


# warfarin self-testing programme

engage  
supported self-care



**“It really is  
about offering  
choice to  
patients.”**

Pernille Wood, Lead Practice  
Nurse, Three Spires, Cornwall

# what is self-testing with **engage**?

## 20 years of anticoagulation expertise

Building on 20 years of anticoagulation expertise in the NHS with INRstar, we are now developing a range of care programmes delivered via **engage**, an easy-to-use app designed to give individuals the knowledge, skills and confidence to gain freedom and feel more in control of their health.

Our warfarin self-testing programme offers a safe and cost-effective<sup>1</sup> option for your patients to test their INR and receive their dosing instructions at home. **There is no extra work for your team** – we supply all the patient equipment, training and support.

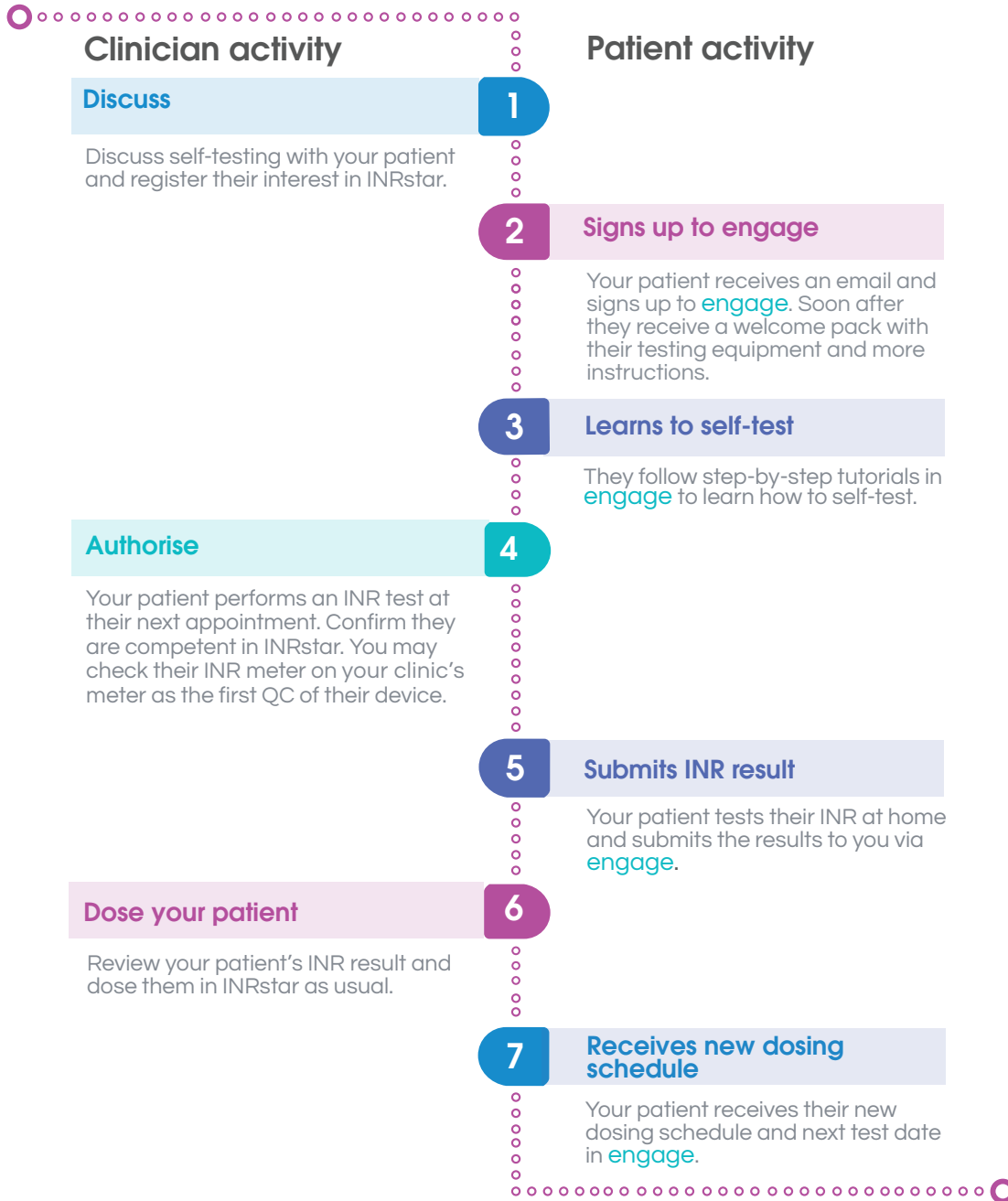
## the **engage** app

Your patients can now learn how to self-test with step-by-step training and support via our easy-to-use, clinically risk assessed **engage** app. Once you confirm they are trained and competent, they can begin to self-test independently and send their INR result directly to INRstar via the app. You review the results and send them their new dosing schedule.

The **engage** app includes:

- Easy-to-follow education including videos and step-by-step training
- Full integration with Roche's CoaguChek XS and INRange meters
- Daily medication instructions
- Next test date reminder
- An experienced **engage** support team for patients and clinicians

# how it works



## Clinician activity

### Discuss

Discuss self-testing with your patient and register their interest in INRstar.

1

## Patient activity

2

### Signs up to engage

Your patient receives an email and signs up to **engage**. Soon after they receive a welcome pack with their testing equipment and more instructions.

3

### Learns to self-test

They follow step-by-step tutorials in **engage** to learn how to self-test.

4

### Authorise

Your patient performs an INR test at their next appointment. Confirm they are competent in INRstar. You may check their INR meter on your clinic's meter as the first QC of their device.

5

### Submits INR result

Your patient tests their INR at home and submits the results to you via **engage**.

6

### Dose your patient

Review your patient's INR result and dose them in INRstar as usual.

7

### Receives new dosing schedule

Your patient receives their new dosing schedule and next test date in **engage**.

## who can self-test?

NICE<sup>2</sup> guidance recommends self-testing for patients on long-term warfarin therapy who have atrial fibrillation or a prosthetic heart valve if:

- The patient prefers this form of testing
- The patient (or their carer) is able to self-test effectively

INR stability is not a requirement for self-testing according to NICE<sup>3</sup>, as patients with an unstable INR may benefit from more frequent testing.

Patients with other conditions requiring long-term warfarin therapy may also be suitable for self-testing.

To use **engage** your patient will need:

- A valid, unique email address and phone number
- Access to the internet
- A tablet, computer or smartphone

## what benefits can you expect to see?

**There is no extra work involved for your practice.** We manage the whole setup process for you, including leaflets to raise awareness in warfarin self-testing, the self-testing equipment and all the education and support your patients need.

**engage** enables your clinic service to:

- Help reduce missed appointments and home visits
- Help patients improve medication adherence
- Eliminate transcription errors with full integration to the INRstar patient record and all Roche INR self-testing devices
- Potentially increase clinic capacity releasing time to focus on your patients<sup>4</sup>

NICE demonstrated **improved patient outcomes** for self-monitoring including:

- Better INR control<sup>5</sup>
- More patients with a TTR of over 65%, lowering the risk of adverse events including strokes<sup>5</sup>
- 48% reduction in risk of major thromboembolic events<sup>6</sup>



A close-up portrait of an elderly woman with short, wavy, light-colored hair. She is wearing a blue turtleneck sweater and small square earrings. The background is slightly blurred, showing what appears to be a white door or window frame with a wooden railing in the foreground. The overall tone is warm and personal.

Anne, 75,  
Cornwall  
engaged  
with us...

"The engage support team have been very, very helpful  
- I think self-testing is a wonderful thing for people  
to be able to do... it just makes life so much easier."

# what are the benefits for patients?

freedom to test wherever they are...\*

- Fewer trips to the clinic
- Savings in time and money
- Less time off work to attend appointments
- Confidence to self-test at a convenient time and place
- Freedom to plan holidays and travel

better control of their health...

- Improved TTR leading to fewer adverse events including strokes<sup>5</sup>
- Greater understanding of warfarin and how diet and lifestyle can affect INR
- Built-in education and step-by-step tutorials to learn to self-test at their convenience
- Access to our experienced [engage](#) support team

## interested?

Call us now on 01209 710999 or email us at [engage@lumiradx.co.uk](mailto:engage@lumiradx.co.uk) for more information.

### References

<sup>1</sup>Cost-savings through avoidance of adverse events and saving clinic time – <https://www.nice.org.uk/guidance/dg14/resources/costing-statement-46621>

<sup>2</sup>[www.nice.org.uk/guidance/DG14](https://www.nice.org.uk/guidance/DG14)

<sup>3</sup>Previous stability of INR is not a prerequisite to home testing – <https://cks.nice.org.uk/anticoagulation-oral#!scenariorecommendation:50>

<sup>4</sup>From 2015 to 2016 the Isle of Wight CCG piloted self-testing with 78 out of 288 (27%) warfarin patients at a single practice. The figures below compare the 12 months before the trial started and the first 12 months of the trial. Time saving: On average 1.5 hours were saved per patient per year in clinic time. This results in a saving of between £66 and £78 per patient per year based on the standard cost of £44 per hour for Band 6 and £52 for Band 7 nurse. (Source: PSSRU 2016 Report).

<sup>5</sup>15 out of 18 trials showed self-monitors have improved TTR – [www.nice.org.uk/guidance/DG14](https://www.nice.org.uk/guidance/DG14)

<sup>6</sup>Self-monitoring (self-testing and self-management) showed statistically significant reduction in the risk of thromboembolic events by 42% compared with standard care. The risk reduction further increased to 48% when only major thromboembolic events were considered – [www.nice.org.uk/guidance/DG14](https://www.nice.org.uk/guidance/DG14)

\*Patients must have access to an internet connection



[www.engageselfcare.com](http://www.engageselfcare.com)