

# **My Medical Record National Conference and User Group London – 5 October 2018**

## **A Patient View**

# MyMR Patient View Topics

- Background
- Early Diagnosis and Lack of Symptoms
- Treatment
- Reflections
- Personal Use of My Medical Record



# MyMR      Personal Background

- Age 72 in 2018
- Retired Civil Engineer. Bridges & rivers, but primarily Project Managing design, construction and commissioning of Drinking Water & Sewage Treatment Works, Pumping Stations & Pipelines.
- UK & Abroad for work – Short term Jamaica, Dubai, Hong Kong, Nepal. Multiple short-term visits to Oman and Sudan. Resident in Romania & Cyprus. Temperature ranges abroad  $-25^{\circ}\text{C}$  to  $+55^{\circ}\text{C}$ .

# MyMR      Personal Medical History

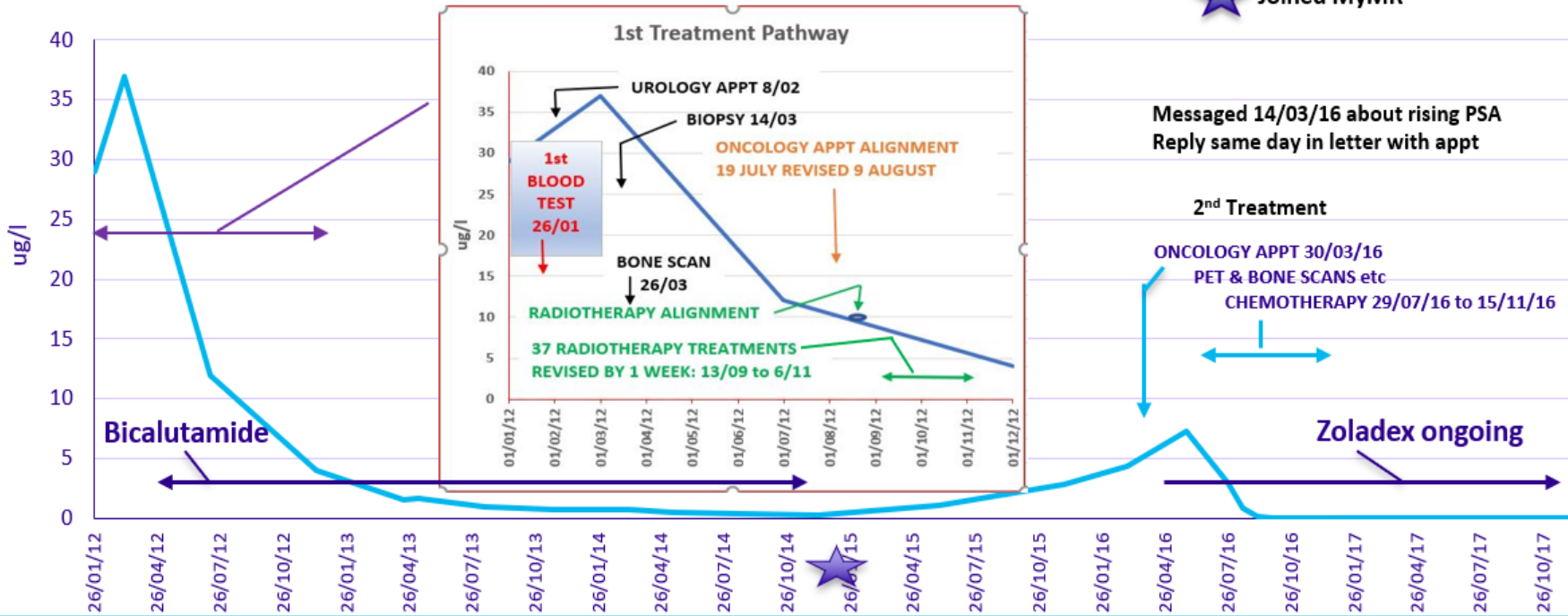
- Exercise – Active and refereed rugby until aged 54.
- Since mid-1990s Chiropractor preventative maintenance to my back.
- Only occasional visits to GP with chest infections and the like.
- A decent diet.
- Inoculations for work - Tetanus, Typhoid, Yellow Fever, Hepatitis A & B, pills for Malaria.
- Enlarged liver 2003 in Romania, suspected from Sudan in 1999.

# MyMR My Early Diagnosis & Lack of Symptoms

- Late November 2011 in Romania.
- Troublesome ache more than pain - did not need pain relief – in upper thighs especially rising from a chair.
- Retired back to UK at Christmas 2011.
- Chiropractor in mid-January 2012 gave me letter for GP suggesting arthritis.
- GP agreed and given blood test for PSA as well as Arthritis.
- Arthritis took its course, unable to bend to don socks & shoes until medication solved that problem. Ache was gone before radiotherapy for cancer began.
- No clear Prostate cancer symptoms except occasional night visits.

# MyMR Personal Treatment

PSA PROFILE 26/01/12 to 5/01/18



# MyMR Personal Treatment Reflections

- Most important information from the oncology team?
- Why two complaint letters? Q1 20/06/12-A1 29/08 & Q2 3/09/12-A2 30/10/12
- Dismayed at the number of cancer patients at the clinics I attended.
- Recognised the professionalism of the oncology team.
- Eternally grateful to GP for the PSA test when no apparent symptoms.
- May not have been able to present this if not diagnosed early.
- Able to lead a busy life in 2018.

# MyMR Personal Use of My Medical Record (1)

- Joined 24 December 2014. Attraction was fewer hospital visits.
- Quarterly Test Results – PSA & graph. Arthritis Bloods with ranges.
- Consultant letters to GP – Picked up 2 errors and messaged.
- Messaging – Several times. Quick response.
- Appointments – Not used as source but occasionally check dates.
- Medication – Patient led so would question up to date accuracy.

Facility to ask advice.

Possible additional facility.



# MyMR Personal Use of My Medical Record (2)

## Facilities not used

- News and Social Media.
- Health MOT.
- Quality of Life.
- Finding Support.
- Self Management.
- Support with Managing Side Effects of Treatment.
- Healthier Lifestyle.
- IT Skills.

# MyMR Personal Observations

- Saw my GP once after 2012 referral, early 2017 losing a thumbnail after chemotherapy.
- Q O F.
- Security.
- User Friendly and User meetings.
- Overall reflections of My Medical Record.

# **MyMR      A Patient View**

Thank You

Observations and Questions Welcome