

*Anticoagulation life  
is a collection of experiences!*



10th National Conference  
on Anticoagulant Therapy  
May 6th - 8th, 2009  
San Diego

ISMAAP



Living with anticoagulants  
and INR self management  
since 22 years  
with more than 1100 tests



# The coagulation is influenced by:



Drugs/ Vitamins/  
Cranberries/ Grapefruit



Holidays



Depression/Stress



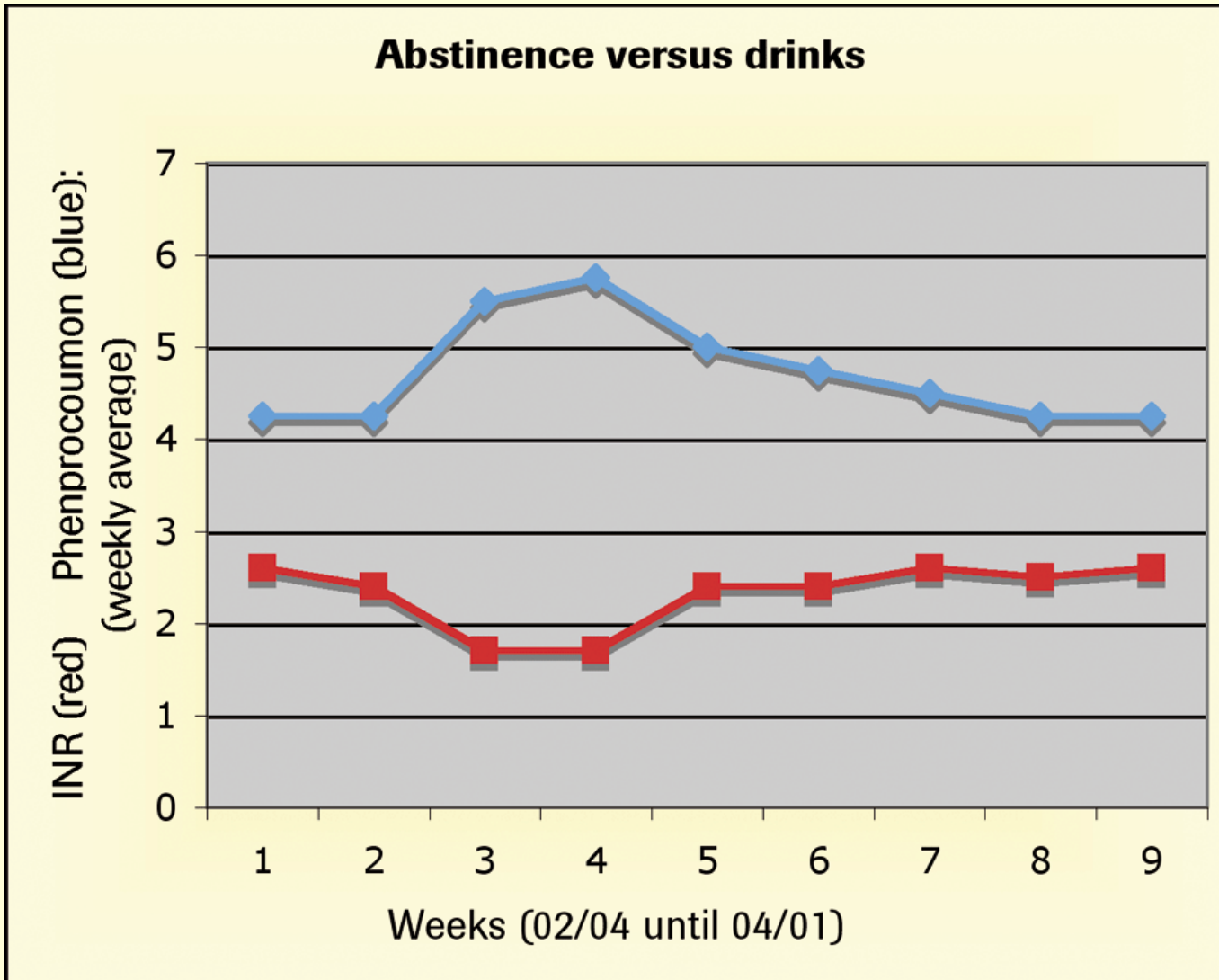
Alcohol

Diseases



Some sorts of cabbage





INR self management –  
is that the way for anticoagulated  
patients?

*We say of course!*



INR self management –  
is that the way for anticoagulated  
patients?

*Why?*



23 years of experience in Germany  
with Patient Self Management



# INR self management in Germany

1986: The former student Heike Sichmann demonstrated at a doctor-patient seminar that she was able to monitor her INR results by herself.



Cardiovascular clinic Bad Berleburg: The „birthplace“ of the INR-Self-management



Dr. med. Carola Halhuber, former director of the cardiovascular clinic decided to adopt the idea of INR Self-management



# INR self management in Germany



The KC1A was the first device for testing the INR

1986/87: There were not that many heart valve patients around, but those who were learnt how to monitor their own INR results. Even statutory health insurance providers were willing to pay for the coagulometers.



Dr. med. Carola Halhuber,  
former director of the  
cardiovascular clinic



# INR self management in Germany

Today: 150,000 patients monitor their INR values and dose their anticoagulants on their own at home at an average of about once a week.

Results from a questionnaire (10,000) have shown that 14,6 % of these anticoagulated patients don't consult a physician for checking the INR. More than 50 % only once or twice a year.



## Reimbursement in Europe:



Austria: Nearly full reimbursement



Denmark: Full reimbursement



Belgium: No reimbursement



France: No reimbursement,  
Children until 18 years = Yes



Germany: Full reimbursement



Greece: Test strips = Yes



Italy: Test strips in some  
regions



Luxemburg: Full reimbursement



Netherlands:  
Full reimbursement



Sweden:  
Test strips: Yes



Switzerland: No  
reimbursement



Spain: Test strips only in  
some regions



United Kingdom: Test strips



Czech Republic: Test strips



My personal take home message:

Take own responsibility  
for your therapy with anticoagulants  
and for your health!

