

# Patients have high confidence in self-testing INR

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(HealthDay)—Most patients have high confidence in self-testing their

international normalized ratio (INR), according to a study published online Feb. 23 in the *Journal of Clinical Nursing*.

Anne Grogan, from St. James's Hospital in Dublin, and colleagues surveyed 330 patients from three study sites who were prescribed warfarin and used INR self-testing. The survey assessed patient profile and patients' usage, issues, perceptions, confidence, and satisfaction with the self-testing system. Data were included for 178 respondents.

The researchers found that patients had high confidence in self-testing (90 percent). A high level of satisfaction was expressed with the support received, but patients perceived the need for more information in relation to support groups, side effects of warfarin, [dietary information](#), and needle disposal. Seventy-three percent of patients agreed that they felt confident to adjust their own warfarin level. None of the patient profile factors affected this confidence. The greatest advantages of self-testing were reduced burden, more autonomy, convenience, and ease of use. Cost and communication issues were cited as the main disadvantages.

"Patients are highly satisfied with self-testing their INR and the freedom and autonomy it gives them," the authors write. "The majority of [patients](#) who self-tested also identified a [confidence](#) to move to the next level of empowerment—self-management."

**More information:** [Abstract](#)  
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