# How patients can Opt-Out

1. **Type 1 Opt-out*** – a nationally produced form has been produced which patients can fill in and send to the practice (by post or email). Click here to view the form. Apply relevant code in grey box below.
2. **National Data Opt-out** – Visit the **NHS website** or use the NHS App (instructions below)
3. & 4. **Primary Use Opt-out** – we would suggest patients contact the surgery reception to perhaps speak to the practice manager/deputy practice manager to discuss this. Patients should be aware of the impact this may have before the opt out is applied. If they still wish to go ahead then code as appropriate using below codes.

* this may be changing to provide patients with a single data opt out pending some national consultation

How data in your GP record is used, and how you can control the use
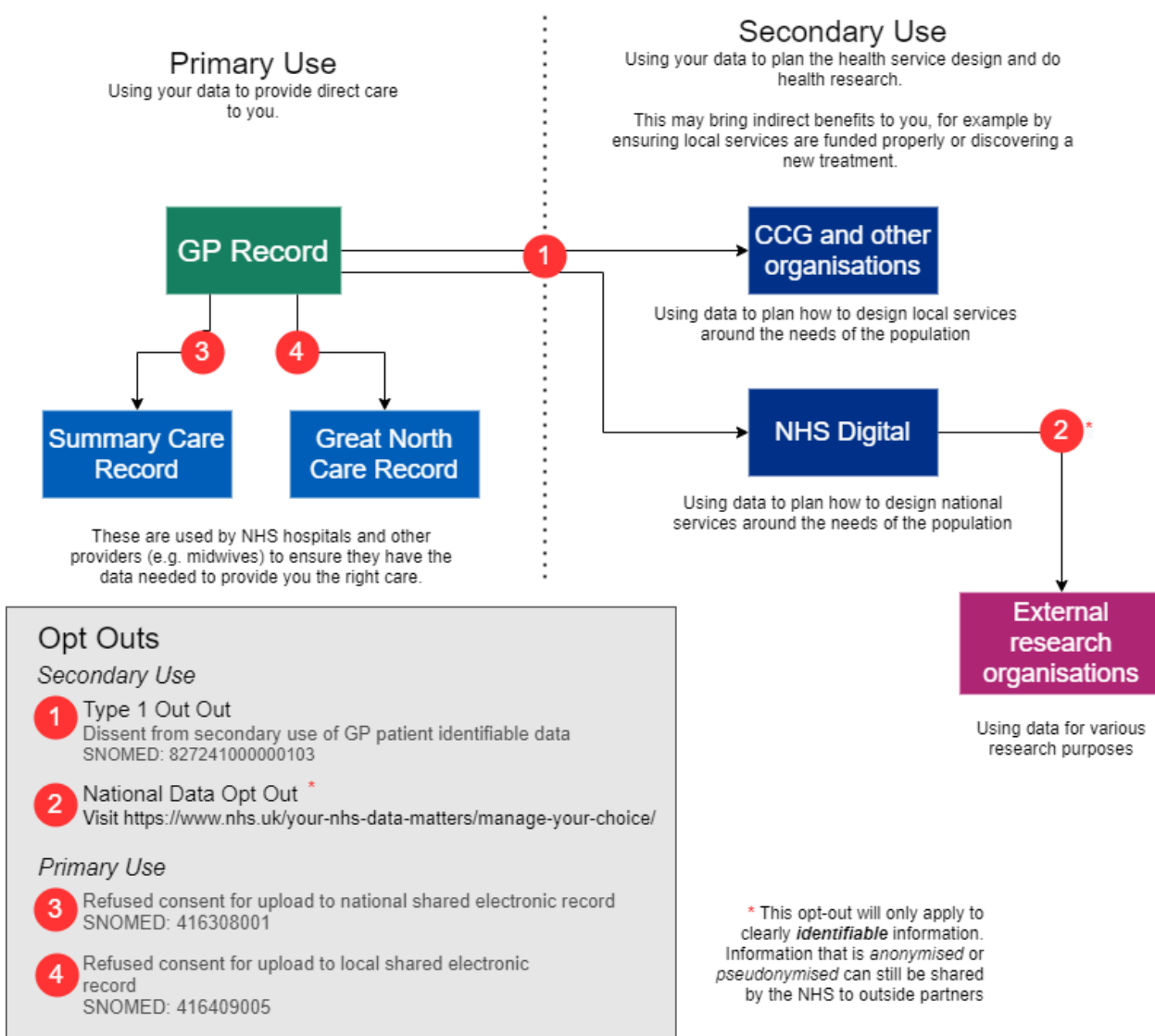
Information you may want to share with your patients

How data in your GP record is used and how you can control the use (opt-out)

As a practice, we fully respect your right as a patient to control your data. We outline our [privacy policy](#) in more detail on our website and explain how we share data with other providers, including the **Great North Care Record** and **NHS Digital** for secondary use.

You have the right to opt-out at any time from data being shared.

Your data is used in broadly two different ways:

1. To provide you with care. This is called "*Primary Use*"
2. To allow for planning and research to be done. This is called "*Secondary Use*"

Both uses will only be made where it is considered secure and appropriate to use patient data.

Opting-out of data sharing is an option for all patients, however it is not without potential downsides. For *Primary Use* data, if you opt-out and need care in a local hospital, for example, it may be much harder for the staff to access important medical information about you needed to provide safe and effective care. For *Secondary Use*, the downsides are more indirect. If everyone in the country were to opt-out, it would make it much harder to ensure funding is used in the NHS to develop services where they are needed. It would also be harder to develop new treatments.

It is possible to opt-out of specific parts of data sharing, while keeping some elements of data sharing in place. It is very common, for example, for people who have privacy concerns about *Secondary Use*, to be happy to continue sharing data for *Primary Use/Direct Care*.

The below table summarises what opt-outs are possible, and how to request them:

How data in your GP record is used, and how you can control the use
Primary Use - sharing your data for your direct care

Who it is shared with	How it is used	How to opt out
Summary Care Record Great North Care Record	These are used by NHS hospitals and other providers (e.g. midwives) to ensure they have the data needed to provide you with the right care.	Opt out through your GP practice - contact the surgery reception to speak to the practice manager/deputy practice manager to discuss this and we will be able to apply the opt-out

Secondary Use - Using your data to design health services and do health research

Who it is shared with	How it is used	How to opt out
Local NHS Organisations (such as Clinical Commissioning Groups)	Using data to plan how to design local services around the needs of the population	Use a 'type-1 opt out' - Please send **this form** to the practice by emailing to sunccg.gmp.admin@nhs.net
NHS Digital	Using data to plan and design national services around the needs of the population	
External research organisations	Using data for various research purposes	Use the National Data Opt-out – Visit the NHS website or use the NHS App

How to manage your sharing preferences using the NHS App

You can view or change your current preference at any time.

To view and change your preference in the NHS App:

1.   Go to Your health

2.   Select Choose if data from your health and care records is shared for planning and research.

3.   Select Make your choice.

4.   Review the information on the page, then select Start now.

5.   View your preference, then select Change if you want to change it.

6.   Update your choice, then select Submit.

You can also visit www.nhs.uk/your-nhs-data-matters.