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**Developing of the Manual for INR Management by Patient
Self-Testing INR monitor for Warfarin taking Patients in S.
Korea**

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Long term warfarin therapy is essential for preventing recurrence of venous thrombosis, atrial fibrillation, stroke with prosthetic heart valves. Therefore chronic oral anticoagulant therapy with warfarin is increasing number of patients. However they have to be managed their INR (International Normalized Ratio) for warfarin by a doctor at clinic because of bleeding risk and it brings a lot of extra medical expenses. Standard warfarin therapy INR range of 2-3 is associated with rates of major hemorrhage upto 5-9% annually. These event rates are dependent on the care used to manage oral anticoagulant therapy, with better outcomes associated with the use of specialized anticoagulation management services, compared with usual management in the primary care setting such as a clinic or hospital, etc. Patient self-testing using an INR monitoring approved for home use enables patients to test their INR more frequently, which is associated with an improved time in therapeutic range and decreased adverse event rates. However, test results must still be "managed" by communicating the data to the healthcare provider such as a doctor or pharmacist by telephone, fax or visiting the pharmacy. Therefore, we developed the manual for INR management by patient self-testing INR monitor for warfarin taking patients in S. Korea. The manual will classified two parts: 1) Patient Education Part 2) Therapeutic management part. We hope this manual can help patient health and cut down the medical expense for future.

* keyword: warfarin, INR, self-testing monitor, bleeding, medical expense