



Science News

Results in self-evidence with TAO

The Department of Primary Health Care Sciences, University of Oxford published in December 2011 article "*Self-monitoring of oral anticoagulation: Systematic review and meta-analysis of individual patient data*" (self-monitoring of oral anticoagulation: a systematic review and meta-analysis of individual patient data). The proposed study was intended to clarify the value of self-control in oral anticoagulation, address several gaps in the evidence, including an estimate of the effect at the time of death, bleeding and thromboembolism.



With the review of more than 1357 articles involving 6417 people and annual monitoring of 12,800 patients, the study concludes that there is a significant reduction in thromboembolic events in the group of patients with self-TAO, but found no significant effect in the case of major bleeding or mortality. also for the group in self-control, in patients under age 55 showed two-thirds lower risk of thromboembolism and for patients with mechanical heart valve, we observed a decrease of 50% thromboembolic events.

The implementation and adoption of self depend on the results of economic analysis, which in the past have produced conflicting results: while in the UK, a study concluded that "overall, the self of the patient is unlikely to be more profitable than the current anticoagulation clinics," a Canadian study suggests," the self is a cost-effective strategy

for patients receiving long-term OAT therapy
for atrial fibrillation or mechanical heart valve.
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The article concludes that the results of
scientific review may lead to a systematic
change in practice, in terms of significant
reduction of thromboembolic events in patients
with mechanical heart valves require long-term
anticoagulation.

These patients should offer the option to self-
manage their disease with proper health care.
In addition, several reviews and this study
show that self-control and self-management is
a safe option for appropriate patients.

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