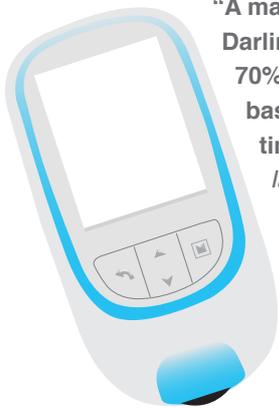


# Improving the well-being of patients on warfarin therapy

Health Call INR enables patients to self-test from home, whilst being closely monitored by the warfarin clinic. Our technology enables clinicians to provide increased levels of care and support whilst giving patients more freedom to manage their condition.

Using a self-testing device and lancet, a patient takes their INR reading. The patient relays the reading and answers questions around their general health using a range of secure communication channels. The patient can choose automated telephone calls, a secure web portal, SMS or app. The patient data is sent straight to the warfarin clinic where clinic staff review the reading and determine the new dose and date and time of next test. The new information is sent back to the patient via their communication channel of choice.



**“A major study at County Durham and Darlington NHS Foundation Trust found over 70% of patients that moved from clinic-based testing to self-testing improved their time in therapeutic range by 20%” –**  
*Ian Dove, business development manager at County Durham and Darlington Foundation Trust.*

## Why Health Call INR?

### Improved patient outcomes and reduction in strokes

In a 24 month follow up study at County Durham and Darlington Foundation Trust, 70 per cent of patients improved their time in therapeutic range by 20 per cent compared to in-clinic monitoring, significantly reducing risk of stroke.

### Reduced appointments

Self-testing reduces the need for clinic appointments, freeing up nurse time. On average, clinic appointments are reduced from 14 to one per patient per year.

### Reduced dosing time

In a study at County Durham and Darlington Foundation Trust, dosing reduced from an average of 5 minutes to 30 seconds, freeing up clinician time.

### Improves patient satisfaction and empowerment

Our studies have demonstrated that self-testing improves patients’ knowledge driving patient empowerment and better health outcomes. Feedback from patients also concluded patients enjoy the freedom of self-testing which they can do anywhere, at any time.

## How the service works

- ✓ Patient self-tests using a lancet and a self-testing device
- ✓ Patient relays reading back to the clinic via a communication method of choice
- ✓ Patient readings are viewed within existing anticoagulation software
- ✓ The new dose is approved and the date and time of next test is relayed back to the patient

**I used to have to attend clinic every two weeks, sometimes weekly. My INR readings fluctuate unfortunately, meaning I need very regular monitoring and the new system works around my life, rather than the other way around -**

INR self-testing patient Derek Jones



---

## About Health Call

Health Call is an NHS collaboration between six NHS Foundation Trusts in the North East of England;

- County Durham and Darlington NHS Foundation Trust,
- Northumbria Healthcare NHS Foundation Trust,
- Newcastle Hospitals NHS Foundation Trust,
- North Tees and Hartlepool Hospitals NHS Foundation Trust,
- South Tees Hospitals NHS Foundation Trust
- Gateshead Health NHS Foundation Trust.

Covering two STP regions, Health Call enables best practice and diverse clinical expertise to be shared across Trusts. Health Call is the largest deployment of digital care technologies in England. Digital services designed, built and deployed by care professionals are made available to every organisation within the Health Call collaboration within hours, enabling the roll out of safe digital care at scale and low cost. Inhealthcare Limited, a UK digital health specialist, currently provides the digital infrastructure to Health Call.

