



# Shared care

## Information for patients



Written by the **All Wales Therapeutics and Toxicology Centre** and the **All Wales Medicines Strategy Group**. It is an easy read version of 'Shared care - patient information leaflet'.

# How to use this booklet



This is an Easy Read version of:  
**Shared care - patient information leaflet.**



You might need some help to read it. Ask someone you know to help you.



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# What is shared care?



Shared care is a formal agreement to help manage your treatment.

The agreement is between you and 2 healthcare workers, usually:



- a specialist, like a hospital doctor or expert



- and a healthcare worker at your GP practice, like a GP or another healthcare worker who can prescribe medicines. Prescribe means giving you a note, called a prescription, for the medicine you need to take.



With shared care your specialist starts your treatment. When this is working well, and it is best for you, a healthcare worker at your GP practice takes over some of your care.



Shared care does not mean your specialist stops seeing you. You are still under their care.



Both your specialist and a healthcare worker at your GP practice must agree to shared care. If they do not agree, your specialist will keep managing your treatment.

# How shared care works

## At the start

Your specialist will:



- Explain the good effects of your treatment.



- Explain any bad effects your treatment might have.



- Give you any written information you need.



- Explain what checks you may need, such as blood tests.



- Tell you what you, your specialist and the healthcare worker at your GP practice will do.



If you agree, your specialist will prescribe your medicine.



They may also arrange checks like blood tests to see how well the medicine is working.

## When things are going well



When your specialist thinks you are on the right dose of medicine, they may ask a healthcare worker at your GP practice about shared care.

If the healthcare worker at your GP practice agrees, they will:



- Take over prescribing the medicine.



- Do regular health checks.



You will still have appointments with your specialist to check how things are going. If anything changes with your health, your specialist will review your treatment.



# The benefits of shared care

Shared care can help you because:



- You may not need to travel to hospital as often.



- Both your healthcare worker at your GP practice and your specialist work to keep you well.



- They will both check how well your medicine is working.

# What you need to do



Take your medicine as your specialist told you.



Go to all your appointments with your GP practice and specialist. These might include:

- Blood tests
- Health checks



- Medicine reviews



Do not miss your appointments. If you miss them, your treatment might stop.



Take your monitoring booklet to every appointment, if you have a monitoring booklet.



Tell your healthcare worker at your GP practice or your specialist if:

- You feel unwell.



- The medicine makes you feel worse or different.



- Your health changes.



- You start taking any new medicines, vitamins, or herbal remedies.



- You move house.



Speak to your pharmacist before buying any medicines, even herbal ones.



Do not stop taking your medicine unless your healthcare worker at your GP practice or your specialist tells you to.

# If your treatment needs to change



If your condition or health changes, your healthcare worker at your GP practice and your specialist will work together.



They will choose the best next steps for your treatment.

# If you feel worried

If something is not clear, or you feel worried about your treatment, talk to:



- your specialist, or



- your healthcare worker at your GP practice.



You will get contact details for them, including who to contact if you need help in the evening or on the weekend.

# If you change your mind



You can leave the shared care agreement if you want to.



Talk to your healthcare worker at your GP practice or your specialist about what happens next.

# Your personal information

Your GP practice and your specialist will:



- Only use your information to manage your care.



- Keep your information safe and private.



- Not share your information unless you say it is OK.