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## Haematology Self-Supported Follow Up (SSFU)

### Your guide to supported self-management and remote surveillance

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Why have you given me this leaflet?

You have been given this leaflet to explain supported self-management follow-up.

## Introducing supported self-management follow-up

- Supported self-management is a type of follow-up at Mersey and West Lancashire Teaching Hospitals
- It is a system where patients can access their blood test results via 'My Medical Records'
- It avoids unnecessary hospital appointments at times when you are feeling perfectly well
- If there are any concerns, then a face to face hospital appointment will be arranged
- Your GP will also be made aware that you have entered into distance monitoring.

## Why has “supported self-management” been introduced?

Supported self-management puts you in control of your care and allows you to take an active role in your care, with help from your specialist haematology team.

## My medical record portal and support available

### Online health records

As part of your follow up care you will be provided with secure and confidential access to an online resource called “My Medical Record”. This resource can be accessed via the internet and you can use it to:

- View your blood test results
- Message your specialist haematology team
- Complete a health MOT to let us know about your health and wellbeing.

### Support

We understand that not everyone feels comfortable with technology, or has access to a computer on a daily basis. To help support you, the team will offer you information on how to obtain free of charge guidance on access to internet skills training if needed.

- You will also have a dedicated haematology support worker who will be your first point of contact for any concerns
- Your haematology support worker can be contacted through “My Medical Record” or telephone.

## Self Supported Follow Up (SSFU) Workshop

### Supported self-management workshop

You will be invited to attend a one-off workshop. The workshop is run by your haematology team. At the workshop you will learn about how we will keep track of your blood tests and how to seek help and advice when needed.

### Topics covered include:

- Introduction to supported self-management
- “My Medical Record” online demonstration
- Question and answer opportunity.

If you have any queries before you attend a workshop, please get in touch using the contact details on the next page.