

POCT Home INR Monitoring

Key Contacts:

KidClot is here for you!

Please contact your healthcare provider for any questions about the following information.

After Hours: Please refer to www.KidClot.com for resource materials.

Email: kidclot@ahs.ca

POCT stands for:

**Point
Of
Care
Testing**

This home testing program allows children to have their INR tested without going to the lab!



Home INR Meters can improve the quality of life for children on Warfarin by reducing lab visits.

In this handout:

- What is an INR?
- How to Use a Coaguchek Meter
- How to Report INRs
- Continuing Home INR Meter Use
- FAQs
- How to Set Time and Date



Disclaimer

The information available in this package represents the best evidence currently available and is provided for informational purposes only. It is not in anyway intended to be a substitute for professional medical advise, diagnosis or treatment. Always seek advise from your physician or a physician specializing in pediatric thrombosis with any questions you may have about your medical condition. Never disregard or delay seeking medical advise because of something you have read in this package. The author and / or the illustrator assumes no liability or responsibility for damage (direct, indirect or consequential) or injuries to persons or property arising from any use of any informational idea or instruction contained in these materials.

What is an INR?

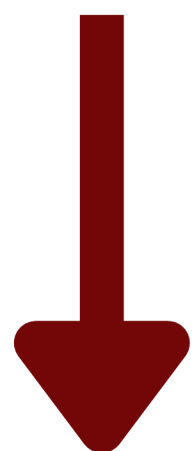
INR stands for "International Normalized Ratio" and is a blood test that tells us how long it takes for your blood to clot. A normal INR is around 1.0. For a person taking warfarin, their INR range will be set by your doctor depending on the reason warfarin is needed and may be:

1.8-2.5 or 2-3 or 2.5-3.5. or Other

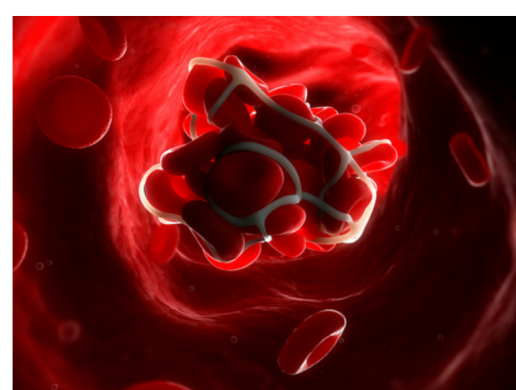
An INR can be tested on a blood sample at the lab or on a CoaguChek POCT meter. This meter can be used at home by parents or by teens to check INR without driving to a lab and waiting for results. POCT meters provide instant INR results that are very accurate.



INR that is too **HIGH**
means there is a
higher risk of
bleeding.



INR that is too **LOW**
means there is a
higher risk of **clotting.**



Indication for Warfarin:

Target INR Range:



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How to use a CoaguChek Meter



Image from <https://www.coaguChek.ca/en>

Meters are **loaned** to families who have children requiring warfarin therapy to more easily test INR levels at home. The INR is very important because it tells us what dose of warfarin your child needs to be on. The INR may often change based on many things like diet, illness, and medication changes, and errors such as missed doses (DIME). Therefore, testing INR regularly keeps kids safe!

Things needed for a Home INR test:

Lancing Pen



Test Strips

Lancets

Code Chip

Steps to Test INR

Time to test!

1. Wash your hands and your child's hands with soap and water. Rinse and dry hands well. **Do NOT use alcohol-based hand rub as this can impact the INR reading!**
2. Turn on your meter with the power button. Load a new lancet into the lancing pen and press the "spring" button at the back of the pen.
3. Confirm the **time and date are correct!** (If they do not match, please see the back of this handout for steps to reset time/date)
4. When the screen is flashing an image of the test strips, you may insert the test strip. (If you have an INR Range meter- select "Test" then wait for the image of the strip to insert the test strip)
5. Wait! The meter can take time loading. If you have an INR Range Meter, skip step 6 and move to step 7.
6. On XS Meters, the strip code will appear on the screen. **Please confirm your strips match that code and press the "M" button to move on.**
7. A countdown starts on the screen for 180 seconds. This is the amount of time you have to complete the INR test.
8. Poke your child's finger with the lancing pen by pressing the yellow "go" button on the side. Massage the finger until a raindrop sized blood drop can be placed on the clear window of the test strip. **After lancing, you must apply the blood from the finger within 15 seconds to ensure an accurate sample.**
9. Once applied, the meter will "beep" and display "QC" and a checkmark for a successful sample. **Do not move the meter during this period to ensure adequate reading.**
10. INR value will appear on the screen.
11. **Record the INR in your calendar and report the INR to Kidclot via text 780-887-5176**



Power





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How to Report INRs

Once you have an INR from your meter...

1. Record the INR in your warfarin/INR calendar.
2. Please report INR to your health care provider and include the following information:
 - INR
 - Current Dose
 - Any changes in Diet, illness, medications, missed doses, extra doses, or bleeding events. Remember, warfarin can change on a "DIME"!
3. Await response from your team for dose plan!

What should I do if
my INR is out of my
target range?



If INR is greater than or equal to 4.5, please refer to the Kidclot website videos if it is after hours when your INR is reported.
(Refer to Module 6 on Warfarin Self Management Series)

**Please test and report INRs by 2pm
on the day they are due!**

**This allows time for our team to
review results, make a dosing plan,
and send prescriptions if needed.**

Continuing Home INR Meter Use

Every year you must do two things to remain on the meter program:

1. Complete the eKite learning modules for "**Warfarin with Coaguchek INR Testing**" found on KidClot.com
2. Complete a **meter validation** at the lab to ensure your home meter is still correctly measuring INRs. Your outpatient KidClot nurse will provide you with the **Lab Requisition** when it is time to renew. You must bring your meter to the lab and your child will require an INR **blood test by the lab and a POCT test at the same time**. This allows us to continue to trust the meter for warfarin monitoring!

Frequently Asked Questions (FAQs)

Q: How often do I test my child's INR?

A: The KidClot team will set the next test date based on past INRs, current INR and changes in DIME. When your child starts warfarin, the first 6 weeks will require more testing to find a stable dose. After this period, INR may be tested weekly and then may be tested less often as the INR remains in range.

Q: Should I ever test sooner than the INR test date set by my KidClot team?

A: If your child becomes ill between test dates lasting for over 2 days, begins to vomit or have diarrhea, please test INR at the next business day and report to Kidclot with the reason for testing early.

Q: What happens if I need to contact Kidclot on a weekend or after business hours?

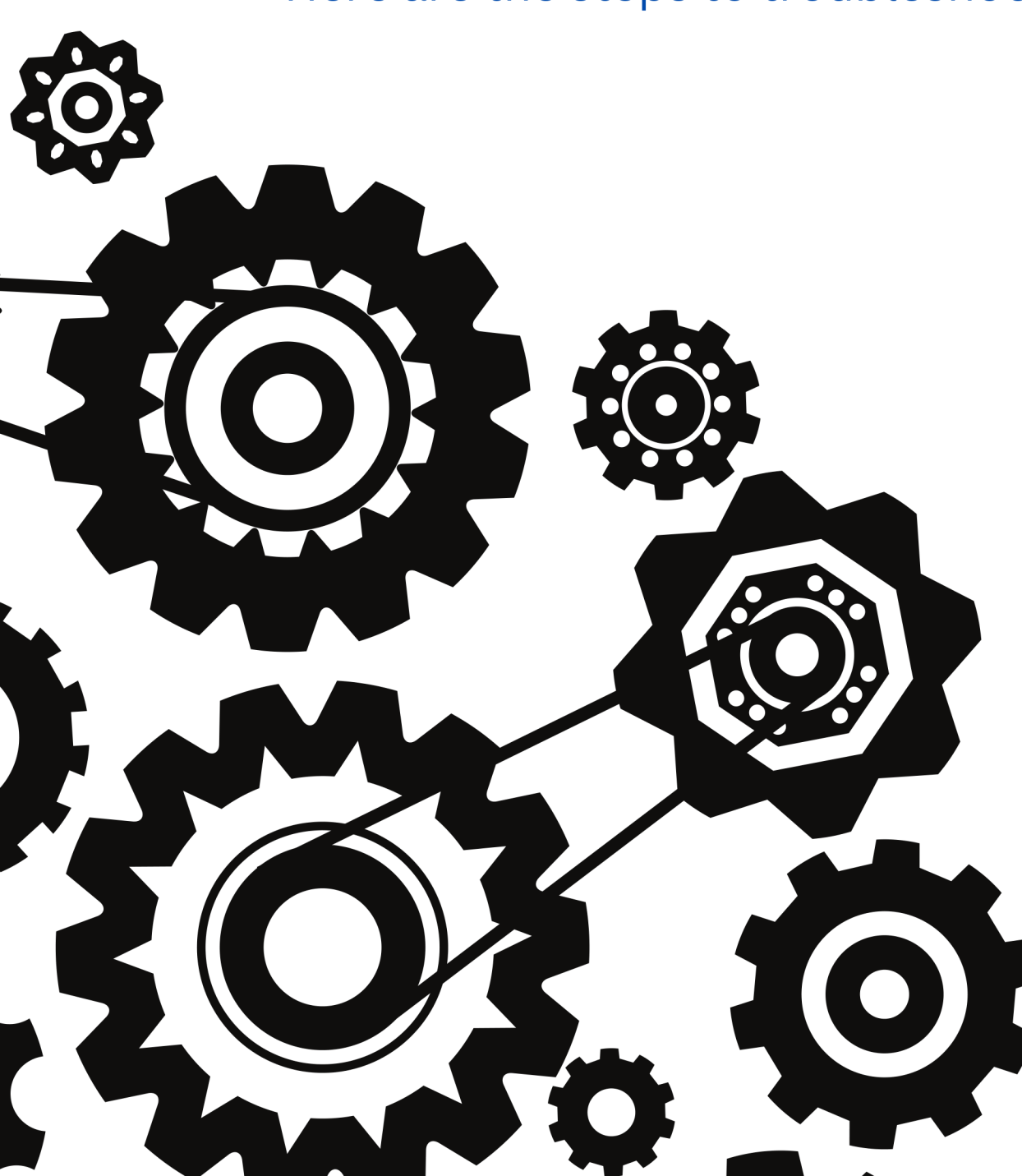

A: If it is an emergency or bleeding related concern, please take your child to the closest emergency department. Other concerns can be addressed using the resources found for warfarin at www.kidclot.com/resources

Q: What is an Error 5?

A: Error 5 after a test tells us that the blood drop was not large enough for the meter that th Try warming your child's hand, massaging the fingertip, and only drop the sample when you have squeezed a blood drop the size of a raindrop.

Q: My meter is producing an Error Code/not working. What do I do?

A: If the error code is not an error related to size of the blood sample. Here are the steps to troubleshoot:

- 
- 
- Press and hold the power button to turn off the machine.
 - Remove and replace the batteries.
 - Reset the time and date (steps on the next page)
 - Ensure the code chip matches the test strips bottle's code.
 - Check the expiry date on your test strips
 - Remove the blue cover over the strip plate. With a slightly damp, warm cloth, gently clean the white plate and surrounding area under that cover.
 - Ensure you are not touching the plastic window on the test strip while testing or handling strips. Note if your test strips were exposed to extreme hot or cold temperatures and ensure storage at room temperature in a cool, dry spot.
 - Retry the test. If the issue continues, please contact the KidClot outpatient nurse phone or email.



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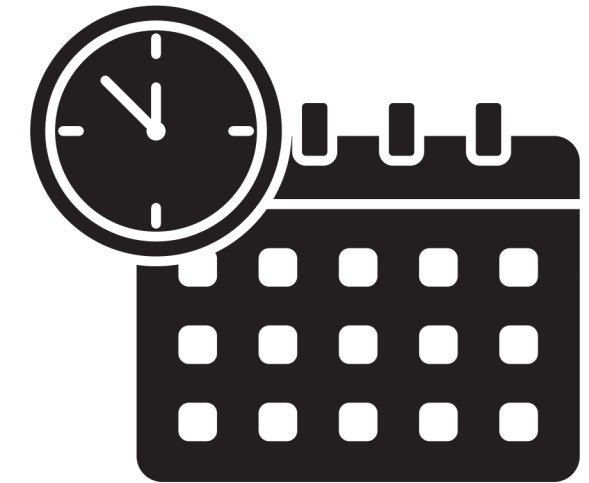


How to Set Time and Date on the Meter

Every time batteries are replaced, you must reset the time and date. Below are the steps to set the time and date for your INR meter.

For XS Pro Meters

1. Turn on meter
2. Press side button once to begin set time/date process
3. Press side button once to select the day/month/year
4. Press M to scroll and click through to the correct number
5. Press side button once to move to next number field (either day/month/year)
6. Press M to scroll and click through to the correct number
7. Press side button once to move to next number field (either day/month/year)
8. Press M to scroll and click through to the correct number
9. Press side button once to move to the TIME section. 12h or 24hr will show up- press M to pick 12hr then press side button to move forward.
10. Press M and scroll through the hour options to select the correct hour. Once at your desired hour, press the side button.
11. Press M and scroll through the minute options to select the correct hour. Once at your desired hour, press the side button.
12. Continue to press the side button through the screen until "End" shows up on the screen
13. You are done!



For INR Range Meters

1. Turn on meter
2. Use the down arrow button to scroll down to Settings and press select button
3. Scroll and select Time/Date button
4. Select "12 hr Format"
5. Use the arrow keys to adjust each number for the time and date. When you have reached the correct number, press the select button to confirm your choice and move to the next field. When you have completed all the sections, press and hold the select key to turn the machine off.
6. You are done!

Your INR Meter requires 4 AAA batteries

