

# COMMUNITY PHARMACY

## ANTI-COAGULATION MANAGEMENT SERVICE (CPAMS)

### Patient Information

If you are taking warfarin, you will be familiar with the regular blood tests to make sure you are taking the correct warfarin dose.

This is known as International Normalised Ratio (INR) testing, which checks how long it will take for your blood to clot.

The pharmacy-based warfarin service called The Community Pharmacy Anti-Coagulation Management Service (CPAMS) is available in selected pharmacies throughout New Zealand.

This service means instead of going to the laboratory for each test, your accredited community pharmacist can measure your INR levels using just a small sample of blood from a finger prick.

#### Getting an INR test at your pharmacy

To begin receiving the service, your General Practitioner (GP) will need to refer you. Once you have been referred, simply visit your community pharmacy instead of the laboratory when your next blood test is due.

1. Your pharmacist will take a finger prick blood sample.
2. You can see your results immediately, and your pharmacist will advise you on what dose of warfarin to take.
3. You will be provided with a small take home calendar to help you remember your dose and next test date.
4. Your GP is also informed of the INR result, as they retain overall responsibility for your care.

If you are interested in this service, you can talk to your GP or practice nurse. Your pharmacist can also give you a referral form to take to your GP.

#### More information

If you have any questions, or would like to know more about the service, talk to your pharmacist or GP.

You can choose to leave the service at any time and return to care under your GP.



#### What are the benefits for you?

Testing uses a finger prick sample instead of a venous blood test.

Immediate results and advice on the correct warfarin dose to take.

Pharmacy opening hours provides greater flexible for testing.

More involvement in the management of your INR levels and overall health.

Reduced complications and adverse events.

Automatic email reminders about when your next test is due.

You can view your own results and progress anytime online.

