

Now being on warfarin can
take up less of your time



Encourage your patients
to **say yes** to the freedom and
efficiency of warfarin management
with **patient self-testing**

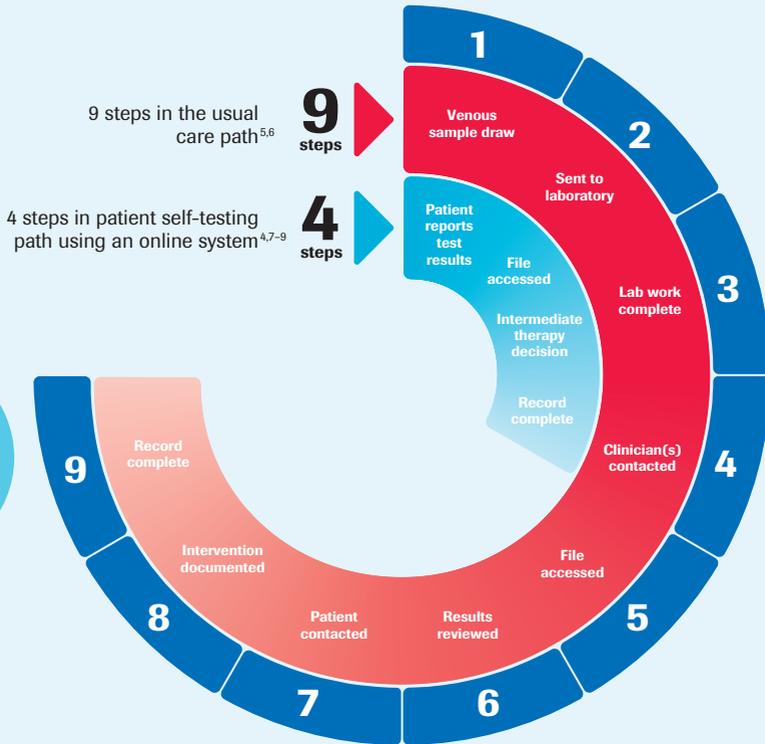
Better use of everyone's time

Monitoring your warfarin patients' PT/INR is essential for effective anticoagulation management. It enables necessary dose adjustments to be made to help increase their time in therapeutic range, but for many patients this can mean a lot of visits to the clinic or hospital.

Self-testing with the CoaguChek® INRange system allows patients to measure their PT/INR themselves, anytime they like. Compared to usual care, where patients need to visit the clinic or hospital for a venous blood sample which is then sent to a laboratory for analysis, this gives patients more freedom and more time to themselves.^{1,2}

Patients who self-test can share their PT/INR results on a regular basis, enabling you to closely monitor their PT/INR and make necessary dose adjustments without waiting for laboratory results.^{3,4}





Patient self-testing (PST) gives you faster results for immediate treatment decisions, allowing for a more streamlined approach to monitoring, compared to usual care routines with venipuncture and laboratory INR testing.⁵⁻⁹

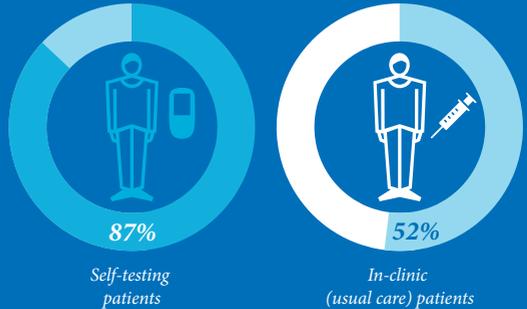
This could mean more workflow efficiency and less overcrowding at your clinic.^{6,10} Also, the more your patients self-test at home, the more time you can dedicate to other important work.

Improved patient engagement

In addition to saving time, self-testing can also motivate patients to become more involved in their own care.^{11,12} In a study of 2,922 warfarin patients, 87% of those randomized to self-testing adhered to their prescribed testing frequency compared with 52% of those who attended clinic appointments for testing.¹³

The CoaguChek® INRange system provides accurate PT/INR results in less than a minute and can be used by patients of all ages.^{3,11,13-16} With a short training session, your patients can learn to test themselves with ease and confidence. In fact, studies have shown that approximately three quarters of suitable patients can be taught how to correctly measure their own PT/INR values.^{14,15}

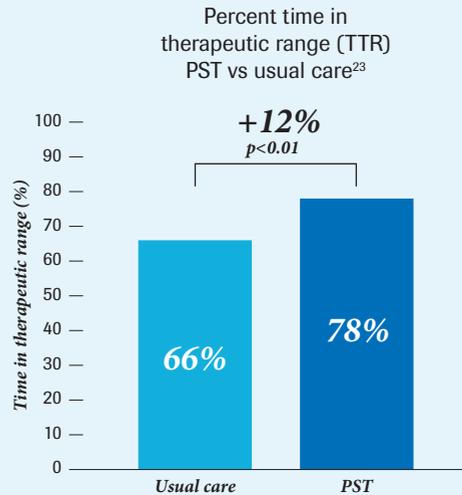
Adherence to prescribed monitoring frequency¹³



Optimized warfarin management

With PST, any necessary adjustments to your patients' warfarin dosage can be made sooner than if they had to visit the clinic for testing. This can give them more time in therapeutic range and provide a more efficient means of warfarin monitoring and management.^{3,4,17}

Patients who monitor their own PT/INR spend more time in therapeutic range compared with VKA patients who are tested in the laboratory or clinic. This can decrease the risk of adverse events for patients who self-test.^{3,4,17-19}



Fewer thromboembolic events^{3,4,17}



Lower risk of mortality^{4,22}



Better treatment satisfaction^{4,13,21}

PST not only gives patients more time to enjoy their day-to-day life, it can also help them gain better control of their medication.^{3,4,17} This may lead to better health outcomes, treatment satisfaction and improved quality of life.^{3,4,13,17-22}

Ideal candidates for patient self-testing would be patients who are:^{2,12,23-25}



Patients with a history of stroke, poor cognition, low literacy, or poor manual dexterity are unsuitable for self-testing.²⁴

Learn more about the benefits of patient self-testing for you and your patients at coaguchek.ca and **say yes** to patient self-testing.

References

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