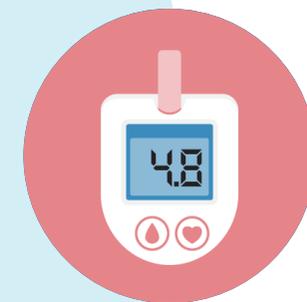


## INR Self-Testing Service



### Background

The INR Self-Testing Service was developed by Health Call in partnership with County Durham and Darlington NHS Foundation Trust. Patients who have their INR levels monitored typically need to regularly present at hospital or their care provider.

Patients who are prescribed warfarin need to have their international normalised ratio (INR) measured regularly. INR tells you long it takes your blood to clot. The longer it takes your blood to clot, the higher your INR.

The INR result is used to determine the dose of warfarin patients need to take. Patients who take warfarin typically need to regularly present at hospital or their care provider to have their INR taken.

### How it works

Patients on the self-testing pathway are trained so they can administer their own test and securely share their results back to their healthcare team.

The patient receives a text message reminder for them to submit their readings.

Their device provides the reading for the patient to submit to their clinical team. Their nursing team reviews the reading and provides a message back, through the patient's preferred method of communication about their dosage.

Healthcare practitioners can contact the patient directly to speak to them about any irregular readings or adverse responses.

### Product features

- Suitable patients are enrolled on the system by their healthcare practitioner.
- Patients receive automated reminders to complete their self-test.
- All results are securely shared and directly input into the patient's clinical record so there is no need for further data input.
- Patients can select their preferred method of communication from either SMS, automated telephone call, web portal or an app.

### Benefits

Following the implementation at County Durham and Darlington NHS Foundation Trust, an extensive evaluation took place which found:

- Over 70 per cent of patients improved their time in therapeutic range by 20 per cent and a 24-month follow up showed that this change is long lasting.
- 100 per cent patients using the service said they'd recommend it to others.
- INR self-testing was 17 per cent cheaper than face-to-face clinic appointments and 25 per cent cheaper than home visits.
- An estimated 20-25 per cent of patients on warfarin would benefit from INR self-testing, which could reduce out-patient appointments by over 20 per cent.

### Deployed

- County Durham and Darlington NHS Foundation Trust
- Newcastle upon Tyne Hospitals NHS Foundation Trust





# INR Self-Testing Service

Sister Tracy Murphy who helps manage the service said: *"The new system is optional, although enthusiasm for it is very high amongst our patients. Primarily because it is much more convenient using this way, even for people who might not have access to smartphones or the internet."*

*"In addition, the training they receive gives patients a greater understanding of what can affect their INR. This means many of them are finding it easier to remain within their ideal therapeutic range. A major benefit of this stability is a reduced risk of stroke."*

Derek Jones, who lives in Middleton St George uses the digital self-testing service. He said: *"I used to attend clinic every two weeks, sometimes weekly. My INR readings fluctuate, meaning I need very regular monitoring. The new system works around my life, rather than the other way round."*

*"I take my finger prick blood sample at 7.45am, just prior to receiving an automated call during which I give the reading. I get a further automated call at 6pm, after I return home from work, giving me any dosage changes and the date of the next reading. There's no disruption to my life now at all and I have the security of knowing that the specialist nurses are always at the end of the phone should I have concerns or feel the need to arrange a clinic visit. Now more than ever, the ability to use this fantastic automated system is of huge benefit to me and my family."*

Task

SMITH, Rosie (Ms)

PLEASE PROVIDE ANSWERS TO THE QUESTIONS BELOW

Have you had any changes to any of your medication since your last INR reading?

Yes

No

Have you had any bleeding symptoms?

Yes

No

Have you missed any doses?

Yes

No

SUBMIT

