



Data Security in Health & Care

A practical guide to protecting personal information in health and care settings. One-page summary.

The 10 things to remember

- 1 Health and care information is special category data and needs extra protection.
- 2 Confidentiality never ends: not after a shift, a discharge, a death, or a job change.
- 3 Implied consent covers sharing within the care team for direct care, on a need-to-know basis.
- 4 Share the minimum information that does the job, only with people who need it.
- 5 Safeguarding overrides confidentiality when someone is at risk of harm.
- 6 Assume capacity, support the person to decide, and record best-interests decisions.
- 7 Verify police and third-party requests, get them in writing, and escalate rather than decide alone.
- 8 Keep care information off personal phones, WhatsApp and social media, always.
- 9 Lock your screen, never share your login, and shred handover sheets after every shift.
- 10 Report incidents and near misses the same day: the ICO deadline for notifiable breaches is 72 hours.