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Neurological Disorders and Stroke

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Advanced Homecare - Prothrombin Time (INR) Testing in a Home Setting

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INR testing and warfarin management is one of the most fundamental components in the prevention of stroke in patients with Atrial Fibrillation and coagulation disorders. Attendance to an INR clinic can be laborious resulting in reduced compliance and achievement of targets. There is evidence to suggest that self-testing or home testing of INR has the following benefits

- It has been seen that it Increases the time to the first primary event as it was longer in the self-testers than in the clinic-testing setting
- It has similar rates of clinical outcomes
- It has been seen that over the entire follow-up period, the self-testers had a small but significant improvement in the percentage of time during which the INR was within the target range
- It helps patients feel better too, as self-testers also seem to have a small but significant improvement in their satisfaction levels with the anticoagulation therapy itself and their perceived quality of life. Our workshop will show the ease of process which can be used to monitor INR and the subsequent control of medication with the fundamental core of quality of life maintained for the patient while adhering to international standards of evidence based practice. The workshop will allow for the exploration of the various steps that need to be taken while performing this activity. Additionally, the information materials that will be used with patients and their families will be covered in the workshop in order to complete their education process to help them self-manage their disease and maintain their functional independence.

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