

For adaptation by Wirral Practices

Self-testing of INR – Patient/Practice Agreement (for adaptation by individual practice)

For NICE recommended INR Monitors (<https://www.nice.org.uk/guidance/dg14>).

Patient Details	
Patient's Name	
Home Address	
Date of Birth	
Telephone Number	
Indication for anticoagulation	
Therapeutic Range	
Target INR	
This is an agreement for self-testing of INR between (Patient named above) and (insert practice name):	
Date	GP/Nurse name and role GP/Nurse signature

Patient agreement	
I have purchased an INR monitor and my GP has agreed to prescribe test strips to enable me to self-test. To ensure my own safety I agree to work in partnership with my GP practice and follow the advice in the patient responsibilities section.	
I have been trained in the use of the instrument by my GP practice or have received training from (please specify):	Please sign and date
My meter has been calibrated at this initial visit by comparing the result obtained by the patient's meter with the result obtained using the GP practices' system.	Please sign and date

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Patient Responsibilities:	Please tick
I will repeat any test if the result is less than 1.5 or greater than 5.	
<p>If the INR result is greater than 8.0, I understand that I MUST contact my GP practice immediately.</p> <p>If outside of office hours (8am to 6pm) and your machine states greater than 8.0, you MUST contact GP out of hours (by ringing 111).</p>	
<p>Bleeding</p> <p>For minor bleeding and INR greater than 5.0, contact your GP practice urgently as they will ensure urgent review undertaken at hospital.</p> <p>For major bleeding. Dial 999 to arrange immediate transfer to hospital.</p>	
I understand that it is my responsibility to submit test results to my GP practice and ensure that I am available to receive advice regarding the result and dose via telephone on the same day.	
I will act on the advice given by my GP practice with regard to dosage and test interval.	
<p>I will record the dosage I am given and the next test date in my NPSA anticoagulant Yellow Book.</p> <p>I understand that the maximum permitted interval for testing is 12 weeks.</p>	
<p>I will attend the GP practice for follow-up as required and accuracy check of readings of my machine appointments every 6-12 months.</p> <p>I will bring my Yellow Book, INR monitor and test strips currently in use.</p> <p>I will replace the meter as advised by the manufacturer.</p>	
I will inform the GP practice if I intend to travel abroad and self-test and will provide a telephone number or email address that I can be contacted on for the duration of my travel or will arrange a suitable time to call for advice.	
I will inform the GP practice if I decide to stop self-testing or move house to a different area.	

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GP practice details
Include address and telephone number.
Suitable times to contact the surgery.
Likely times the surgery will contact patient about dose.
Lead GP/ lead Practice Nurse.

Further Information
<p>Self-Testing:</p> <p>In self-testing the patient is responsible for testing their INR. The patient is not responsible for dosing of anticoagulation. Anticoagulation dosing remains the responsibility of the GP. The GP will provide advice on dosing and frequency of testing via INRstar.</p> <p>Patient must purchase a NICE recommended INR monitor. Maintenance of the monitor is the responsibility of the patient.</p> <p>GP to provide prescriptions for test strips, lancets and sharps boxes. Usual disposal arrangements apply.</p>
<p>Criteria For Accepting Patients To Self-Test:</p> <p>Patients must be on long term anticoagulation, and have the physical capability to use the machine, including adequate eyesight.</p> <p>Patients must have a NICE recommended INR monitor, or be willing to purchase one and be competent in its use.</p> <p>Patients must have a telephone or mobile telephone for contacting the GP practice and for the GP practice to be able to contact them on.</p> <p>GPs must be willing to prescribe testing strips, lancets and sharps bins.</p> <p>Patients must sign up to the recommendations within this agreement.</p>
<p>Equipment Needed For Self-Testing:</p> <ul style="list-style-type: none">➤ INR monitor➤ Finger pricking device and lancets➤ Test strips➤ Sharps bin➤ Patients must store test strips appropriately. Some test strips require refrigeration.

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External Quality Assurance:

There are a number of possible approaches to External Quality Assurance.

The preferred method is for the GP practice to compare the result obtained by the patient on their own INR monitor with the result obtained by the GP practice on their testing system.

General maintenance of the machine is the responsibility of the patient including appropriate cleaning of the machine and equipment as per manufacturer's instructions. The booklet supplied with the machine should be referred to for advice. If there are problems with the machine then the patient should contact the manufacturer's helpline.

Advice and Support:

The INR test must be done on the advised day, at agreed intervals, and the GP practice informed of the result via the telephone advice line number. The GP will adjust the dose of anticoagulant as appropriate and will inform the patient accordingly.

Patients must report:

- Any bleeding episodes
- Excessive or unexplained bruising
- Changes in medicines/diet/alcohol intake/herbal remedies
- Missed doses of anticoagulation
- If unwell, any vomiting or diarrhoea
- Recent hospital admission

Patients will be advised on safe disposal of testing materials by the GP practice.

Ending the Agreement:

The patient should inform the GP practice if they intend to move to another area or choose to stop self-testing.

The GP practice will consider this agreement to have finished if the patient fails to comply with the terms of the agreement.