
Session Plan: Introduction to My Health Record

Session overview:

This session will introduce learners to My Health Record. My Health Record is an online platform allowing healthcare professionals to share information with each other as well as the patient, to help give a clearer and more complete picture of a person's health to aid in their treatment. This session will give learners an overview of the platform, along with the opportunity to access and use My Health Record.

Learning objectives:

To increase learners' knowledge and confidence in using My Health Record and be able to make an informed decision about whether it's something they would like to access for themselves.

Suggested session length:

90 minutes

Prior knowledge:

Before you hold a session on My Health Record, have a chat to learners prior to them attending and make sure they are familiar with the following:

- Email - session plan available here: <http://bit.ly/emailsessionplan>
- MyGov - session plan available here: <http://bit.ly/mygovsessionplan>
- Filling in online forms - session plan available here: <http://bit.ly/formsessionplan>

Tip: Use the following information to log into the My Health Record training platform (bit.ly/2m4bFCL):

Username: OnDemandTrainingUser

Password: TrainMe

There is also an instructional screencast on how to access the training platform available here: <http://bit.ly/mhrscreencast>

Section	Timing	Activity	Assessment
Beginning of the session	5 minutes	<p>Discuss learning objectives and have a group discussion:</p> <p>Question suggestion: “How much do you know about My Health Record?”</p>	See how much learners can tell you about My Health Record, this will help you make sure you’re aiming your session at the right level.
Accessing My Health Record	10 minutes	<p>Discuss with learners the way to access a My Health Record and how to link this to your MyGov account.</p> <p>Mention where the information contained in My Health Record comes from</p>	Quick questions at the end such as “so what information will MyGov ask of you when you try to link your My Health Record?” or “how would you access your My Health Record if you can’t answer the security questions?” will show understanding.
My Health Record demonstration	30 minutes	<p>Show learners around My Health Record using the training platform. Areas to show them include:</p> <ul style="list-style-type: none"> - Show health snapshot and personal information - Show documents section - Show prescribed medications - Show ‘Advance Care Planning’ section - Show ‘Key Information I’ve Added’ 	During the demonstration, ask questions about the areas that you’re showing learners to check their understanding.
Break	5 minutes	Give learners a chance to have some informal chat time to talk about what you’ve just shown them	
Practical activity	30 minutes	Log learners onto the training platform and give them some time to have a look around the system	Learners should be able to find the information you’ve requested

		<p>themselves. Depending on the training profile that you choose, ask them to look around and find some information. This may include:</p> <ul style="list-style-type: none"> - Last medication prescribed - Personal notes that the person has added - Something from the 'Key information I've added' section, such as allergies - Information from the 'Advance Care Planning' section 	<p>by looking around the system. Work your way around the room as they're doing this to offer any support.</p>
Session review	10 minutes	<p>Group discussion. Ask open questions around My Health Record and how it works, the different sections and what information you might find on there. Revisit Learning objectives and ensure everyone agrees that they've been met.</p>	<p>Learners should be able to answer questions fully based on what they've seen at this session</p>

Suggested next steps:

Now learners have an understanding of what My Health Record is and how to use it, they may want to know more about how to keep their information safe and manage who can access their My Health Record. There is a session plan here for this:

<http://bit.ly/MHRprivacysessionplan>.

Alternatively, learners can find out more about how to find reliable health-related information online. The session plan for this is here:

<http://bit.ly/relwebsplan>.