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

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

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

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.

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

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

Your patient receives their new dosing schedule and next test date in engage.
who can self-test?

NICE\textsuperscript{2} 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\textsuperscript{3}, 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\textsuperscript{4}

NICE demonstrated improved patient outcomes for self-monitoring including:

- Better INR control\textsuperscript{5}
- More patients with a TTR of over 65%, lowering the risk of adverse events including strokes\textsuperscript{5}
- 48% reduction in risk of major thromboembolic events\textsuperscript{6}
“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\(^5\)
- 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 for more information.

References
1. Cost-savings through avoidance of adverse events and saving clinic time – https://www.nice.org.uk/guidance/dg14/resources/costing-statement-46621
2. www.nice.org.uk/guidance/DG14
3. Previous stability of INR is not a prerequisite to home testing – https://cks.nice.org.uk/anticoagulation-oral#!scenariorecommendation:50
4. 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).
5. 15 out of 18 trials showed self-monitors have improved TTR – www.nice.org.uk/guidance/DG14
6. 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

*Patients must have access to an internet connection