

## Your Data

You will create an online account with your email and password and enter your progress against the goals you have discussed with your healthcare professional. Members of the project team will be able to view relevant data to their role in the project.

The company (SPRINK Ltd) leading the project will be able to access and use combined data from all participating hospitals in their papers. But this data will not have any patient identifiable information, so no-one will know you took part.

## Data Protection

Hywel Dda University Health Board complies with the Confidentiality Code of Practice and the Common Law Duty of Confidentiality, which is a legal obligation to protect the privacy and confidentiality of patients' information.

Under this duty, healthcare professionals, including doctors, nurses, administration staff are required to keep patient information confidential and not disclose it to any unauthorised individuals or third parties. This includes any personal, sensitive or medical information shared by the patient during the course of their treatment or consultation. All staff who work within, or who are engaged with Hywel Dda University Health Board have an ethical, professional, contractual, and legal duty to keep personal information safe and confidential.

If you require support accessing the platform  
and setting up your account,

Help is available from

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Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



# Patient Information

## Your Personal Goal Setting



A digital platform to record and monitor your  
goals, values and preferences

## PerEmpo

You are invited to participate in a pilot project that uses digital technology to record and monitor personal goals, values and preferences that matter most to you.

**The project is completely voluntary and does not affect your treatment or care.**

To take part you will need to have access to one of the following devices:



Mobile phone



Tablet/iPad



Computer/laptop

### **Why should you participate in this project**

- ◆ Setting goals with your healthcare professional describes what is important to you as an individual
- ◆ Setting goals helps you to stay focussed to your recovery
- ◆ Scoring your progress lets everyone know how you are doing

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f these are important to you then taking part in this project is for you.

**What are personal goals** - personal goals are short or long-term goals that can apply to your work, family life or lifestyle. They should be used to motivate you to achieve what you want in life. They can be seen as dreams that are achievable, yet challenging enough so that they stay interesting for you.

For example, currently you may only be able to walk a very short distance and would like to increase this to maybe walking for a mile. You can set yourself a goal of being able achieve this within the next month. The timeframe may change, but once you have achieved this, you can increase the distance that you would like to walk.

**What are personal values** - personal values or core values are the beliefs we hold most dear and guide our behaviour, attitudes and decisions.

For example, your personal values are vital to your personality and helps to identify what you believe in and what makes you happy. Your values could

change depending on your age and life experiences.

**What are personal preferences** - personal preferences refer to your Individual tastes, inclinations and choices that dictate your decisions in various aspects of life.

For example, you may prefer to go for a walk on a treadmill instead of around a park, walking alone instead of with friends/group.

Hywel Dda and Aneurin Bevan University Health Boards along with health care organisations in Scotland, England, USA and Australia have been selected to take part in this 6 month international pilot project working in collaboration with SPRINK Ltd.

SPRINK Ltd is an organisation working to enable all people to enjoy the health and care outcomes that matter to them.

### **Unlocking Patient Empowerment**

The digital platform that will be used is called **PerEmpo**. It is designed by SPRINK Ltd, to transform the way patients and healthcare professionals interact. Fostering a more personalised and collaborative approach to health care. By focusing on personal values, goals and preferences. **PerEmpo** enables people, like you, to take an active role in their care journey.

Patients can use **PerEmpo** to clearly communicate their personal values and goals and their progress in achieving them, to their healthcare professionals from the comfort of their own home. This ensures that treatment plans are not only tailored to individual medical condition(s) but also aligned with individual priorities.

### **Accessing the Platform:**

Once you have consented to participating in the project:

- ◆ You will be provided with a link, to create your own account on the PCVHBC Technology Platform, called **PerEmpo**
- ◆ You will confirm your account, creating your own password
- ◆ Once you log into **PerEmpo** you will be able to watch a short video which has been produced by a patient and doctor, telling you more about the project
- ◆ Have a think about what matters to you, in your life and health
- ◆ At your next consultation, you and your healthcare professional will agree the values and goals together and make any changes