



**Personalised  
Medicine**  
All-Party Parliamentary Group

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# What is personalised medicine?

## EVENT BRIEFING - MARCH 2016

This document was produced for the APPG on Personalised Medicine's launch event: **Personalised medicine: what is it, and what does it mean for patients and the NHS?** It explains what personalised medicine is and why the Group is concerned with ensuring the promise of personalised medicine is realised.

### Personalised medicine?

Personalised medicine refers to medicine that is tailored specifically to a particular patient. The term typically refers to very **accurate diagnosis and individualised medical care**. This is arguably already the aim of medical care in general, but there is new scope to achieve this by harnessing genomics, biomedical data, digital health technologies and other emerging science and technology. Personalised medicine is also used to refer to **patient-centred care**, a new emphasis on patient choices and values to enable effective partnerships between patients and health professionals.

Other terms are often used interchangeably with personalised medicine, including:

- **Genomics medicine:** precise diagnosis, treatment, monitoring and screening informed by genomic sequencing and analysis
- **Precision medicine:** a term very similar to genomic medicine reflecting the increasing ability to deliver the best dose of the right drug to a specific patient for a given condition
- **Stratified medicine:** putting patients in different subgroups (defined by measurable biological differences known as 'biomarkers', which include genomic differences) to allow them to receive the most appropriate treatment
- **P4 medicine:** predictive, personalised and participatory medicine. A movement based on 'the convergence of systems biology, the digital revolution and consumer-driven healthcare', with a focus on well-being

### Why personalised medicine?

Our health system costs are rising rapidly as the population ages and societal expectations of medicine increase. Personalised medicine can help deliver good care in a cost-effective way by:

- Making the most of new science and technology
- Improving integration between different elements of health and social care
- Creating patient-centric models of care

### The APPG on Personalised Medicine

This new parliamentary Group provides a forum to explore the promise of personalised medicine, with a particular focus on the challenges and requirements of clinical implementation in the NHS, in an effort to identify solutions. The Group's aims are to:

- Examine the potential of new and emerging scientific research and technologies to shape and improve future health and care
- Ensure that the fruits of investment and innovation in the life sciences are adopted in the NHS for the benefit of patients and the wider public
- Work towards the creation of a sustainable health service for the 21<sup>st</sup> century and beyond by realising the transformative power of personalised medicine driven by bioscience and technology