

New patient survey results show 80% of AF patients say 'YES' to the freedom that INR self-monitoring gives them

Of patients surveyed who currently don't self-monitor, 86% said that they would consider doing so!

Tuesday 2nd May 2017, UK Today sees the launch of a new AF (atrial fibrillation) [patient survey](#) carried out by the [AF Association](#). Results showed that the majority of patients surveyed, who are currently on a vitamin K antagonist such as warfarin, agreed that patient self-monitoring (PSM) would give 79% of them, who would prefer to live a life free from frequent clinic visits, the option to do so. AF or 'atrial fibrillation' is the most common heart rhythm disorder, and is a leading cause of AF-related stroke. AF is responsible for 20% of all strokes; for individuals with AF, the risk of suffering an AF-related stroke is increased by nearly 500%.

The survey launch coincides with the launch of the next generation of INR PSM meter for patients. The new meter allows patients to send their results to their clinic via an App on their phone using wireless connectivity.

Trudie Lobban MBE, Founder and CEO of the AF Association, said, "The [results of the survey](#) showed that nearly 80% of patients would want to self-monitor, giving them independence when travelling for work or pleasure. This innovation helps to empower patients to take control of their therapy and reduce the number of clinic visits that they have to make, saving both time and money".

The results of AF Association's survey confirm 78% of patients agree that they will benefit greatly from the convenience that PSM provides. With the newly launched meter, important reminders can be set up for events such as when to test, take medication or next doctor's appointment. On-screen help provides text guidance through-out the test procedure.

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Notes to editors

- 1) AF Association provides support, information and guidance to anyone affected by atrial fibrillation. It works in partnership with patients and clinical experts to advance the education of both the medical profession and the general public on the risks, detection and treatment of AF.
- 2) For more information or to arrange an interview, please contact Nigel Breakwell on 07785 277343 or email nigel@heartrhythmalliance.org.
- 3) The results of the survey can be viewed at: <http://www.heartrhythmalliance.org/afa/uk/inr-self-monitoring-versus-clinic-visits-patient-survey-results>

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- 4) The purpose of [the survey](#) was to help discover patient needs about INR self-monitoring versus clinic visits. The benefits are reinforced in the 2014 NICE guidance on INR self-monitoring¹. The development and distribution of the AF Assoc. survey was funded by Roche Diagnostics Limited (Roche). Roche have not been involved in creating the content of the survey.
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- 5) Anticoagulation drugs affect the blood's ability to clot, it is important that the right dose is maintained in order to reduce the risk of severe bleeding or other complications.

The AF Association website can be found at www.afa.org.uk

References

- 1) NICE, 2014. *Atrial fibrillation and heart valve disease: self-monitoring coagulation status using point-of-care coagulometers (the CoaguChek XS system and the INRatio2 PT/INR monitor)*. Available at: <https://www.nice.org.uk/guidance/dg14>