain access to GP patient records during interactions away from a patient's registered practice. It makes their medical information available to appropriate health and social care professionals when and where they need it, to support the patient's direct care.</p> <p>GP Connect can only be used for direct care purposes by health and social care professionals involved in your personal care.</p> <p><b>Opt-Out</b></p> <p>You can opt out of your GP patient record being shared via GP Connect by contacting us via email</p>

## What is a Summary Care Record (SCR)?

Your Summary Care Record is an electronic summary of key information from your GP medical record. If you need healthcare away from your usual doctor's surgery, your SCR will provide those looking after you with this information to help them give you better and quicker care.

This can be especially useful:

- in an emergency
- when you are on holiday
- when your surgery is closed
- at out-patient clinics

- when you visit a pharmacy

### Summary Care Record – your 3 options:

You can choose how much information is shared through your Summary Care Record.

#### **You can choose to have a ‘core’ Summary Care Record**

All patients, unless they have opted out, have a ‘core’ Summary Care Record including basic information about their current medications, allergies, and bad reactions they have had to medicines.

#### **You can choose to have an ‘enhanced’ Summary Care Record**

This means your record will contain the ‘core’ information plus extra information that you think would be helpful for the healthcare staff who treat you. You must give your explicit consent for this.

That extra information could include:

- Information about your long term health conditions – such as asthma, diabetes, heart problems or rare medical conditions.
- Your relevant medical history – clinical procedures that you have had, why you need a particular medicine, the care you are currently receiving and clinical advice to support your future care.
- Your healthcare needs and personal preferences – you may have particular communication needs, a long term condition that needs to be managed in a particular way, or you may have made legal decisions or have preferences about your care that you would like to be known.
- Immunisation information – details of previous vaccinations, such as tetanus and routine childhood jabs.

#### **You can choose not to have a Summary Care Record.**

Information from your GP record concerning your current medications, allergies and bad reactions to medicines will not be readily available to other services treating you. Fewer than 5% of patients have chosen to opt out.

*For more information, or to request an enhanced Summary Care Record, please talk to the staff at your GP practice. You can change your mind about what information you share at any time.*

### How will having a Summary Care Record help me?

Essential details about your healthcare can be very difficult to remember, particularly when you are unwell. Having an enhanced Summary Care Record means that healthcare professionals treating you will be better informed about you, which will increase the quality of your care.

You may already have seen the benefits of having a core Summary Care Record. One common benefit is when a patient is admitted to hospital and the Clinician treating them is able to see they are allergic to a particular medication and so prescribe an alternative.

## How will my information be kept safe?

Your Summary Care Record can only be viewed by authorised staff who have an NHS smartcard with a chip and PIN. They must also ask for your consent to view your Summary Care Record, unless you are unconscious or otherwise unable to communicate and they believe that accessing your record is in your best interest. All access to your Summary Care record is documented and audited by the Privacy Officer of the organisation to ensure it is appropriate.

An enhanced Summary Care Record is not a copy of your whole record. Sensitive information such as fertility treatments, sexually transmitted infections, pregnancy terminations or gender reassignment **will not be included**, unless you specifically ask for it to be.

## Patients at risk

In addition to the opt-outs above, patients also have the right to request that NHS England restricts access to their demographic record. However, if a patient's demographic record is restricted the patient cannot use some NHS services that need location information.

These include [e-Referral Service \(e-RS\)](#), [GP2GP](#), [Summary Care Records \(SCR\)](#) and the [Electronic Prescription Service \(EPS\)](#). It may also stop access to services that use NHS login.

So, we highly recommend that you only request this if you are at significant risk of harm if your location is identified, as it creates lots of inconveniences for you when accessing NHS services. More information about how to request this can be found on the [NHS England website here](#).

**If you think that requesting this level of restriction is necessary** to protect you or someone you care for from harm, please speak to your GP or reach out to us by phone and ask to speak to the practice manager.

## Reviews of and Changes to our Privacy Notice

We keep our Privacy Notice under regular review. This notice was last reviewed in 22/06/26