Guide to viewing your online Patient Health Record (PHR)

How to access your Maternity Personal Health Record

Provide your email address

1. Give your healthcare professional (midwife) your email address.

2. Check your inbox for an email with a link to PHR app.

3. Register as soon as you can because the link will expire after 72 hours.

   If the link expires, contact your healthcare professional.

Hi,

Your NHS Trust has granted you access to your Maternity Personal Healthcare Record. In order to gain access to your record, you must verify your email address and create a password.

Your information is valuable. For this reason, please make sure when creating your password that it is unique and not used anywhere else.

The link provided will only be valid for a short amount of time. Please complete the verification process as soon as you are able.

If the link has expired, you will need to contact your NHS Trust to request a new link.

Click the link below to verify your email address and gain access to your record:
Verify Email Address

Kind regards
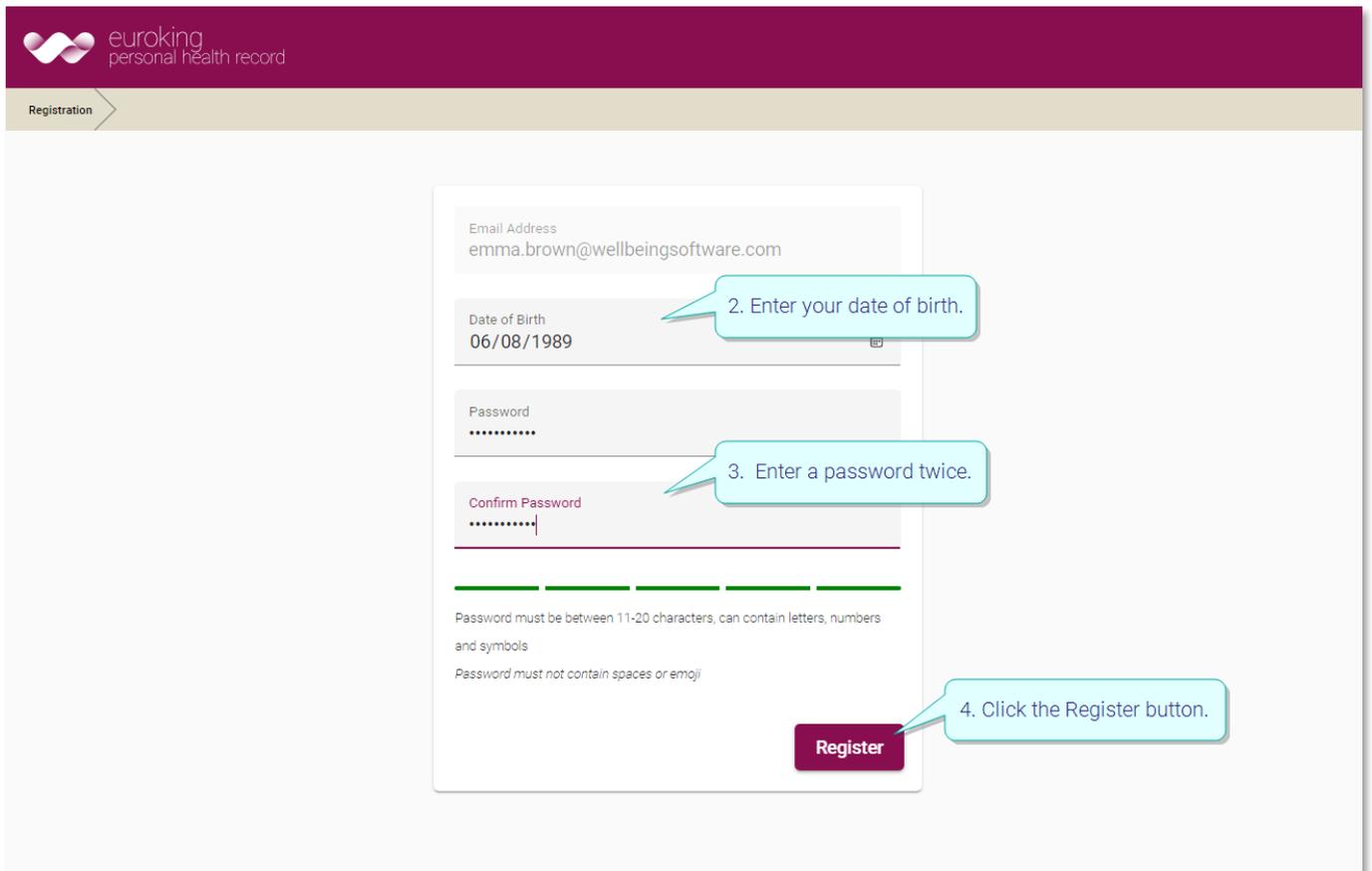
Your NHS Trust

Tip:

Supported Browsers: Chrome, Internet Explorer 11, Edge, Firefox.
Supported Devices: Android, iPhone, iPad.

Register

1. Click the link in the email.

2. Enter your date of birth.

3. Enter a password twice.
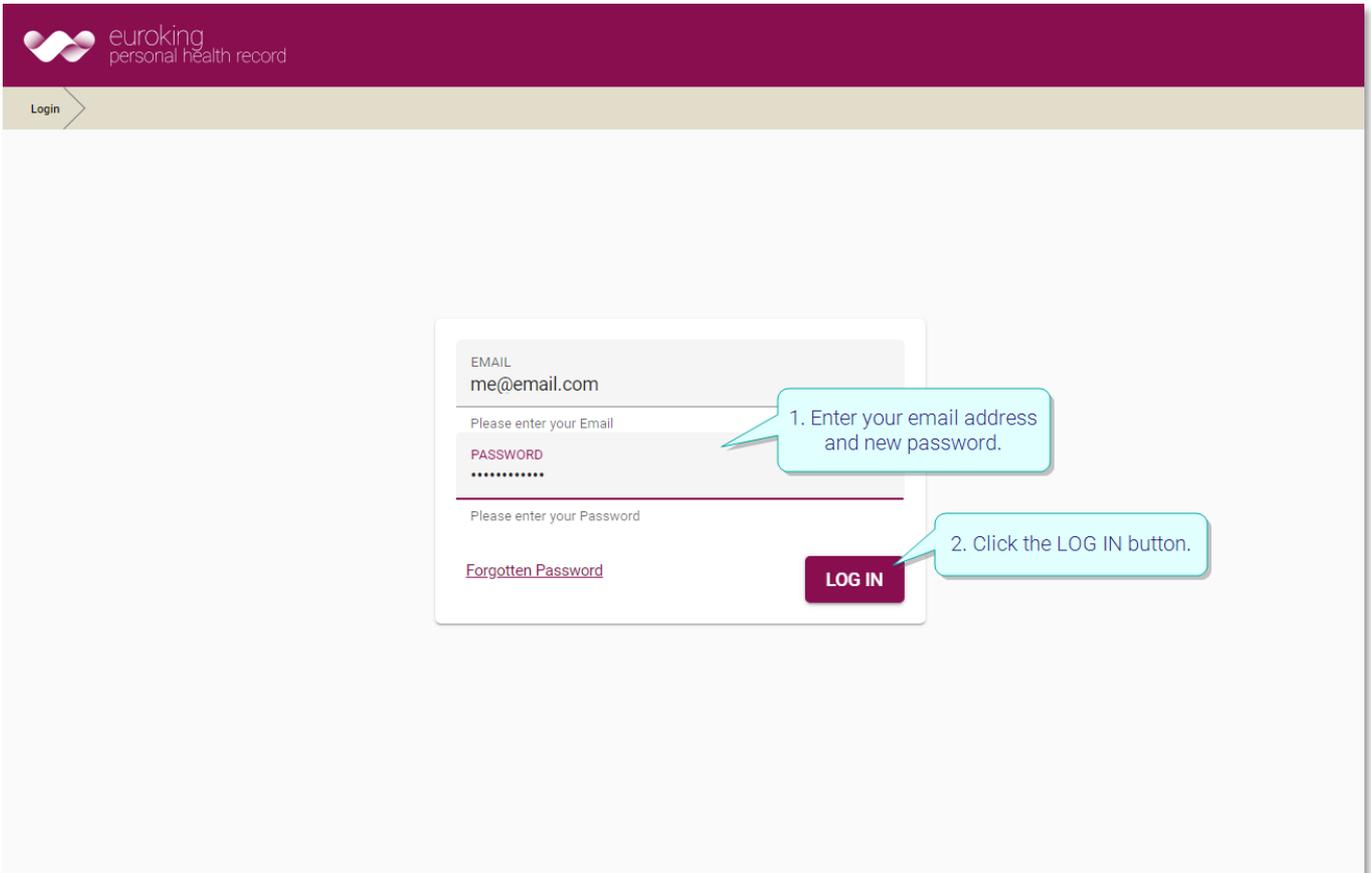
4. Click the **[Register]** button.

Log in

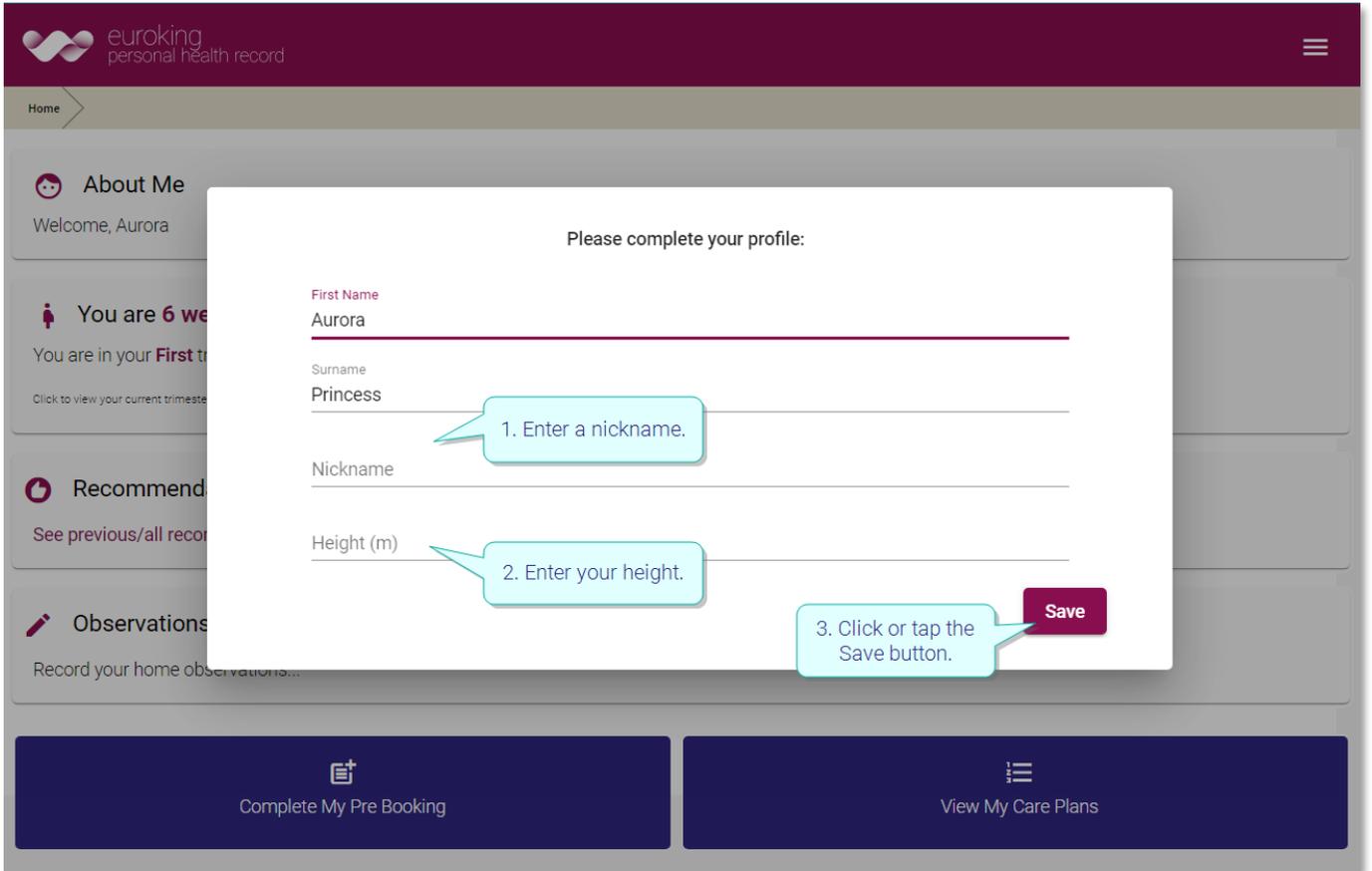1. Enter your username (email address) and password.

2. Click the **[LOG IN]** button.

> **Tip**:
>
> To change your password go to **Menu > My Account > Change Password**.

Complete your profile

1. Optional: Enter a nickname. (The name you would like your midwife to use).

2. Enter your height in metres.

3. Click the **[Save]** button.

Tip:
Height must be in metres, with no more than two decimal places. For example 1.38. To convert feet to metres, use an online conversion tool.

1. Click the **[Menu]** ▤ button to open the side menu.
2. Click the **[Log Out]** button.

Note:

You will be automatically logged out after 30 minutes of inactivity.

Whart information is available in PHR?

PHR contains information (relating to your current pregnancy) that you have given to your care provider / midwife during your first booking and other hospital or community appointments.

You can enter information into PHR yourself. Some information will be sent to your hospital record so your midwife can see it. Some pages are intended for personal notes and will not be displayed in your hospital record.

PHR also has links to useful information and advice relating to pregnancy and birth.

Read about

- **About Me** - Your profile contains your name, nickname, and height.
- **Trimester** - Clicking the Trimester card will open the appropriate page (first, second, or third) with links to advice on pregnancy and birth.
- **Recommendations** - Personalised recommendations based on information you have given. For example, advice on managing diabetes.
- **My Pregnancy Notes** - View hospital notes relating to this pregnancy.
- **My Care Plans** - Your plans for care before, during, and after the birth.
- **Useful Websites** - Links to useful information. For example, maternity services, NHS pregnancy advice, leaflets.
- **Contact** - Contact details for Data Quality, Useful Addresses, and your Hospital Departments.

Enter information for your care providers

Your midwife and other care providers will see anything you enter here, via your hospital record.

- **My Pre Booking** - Provide details about your medical history and current circumstances.

Enter personal notes

Your midwife and other care providers **will not see your personal notes** via your hospital record, although they could access the notes if required. To be safe, don't put anything that your midwife needs to know in your Observations or Journal - contact the hospital directly.

- **Observations** - Keep a record of your weight, blood pressure, and urine test results.
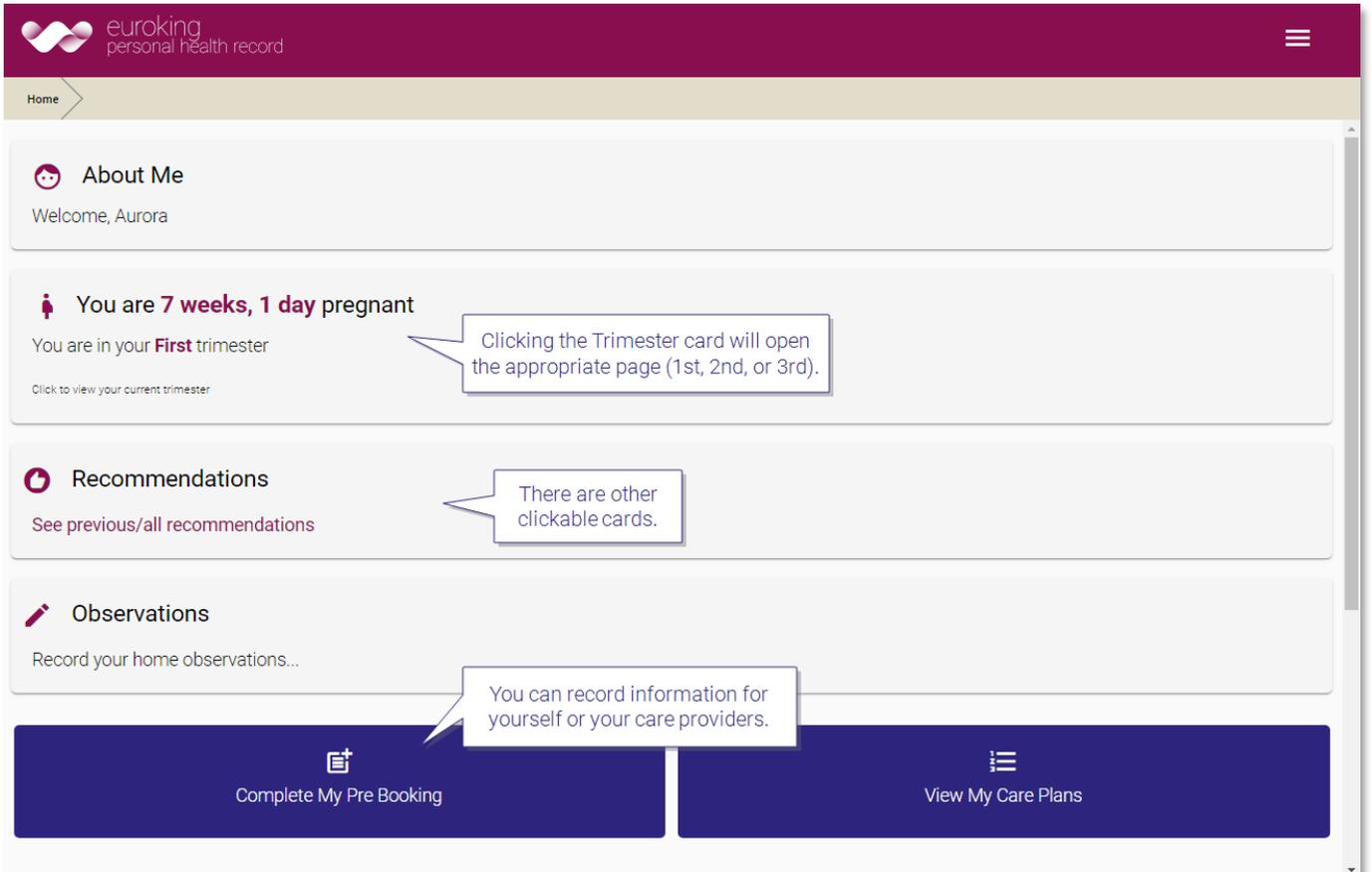- **Show My Journal** - Keep notes for yourself about any aspect of your pregnancy.

> **Warning:**
> This information is for your personal use only. If you have any concerns, please contact your midwife directly.

PHR opens at the **Home** page. There are cards that you can click to open different pages.

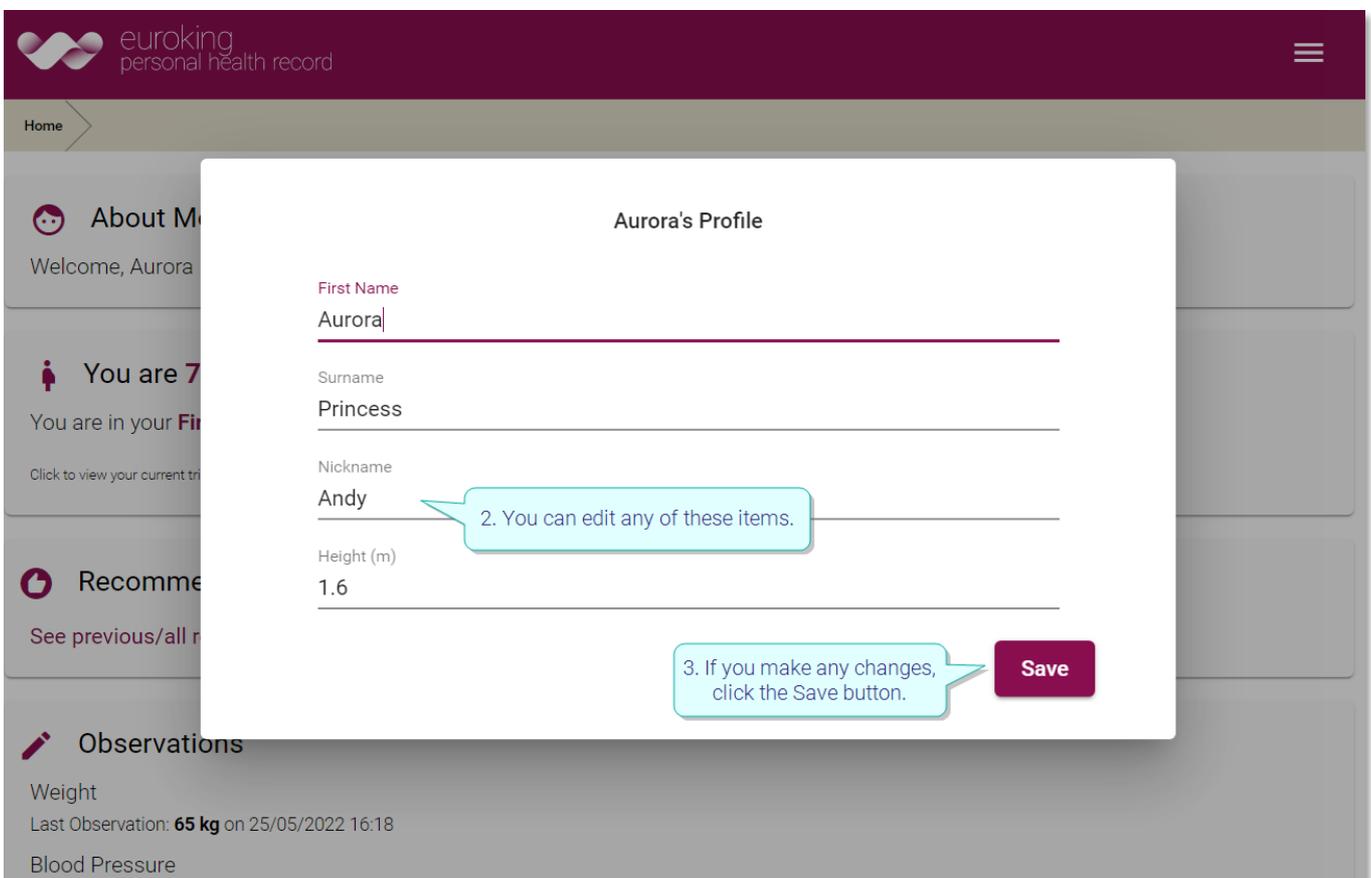You can also click the **[Menu]** ☰ button to open the side menu.

To view your profile:

1. Click the [About Me] ⊙ card on the Home page.

    OR

    Click the [Menu] ☰ button to open the side menu.

    Click 🙂 My Account.

    Click ⊙ Profile.

2. You can edit any of these items:

    First name (s).

    Surname.

    Nickname (The name you would like your midwife to use).

    Height in metres.

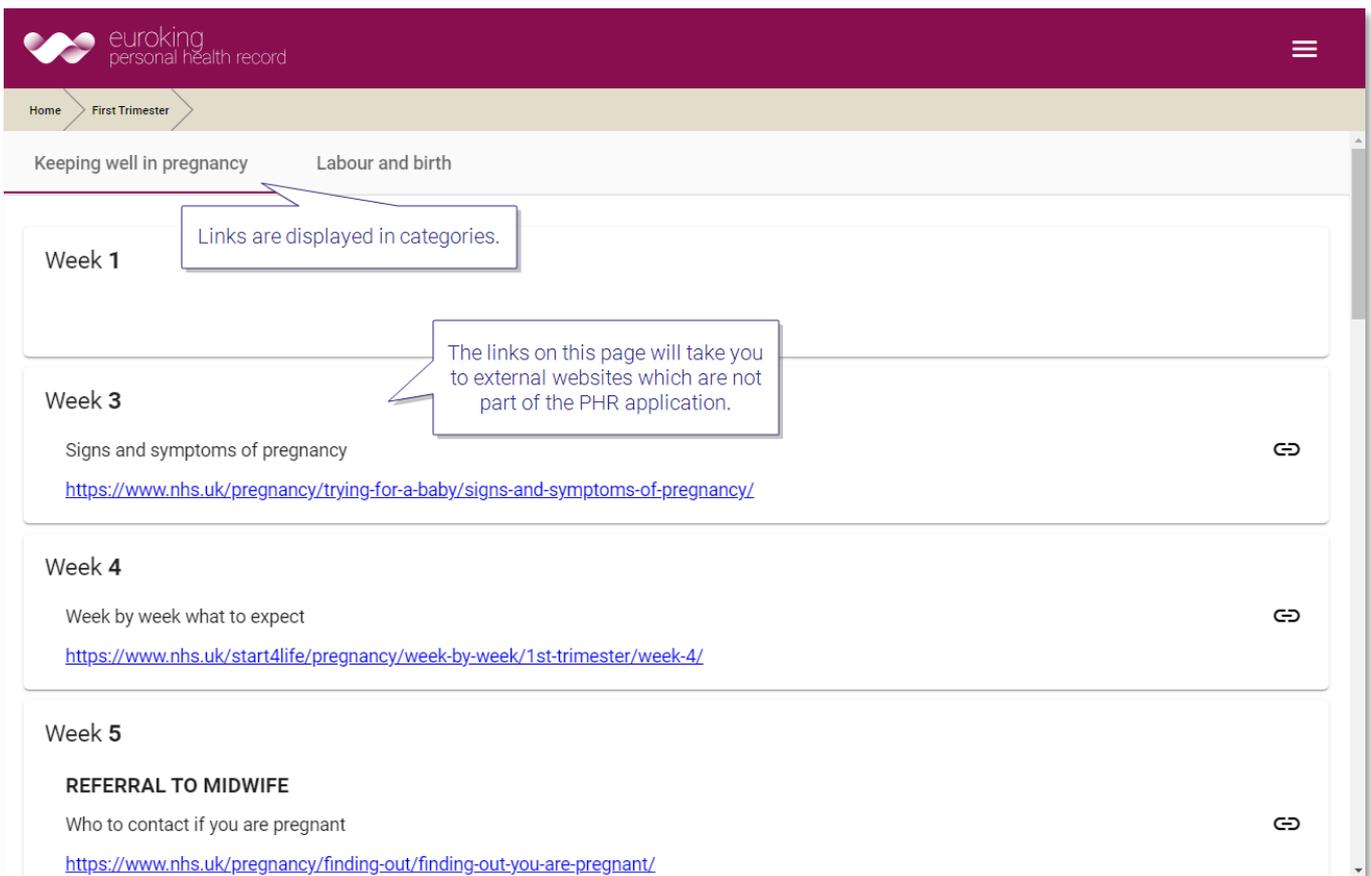3. If you make any changes, click the [Save] button.

Pregnancy is divided into three trimesters, each lasting for approximately three months. To view information which is relevant during your current trimester:

1. Click the **[Trimester]** 🧍 card on the **Home** page.

2. If gestation is between 0 and 12 weeks, the **First Trimester** page opens.

    If gestation is between 13 and 27 weeks, the **Second Trimester** page opens.

    If gestation is 28 weeks and above, the **Third Trimester** page opens.

OR

1. Click the **[Menu]** ☰ button to open the side menu.

2. Click 📖 **Pregnancy Information**.

3. Select a trimester.

Links are displayed in categories. For example, **Keeping Well in Pregnancy** and **Labour and Birth**.

Note:

The links on this page will take you to external websites which are not part of the PHR application.

Recommendations contains personalised advice based on your own health, medication, or circumstances. To view your recommendations:

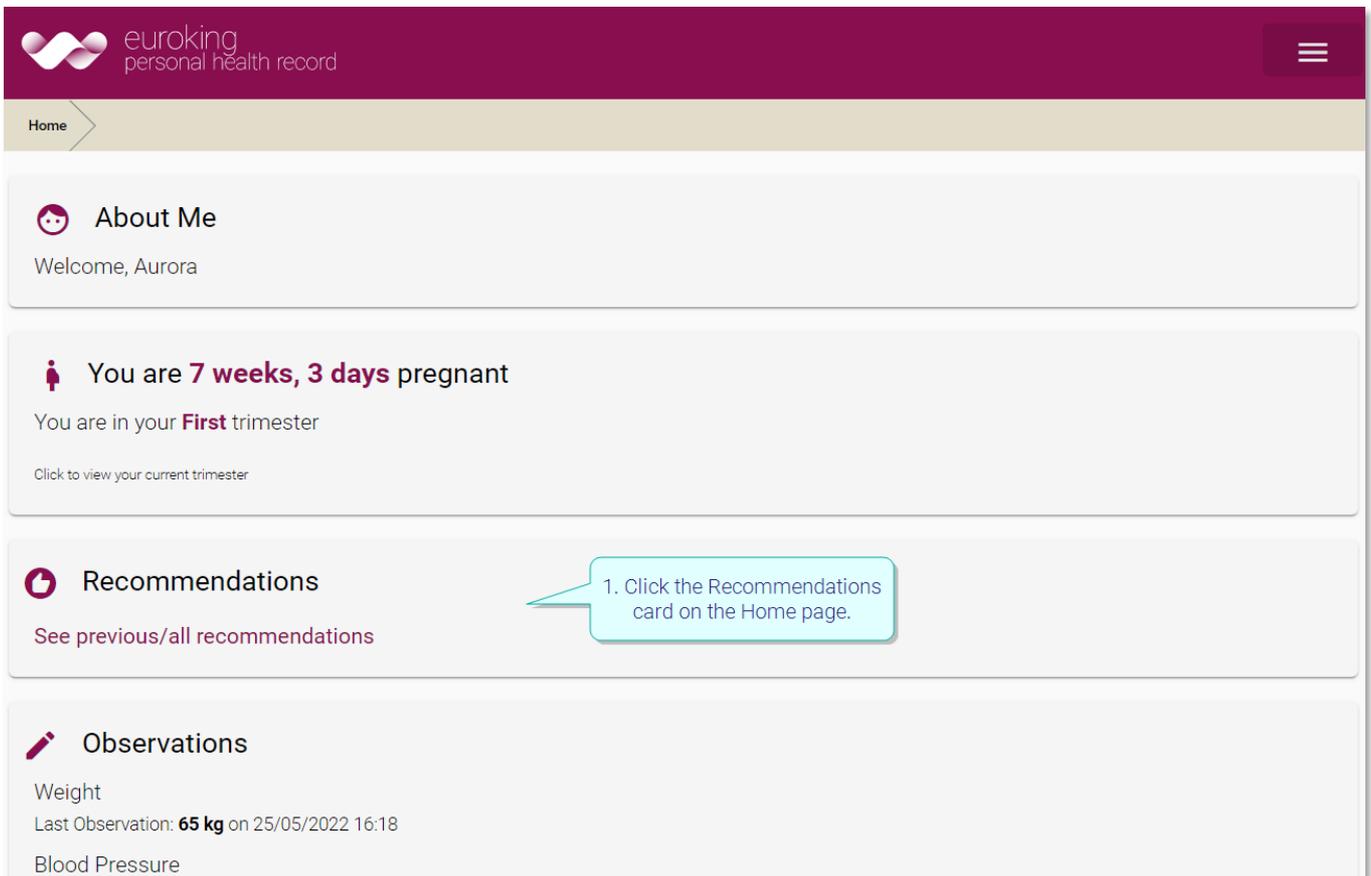1. Click the **[Recommendations]** ⟳ card on the **Home** page.

   OR

   Click the **[Menu]** ☰ button to open the side menu.

   Click 🧍 **My Pregnancy**.

   Click ⟳ **Recommendations**.

2. You will see links to relevant advice.

> **Note**:
>
> The links on this page will take you to external websites which are not part of the PHR application.
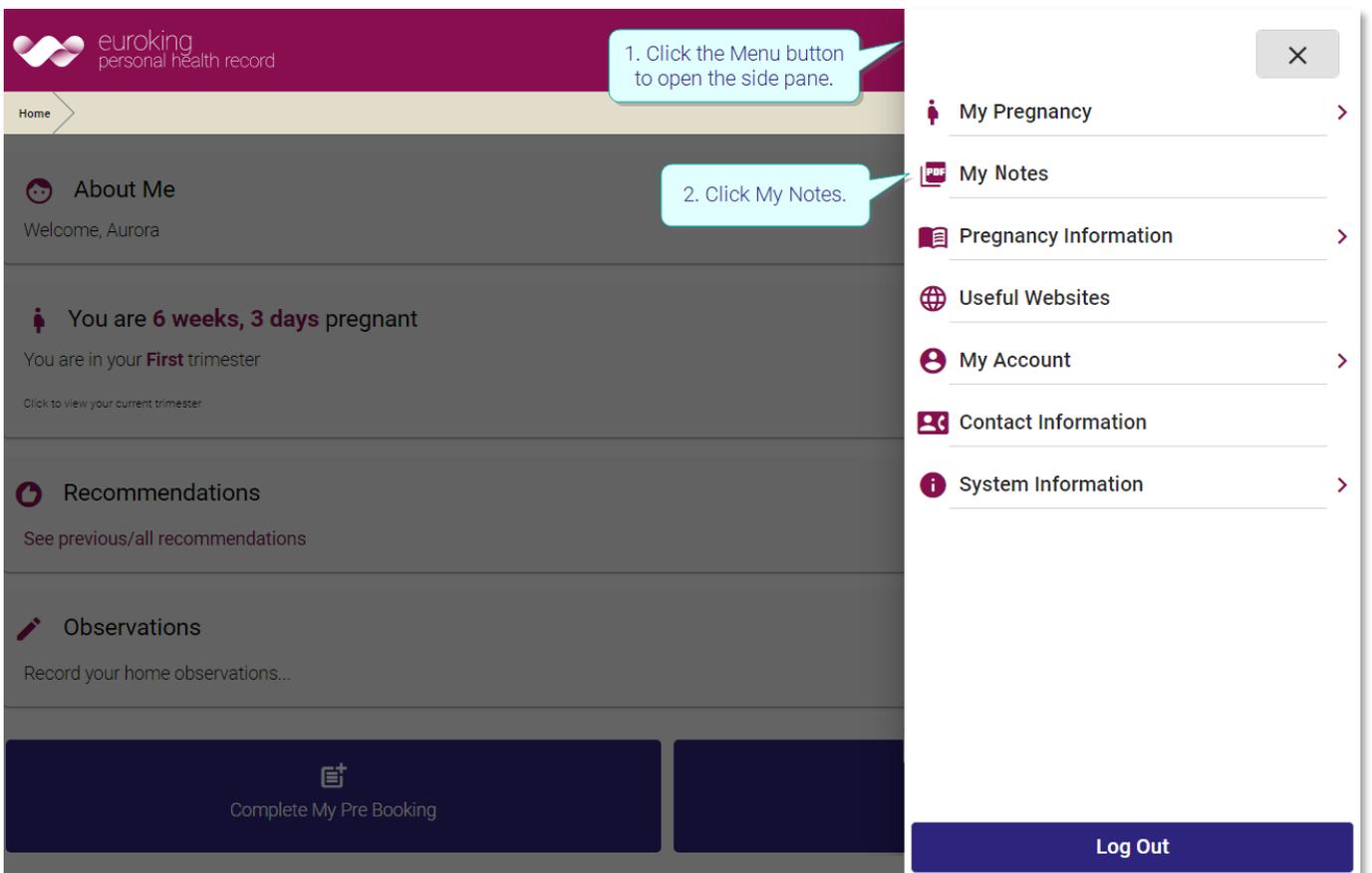
My (Pregnancy) Notes contains information gathered each time you visit or call your midwife. Your notes may include details from antenatal appointments, your labour and delivery, and postnatal care. To view your notes:

1. Click the **[Show My Pregnancy Notes]** 📄 card on the <u>Home</u> page.

    OR

    Click the **[Menu]** ☰ button to open the side menu.

    Click 📄 **My Notes**.

> **Note**:
>
> Your notes may contain unfamiliar medical words or phrases. Please contact your midwife if there is anything you do not understand.

Care Plans are the preferences and goals you have discussed with your midwife. They can relate to care before (Antenatal), during (Intrapartum), and after (Postnatal) the birth. To view your care plans:
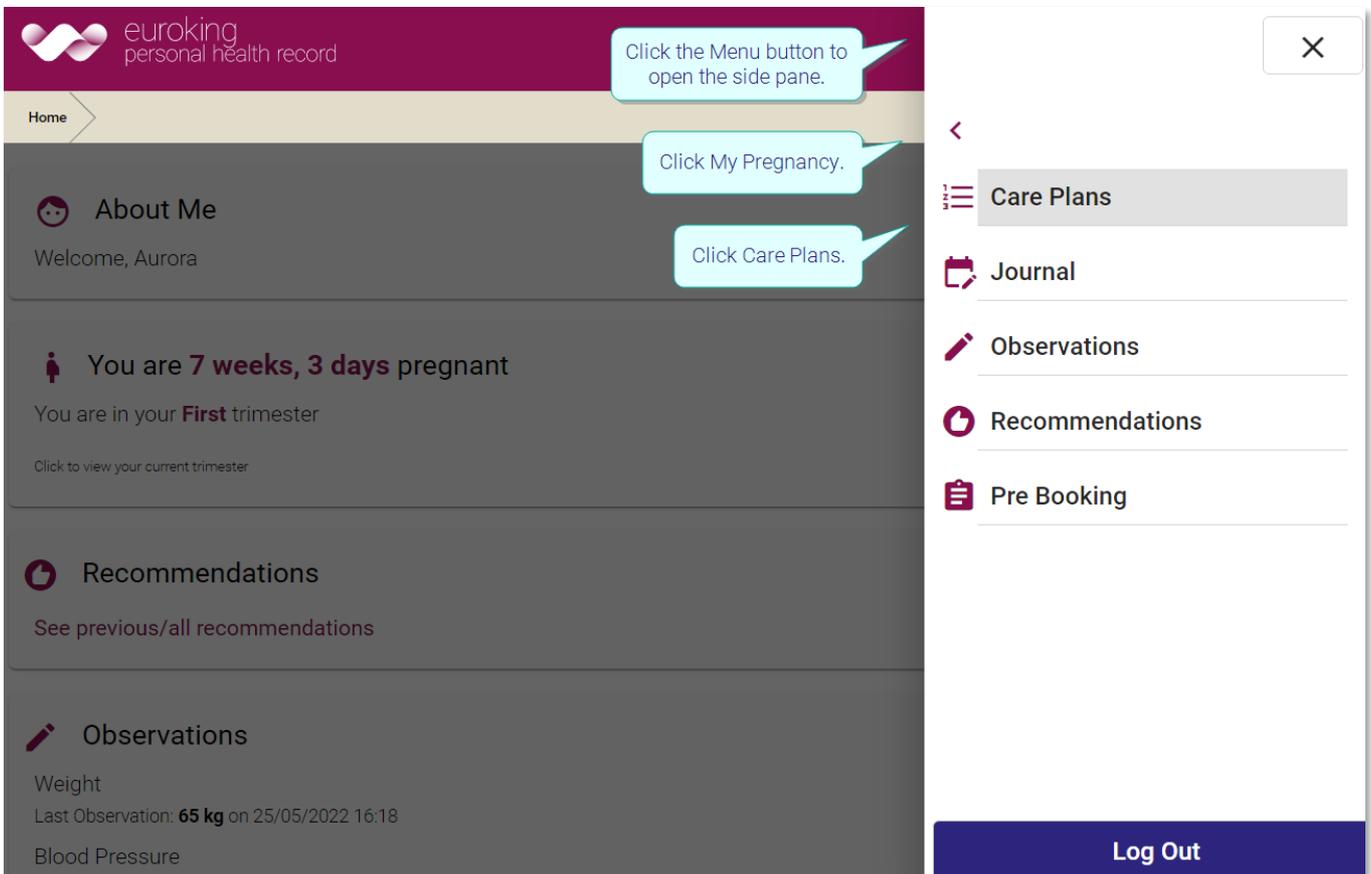
1. Click the [View My Care Plans] 📋 card on the <u>Home</u> page.

   OR

   Click the [Menu] ▤ button to open the side menu.

   Click 🧍 My Pregnancy.

   Click ☰ Care Plans.

> **Note**:
>
> Care plans are read-only. If you want to discuss your answers to any questions or add new information, you should contact your midwife.

> **Note**:
>
> If any of your personal information is *incorrect*, you can use your Data Quality Contact details to notify your hospital. You will find the contact details in **Menu > Contact Information > Data Quality Contact.**

Contact Information

To view your healthcare contacts:

1. Click the **[Menu]** ▤ button to open the side menu.

2. Click 📇 **Contact Information**.
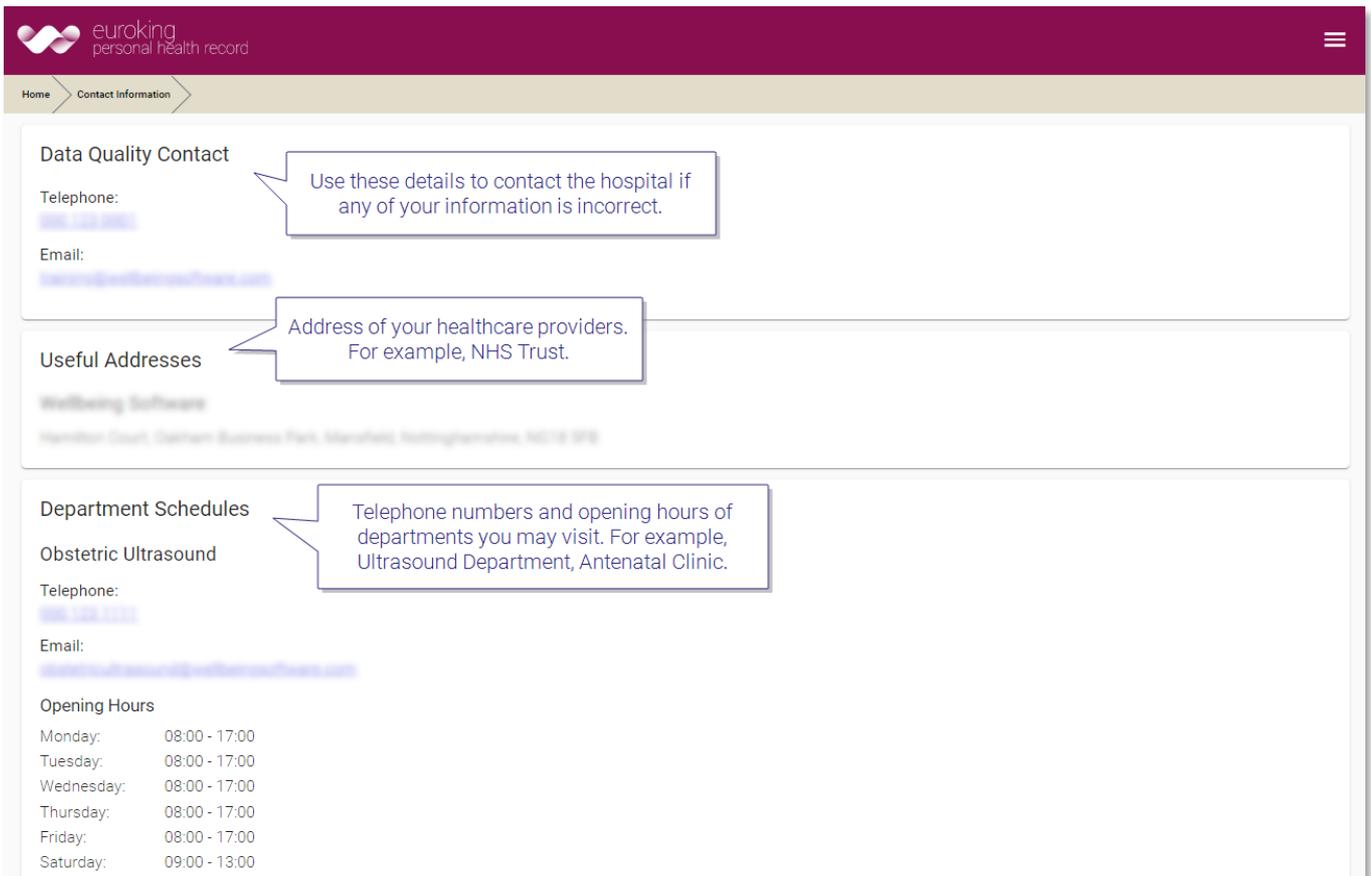
Data Quality Contact

Use these details to contact the hospital if any of your information is incorrect.

Useful Addresses

Address of your healthcare providers. For example, NHS Trust.

Department Schedules

Telephone numbers and opening hours of departments you may visit. For example, Ultrasound Department, Antenatal Clinic.

Pre Booking information is a combination of medical history and current circumstance. To view your pre booking:

1. Click the **[Complete My Pre Booking]** 🔲 card on the <u>Home</u> page.

    OR

    Click the **[Menu]** ▤ button to open the side menu.

    Click 🧍 **My Pregnancy**.

    Click 📋 **Pre Booking**.

2. Click a card to see the questions in that section.
3. Click tickboxes to answer questions.
4. Click the **[Submit]** button when you are finished.

Note:

For some questions you can select more than one answer. Sometimes, selecting one answer will deselect another. For example, if you select "No" to the question do you have any allergies?" then you select "Penicillin", "No" will be automatically deselected because your second answer means that "No" cannot be true.

Tip:

You do not have to answer every question to be able to save a questionnaire. If you are unsure how to answer any questions, just answer what you can and your midwife will help you to complete the questionnaire.

To view or edit your birth preferences:

1. Click the [My Birth Preferences] 🗗 card on the <u>Home</u> page.
    OR
    Click the [Menu] ☰ button to open the side menu.

    Click 🧍 **My Pregnancy**.

    Click 📋 **My Birth Preferences**.
2. Click a card to see the questions in that section.
3. Click tickboxes to answer questions.
4. Click the [Submit] button when you are finished.

> **Note**:
>
> For some questions you can select more than one answer. Sometimes, selecting one answer will deselect another. For example, if you select "No" to the question do you have any allergies?" then you select "Penicillin", "No" will be automatically deselected because your second answer means that "No" cannot be true.
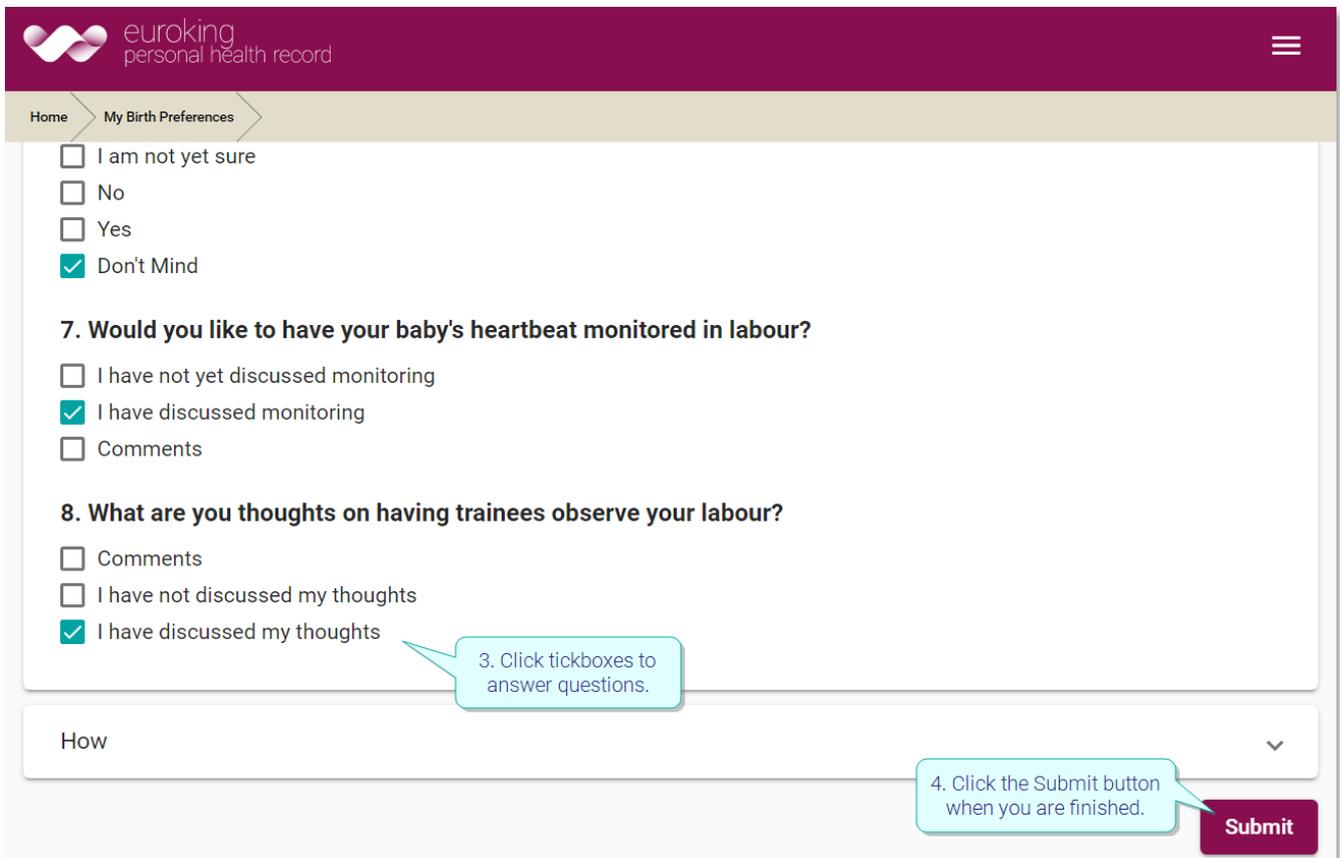
> **Tip**:
>
> You do not have to answer every question to be able to save a questionnaire. If you are unsure how to answer any questions, just answer what you can and your midwife will help you to complete the questionnaire.

Observations

You can keep a record of your weight, blood pressure, and urine test results. PHR shows the data in a graph so you can see how your results change through your pregnancy. To add a new observation:

1. Click the **[Observations]** 🖊 card on the <u>Home</u> page.
    OR
    Click the **[Menu]** ☰ button to open the side menu.

    Click 🧍 **My Pregnancy**.

    Click 🖊 **Observations**.
2. Click a card to open that section.
3. Click the **[Add Observation]** button.
4. Enter a value.
5. Click the **[Save]** button.
6. Hover over a dot on the graph to see details.
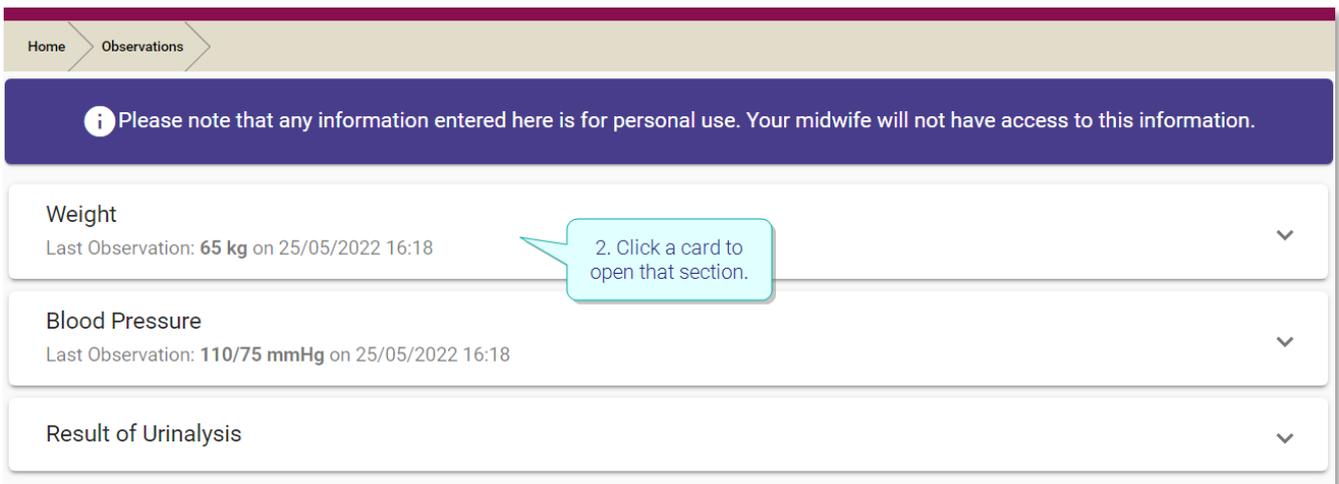
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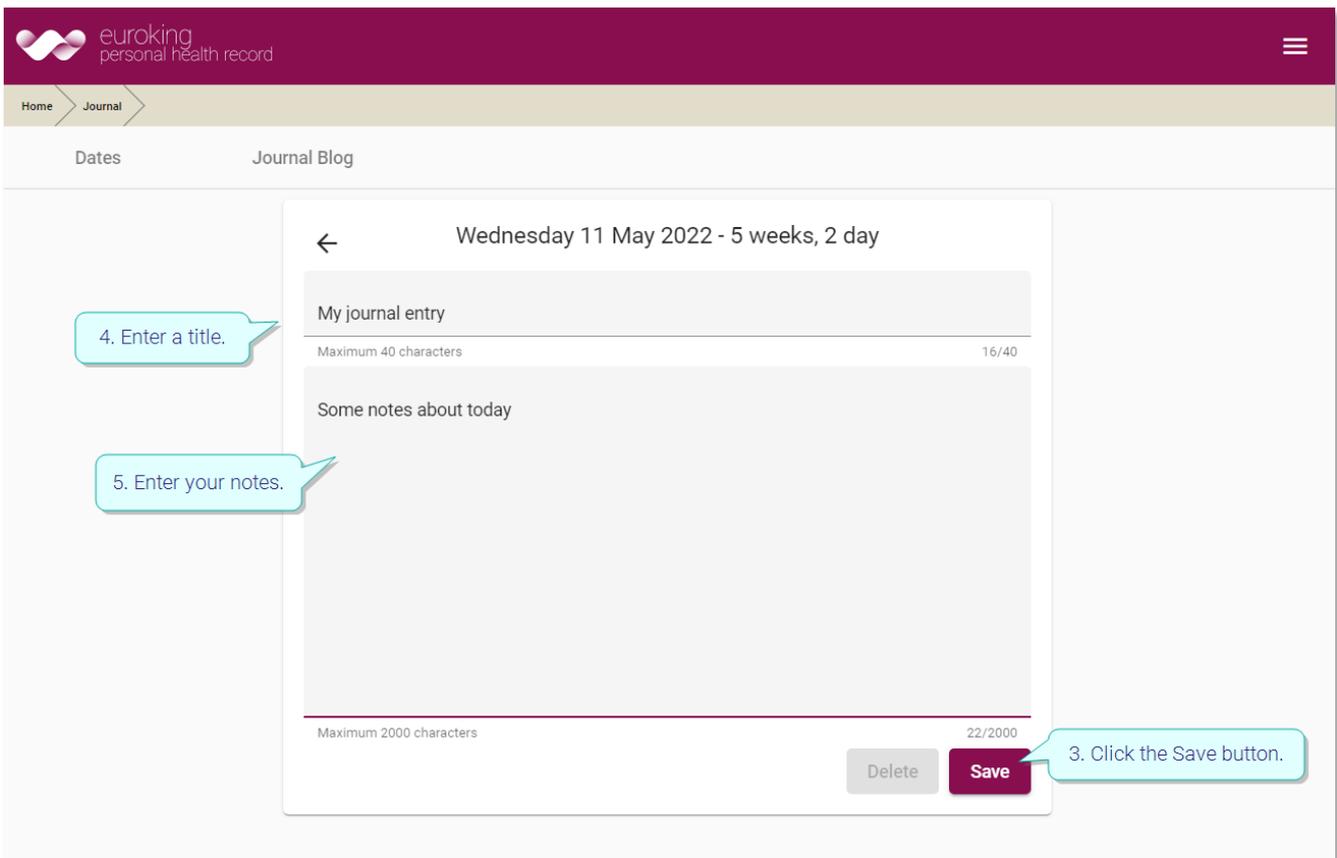
Tip:
Weight must be in kilograms, with no more than two decimal places. For example 65.35. To convert stones to kilograms, use an <u>online conversion tool</u>.

Journal

You can keep a record of your weight, blood pressure, and urine test results. PHR shows the data in a graph so you can see how your results change through your pregnancy. To add a new observation:

7. Click the **[My Journal]** ⬚ card on the <u>Home</u> page.
    OR
    Click the **[Menu]** ☰ button to open the side menu.

    Click 🧍 **My Pregnancy**.

    Click 🗓 **Journal**.

8. Click a date.
9. Enter a title.
10. Enter your notes.
11. Click the **[Save]** button.
12. Hover over a dot on the graph to see details.

> **Warning**:
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