

CSO / Anticoagulation

Case Region of Southern Denmark, Vejle Hospital

Introduction

Using CSO/Anticoagulation patient web interface and a blood coagulation monitoring device, two groups of patients were self testing their International Normalized Ratio (INR) from home. To investigate whether measurement of INR at home weekly and dosing using CSO/Anticoagulation system was superior to conventional treatment a prospective randomized controlled trial was carried out.

Patients and methods

The central Anticoagulation Clinic has 669 patients in anticoagulation treatment. A total of 140 patients were included and randomized to:

Group A: one weekly measurement and report on-line

Group B: Two weekly measurements and report on-line

Group C: Continued conventional treatment with INR-measurement done in the lab every 4 weeks and dose adjustment by letter

The monitoring of the patients' anticoagulation therapy was based on the analysis of the INR.

123 patients completed the trial.

Results

Group A had 79.7% of time in therapeutic range (TTR), Group B 80.2% and Group C 72.7 %.

Group A and B perform statistically significantly better than the conventional group C, with a difference of 7%, while no major difference was seen between Group A and Group B, measuring once a week or twice a week.

Timeperiod 2008/2009	Group A	Group B	Group C
No. of patients	46	37	40
Time in therapeutic range (TTR)	79,7	80,2	72,7
No. of INR measurements in TR	1.635	2.407	616

Conclusion

Home measurement of INR and the reporting and dosing of results on-line increase time in therapeutic range from 72% to 79% as compared to conventional computer assisted monitoring in an Anticoagulation Clinic.

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Many General Practitioners are concerned about putting patients in anticoagulation treatment. However it is much more dangerous to leave things as they are. With CSO/Anticoagulation we are able to prevent a minimum of 100 cases of cerebral thrombo-embolic episodes in Vejle County per year.

In Vejle we conduct 10,000 check-ups a year. The Danish DRG (Diagnosed Related Groups) system is based on the calculation of average costs for patient treatment and the system rewards efficiency. Consequently we gain on the treatment of patients receiving anticoagulation treatment while at the same time CSO/Anticoagulation helps us to reduce our consumption of resources.

About Vejle Hospital

Vejle Hospital is a part of Region Southern Denmark. The hospital employs approximately 2,200 employees and treats about 22,000 hospitalized patients and about 150,000 outpatients.

Learn more

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