Pharmacy-Based Model Enabling Patient Self-Monitoring of Warfarin: Development and Evaluation

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Key Findings:

- A pharmacy-centred pathway to enable Australians who take warfarin to monitor their own therapy was successfully developed, implemented and evaluated in this project.
- The training and support provided in this study was well accepted and there were minimal suggested changes to the materials.
- Consumers adapted to the testing procedure quickly and without clinical problems given appropriate selection, training and support. Once adapted to PSM, consumers were very positive towards the experience and eager to continue.
- The CoaguChek®XS device is effective and accurate in the hands of consumers.
- Quality of INR control improved during with PSM. Time in target INR range, the proportion of INR tests in range, and the frequency of INR testing all improved.
- The PSM training program improved consumer knowledge. Participants’ warfarin knowledge improved significantly from baseline following the education session delivered as part of the training program. This improvement was sustained over the course of the intervention with no significant change in warfarin knowledge between the post education period and the conclusion of the PSM phase.
- No improvement in quality of life was recorded as a result of PSM using the EQ5D instrument; however participants expressed a self-reported improvement in quality of life during the evaluation process.
- Feedback from GPs, consumers and pharmacists has indicated a high level of satisfaction with both the training program and PSM. Feedback from the qualitative analysis was also generally positive and supportive of the model for the implementation of PSM that was proposed and trialled in this study.
- The attitudes of some GPs towards patients monitoring their own INR levels could potentially present a barrier to the acceptance of a national program. These attitudes could be addressed through the development of a communication strategy to inform and educate on the advantages of PSM and to whom it would be best suited.
- This study was successful at demonstrating the feasibility of the proposed clinical pathway to enable PSM of warfarin therapy. This augurs well for the implementation of a national program delivered through community pharmacy to enable INR self-monitoring in Australia.