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| **Module** | Management of VKAs (HCP) |
| **Topic** | An introduction to patient self-monitoring of oral anticoagulation |
| **Content** | Extra content – uptake of self-monitoring |
| **Audience** | Healthcare professional |
| **Version** | 1 |

**Where are patients self-monitoring their INR?**

People are monitoring their own INR in many countries around the world with Germany, USA and, to a lesser extent, Holland leading the way. In particular, Germany has over 20 years of experience with patient self-monitoring of oral anticoagulation, and currently approximately 160,000 Germans are thought to be testing their own INR.

The UK is slowly catching up with other countries when it comes to self-monitoring. The most up to date figures (from 2011) estimates that around 24,000 people in the UK are testing their own INR, with some areas of the country – for example, Birmingham and Swindon – having significantly greater numbers of people who are self-monitoring1.

1. Anticoagulation Self-monitoring Alliance (ACSMA). [www.acsma.org.uk](http://www.acsma.org.uk) (Accessed 27.09.13)