



**Service Priorities and Programmes**  
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**A tool to improve warfarin therapy - A pocket booklet for patient with prosthetic valve**

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**Introduction**

- Warfarin is the current long-term standard anticoagulation medication for patients after cardiac valve replacement. Too much warfarin results in bleeding and too little results in clots formation which may disrupt the function of prosthetic valve. Both may cause serious events. - It is more proper and safe if patients are familiar with warfarin therapy. - In 2012, we designed a simple warfarin education pamphlet for patients. There were positive feedback from patients, and the pamphlets can be improved by a comprehensive tool.

**Objectives**

- To enhance patient's knowledge and drug adherence of warfarin after heart valve surgery. - To improve patients' medication safety in their daily life with warfarin.

**Methodology**

- We designed a comprehensive booklet about warfarin therapy, including more daily life safety tips, food suggestion with photos, INR and drug dosage record; which can completely improve patients' drug adherence. - Face-to-face interviews was implemented to collect patients' comments. A structured questionnaire which including 12 close ended questions were asked before and after patients read the booklet. Other 3 questions was asked to assist patients to comment the warfarin booklet.

**Result**

- After read the booklet, patients' knowledge of warfarin therapy was improved in various aspect. 83.3% of patients agreed the record of INR and drug dosage can help them to understand how their eating and drug habit affecting their INR level. 66.6% of patients agreed the photos of food list can assist them to choose suitable food, and the pocket-size booklet was easy to carry.