

# INRstar Engage – digital self-care for all your anticoagulation patients



LumiraDx Care Solutions provides a range of self-care programmes for patients on anticoagulation therapy, through the easy-to-use app, **INRstar Engage**.

**INRstar Engage** supports you to deliver tailored care for patients on direct or novel oral anticoagulants (DOACs/NOACs) or vitamin K antagonists, ensuring your patients are supported with the appropriate care at the right time in the right setting.

Transforming the way you and your patients connect, by securely integrating patient data and devices with their INRstar record and clinical system, **INRstar Engage** allows patients on long-term anticoagulation therapy to lead a more independent life with fewer clinic visits, while remaining under the supervision of the care team.

## Patient self-testing

The INRstar Engage self-care app gives patients access to step-by-step tutorials that help them learn to self-test at their convenience, without impacting on clinic time.

The INRstar Engage app allows the patient to provide accurate up-to-date INR results, this is achieved by being able to connect the patients self-testing instrument via the INRstar Engage app with your clinic's INRstar software. The information received is then used by the care team to send a dosing schedule without delay directly back to the patient, reducing the need for printing and postal services. Important reminders such as medication and appointments are also available through the INRstar Engage app.

## Benefits for patients

- Freedom to self-test wherever they are<sup>1</sup>
- Fewer trips to the clinic with less time off work to attend appointments
- Savings in time and money
- Freedom to plan holidays and travel
- Better overall control of their health
- Improved TTR leading to fewer adverse events including strokes<sup>2</sup>
- Greater understanding of warfarin and how diet and lifestyle can affect INR
- Built-in education and step-by-step tutorials to learn to self-test at their convenience
- Access to our experienced INRstar Engage support team

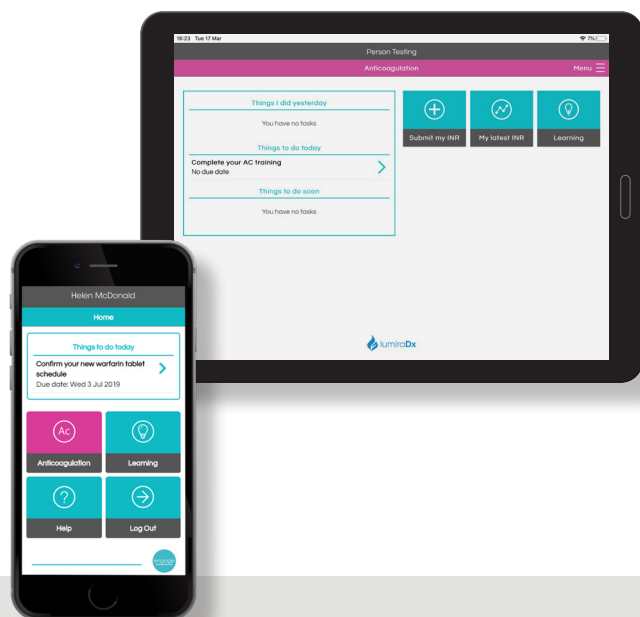
Patient self-testing with INRstar Engage has been shown to release 1.5 hours in nurse time on average, per patient, per year<sup>3</sup> while also improving patient's INR stability<sup>4</sup>.



## DOAC support programme

Built specially for anticoagulation patients on direct or novel oral anticoagulants (DOACs/NOACs), our integrated DOAC support programme helps to reduce the time patients spend in the anticoagulation clinic while also helping care teams to follow NICE guidance.

Digital reviews enable patients to submit their own DOAC adherence reviews directly to their INRstar patient record for the care team to review. The DOAC support programme also delivers comprehensive patient education through easy-to-follow videos and tutorials which help patients to understand the benefits of their specific drug and the importance of adherence.



## Digital Dosing Diary

The **INRstar Engage** digital dosing diary transforms the way your patients on vitamin K antagonists receive their anticoagulation dosing schedule. The programme seamlessly and digitally connects patients to their care team and record in INRstar. Care teams can send the patient's tablet schedule safely and directly to them through the **INRstar Engage** app, eliminating transcription errors. Care teams have full visibility that patients have read and understood their dosing schedule. The digital dosing diary also helps reduce the traditional dose and post service, bringing significant savings on postage costs.

**INRstar Engage** has been developed to provide a safe, easy-to-use, seamless, supported self-care option for individuals on anticoagulation therapy, supports the clinical management and patient self-care of all anticoagulation therapies and is clinically risk assessed.

**INRstar Engage** is available on smartphone, tablet and web, offering greater patient choice and bringing care closer to home.

1. Patients must have access to an internet connection
2. 15 out of 18 trials showed self-monitors have improved TTR – [www.nice.org.uk/guidance/DG14](http://www.nice.org.uk/guidance/DG14)
3. From 2015 to 2016 the Isle of Wight CCG piloted self-testing with 78 out of 288 (27%) patients at a single practice. Time saving: On average 1.5 hours were saved per patient per year in clinic time.
4. The average standard deviation of INR for self-testing patients improved from 0.6 at the beginning of the trial to 0.5 at the end of the Isle of Wight CCG pilot (2015–2016).