

INR Self-Testing Service: Patient Leaflet

What is the INR Self-Testing Service?

The INR Self-Testing Service is designed to help patients manage their INR from home, reducing the need to travel to the warfarin clinic. Using our digital health technology, a patient can take their blood test at home and submit the readings weekly. If any readings are irregular, a clinician will get in contact immediately.

What is involved in the Health Call INR Self-Testing Service?

You will receive full training on how to test your blood using the digital health self-monitoring devices. You will arrange with your clinician for an automated phone call or email on the same day and time each week. The phone call or email will ask you a few questions around your general health and well-being and will ask you to submit your reading.

Your readings will be checked by the warfarin clinic nurse who will then decide your next dosage which will be communicated to you by another automated phone call or email.

When will the scheduled call or email take place?

You will need to be available for two calls or an email. The first call will collect your blood results and the second one will ask you a few questions around your warfarin dosage. A convenient date and time will be arranged with your clinician.

Don't worry if you miss the call. It will try you three more times at half-hour intervals. An alert will be sent to the warfarin clinic if they are unable to make contact with you.

If you choose to receive an email rather than a phone call, you will need to respond to the first email between 5am and 12 midday. The return email with dosing instructions and the next test date can be accessed from 4pm to midnight on the same day.

To access the email service, you will be sent access documents in the post. You will need your NHS number, access code, username and password each time you log onto the system.



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What are the benefits of the INR Self-Testing Service?

The home testing programme means you won't have to travel to the clinic to be tested. Your results will still be reviewed by your clinician and you will still be able to contact them by telephone. You will be able to take your testing device with you to work, or on holiday. Just as long as you have a phone or email-capable device with you to share the results. The service is designed to make the lives of those on warfarin easier.

What if I have further questions about using the service?

Contact your healthcare team directly.

Who is Health Call?

Health Call is a 100 per cent NHS-owned organisation, trusted to develop innovative digital solutions. We work closely with GPs and practice nurses to produce remote monitoring technology that works for them and patients.

← 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

