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Clinical & Scientific letters

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Audit of anticoagulation control: a comparison between the performance of a hospital anticoagulation clinic and the general practice

Withybush General Hospital runs an anticoagulation clinic (AC) and provides laboratory facilities for INR testing for GP surgeries willing to prescribe and monitor warfarin treatment for their own patients. Fifty randomly selected consecutive patients (26 women) attending the hospital AC were compared with a similar sample of 50 patients (22 women) whose INRs have been requested from the general practice. All patients had their anticoagulation initiated beforehand. A retrospective analysis of their last ten appointments for INR check was undertaken. The therapeutic range was according to the guidelines of the British Society for Haematology and was defined as INR values within 0.5 INR units of the target INR¹.

The age of the patients attending the hospital AC was 69.2 ± 12.9 years and 70.3 ± 10.5 years in the general practice group. There was no statistically significant difference between two groups regarding the indication for anticoagulation and mean duration of follow up (171.1 days in the hospital cohort and 145.9 days in GP cohort). Retrospective analysis of 50 patients' records of their last ten appointments with the hospital AC yielded 478 INR measurements, as on 22 occasions the patient failed to turn up. Similar analysis of

the records of 50 patients from the general practice cohort yielded 494 INR measurements, as only on 6 occasions no blood samples were sent to the laboratory. 56.9% of hospital AC INR measurements (272 of 478) were in the therapeutic range, 23.8% (114 of 478) below therapeutic range and 19.2% (92 of 478) of measurements were above therapeutic range compared to 54.1% (267 of 494), 25.9% (128 of 494) and 20% (99 of 494) of the INR measurements respectively of the general practice group. There was no statistically significant difference between the two groups at the 95% confidence interval. There was no incidence of bleeding due to over-anticoagulation in any group. Similarly, no statistically significant difference in anticoagulation control was found when patients with atrial fibrillation were compared separately (25 in the hospital AC group and 24 in the general practice group). Retrospective analysis of their last 10 appointments yielded 237 INR measurements in the hospital AC group of which 140 (59.1%) were in the therapeutic range as compared to 238 INR measurements in the general practice group of which 143 (60.1%) were in the therapeutic range.

This study showed that more than half of the INR results obtained in the hospital AC or in the general practice fell within the recommended range. This is in accordance with previous studies, which gave a range of 47% to 53.4%²⁻⁴. We could not find any

statistically significant difference between the hospital AC and the general practice in maintaining the INRs within the range recommended by the British Society for Haematology. We conclude that the control of anticoagulant treatment can be safely devolved to the primary care doctors who are willing to accept the responsibility, more so in patients with atrial fibrillation, where community based control of anticoagulation treatment is safe and effective.

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