

# HIGH RISK MEDICINES:

## SUPPORTING PATIENTS AND PRESCRIBERS ON A NOVEL CLASS OF ORAL ANTICOAGULANTS

#doacbooklet

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### INTRODUCTION

Direct oral anticoagulants (DOACs) are a relatively new class of medicines used to prevent and treat blood clots. DOACs are considered high risk medicines due to the potential for causing a bleed.

Unlike warfarin, DOACs do not require routine blood tests, however, they still carry a bleeding risk. In the UK bleeding risks and signs of haemorrhage due to warfarin are highlighted to patients using a standard 'yellow booklet'. This also includes an alert card for patients to carry to highlight their bleeding risk to healthcare professionals (HCPs).

It was recognised in NHS Greater Glasgow and Clyde (NHSGGC) that there was no equivalent generic booklet or alert card for DOACs and therefore these resources were developed.

In addition to patient information, given the complexity of DOAC prescribing, the need for prescribing information for HCPs was also identified and therefore a Frequently Asked Questions (FAQ) bulletin was developed.

### AIM

To develop resources to assist the safe, patient-centred use of DOACs.

### OBJECTIVES

- To develop a DOAC patient information booklet and alert card to assist collaborative decision-making and highlight key safety messages. This is expected to support self-management of patients which is a strategic priority for NHS Scotland.
- To develop an online FAQ bulletin to aid safe prescribing and support clinicians.

### METHODS

- A multidisciplinary group including pharmacists, doctors, nurses and a patient representative was convened to develop the DOAC booklet and alert card through a series of meetings.
- The NHSGGC 'CLEAR To All' team advised on patient-friendly language and accessibility of the booklet and alert card.
- Development of the FAQ bulletin was led by the Pharmacy Medicines Information Team in conjunction with cardiology and haematology.

### RESULTS

#### DOAC Patient Information Booklet and Alert Card

A DOAC patient information booklet and alert card was developed. It is available on the GGC Medicines website (<http://www.ggcmedicines.org.uk/>) and by scanning the QR code below.

The patient information booklet is suitable for the majority of patients on DOACs and contains information on:

- How to take the medicine
- How to manage missed doses
- Side effects
- Letting other people know
- Things that may affect the medicine
- Pregnancy and breast-feeding

**Direct Oral Anticoagulant Alert Card**  
This patient is taking anticoagulant therapy  
This card should be carried at all times and shown to health care professionals

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_ Telephone: \_\_\_\_\_  
CHI Number: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_

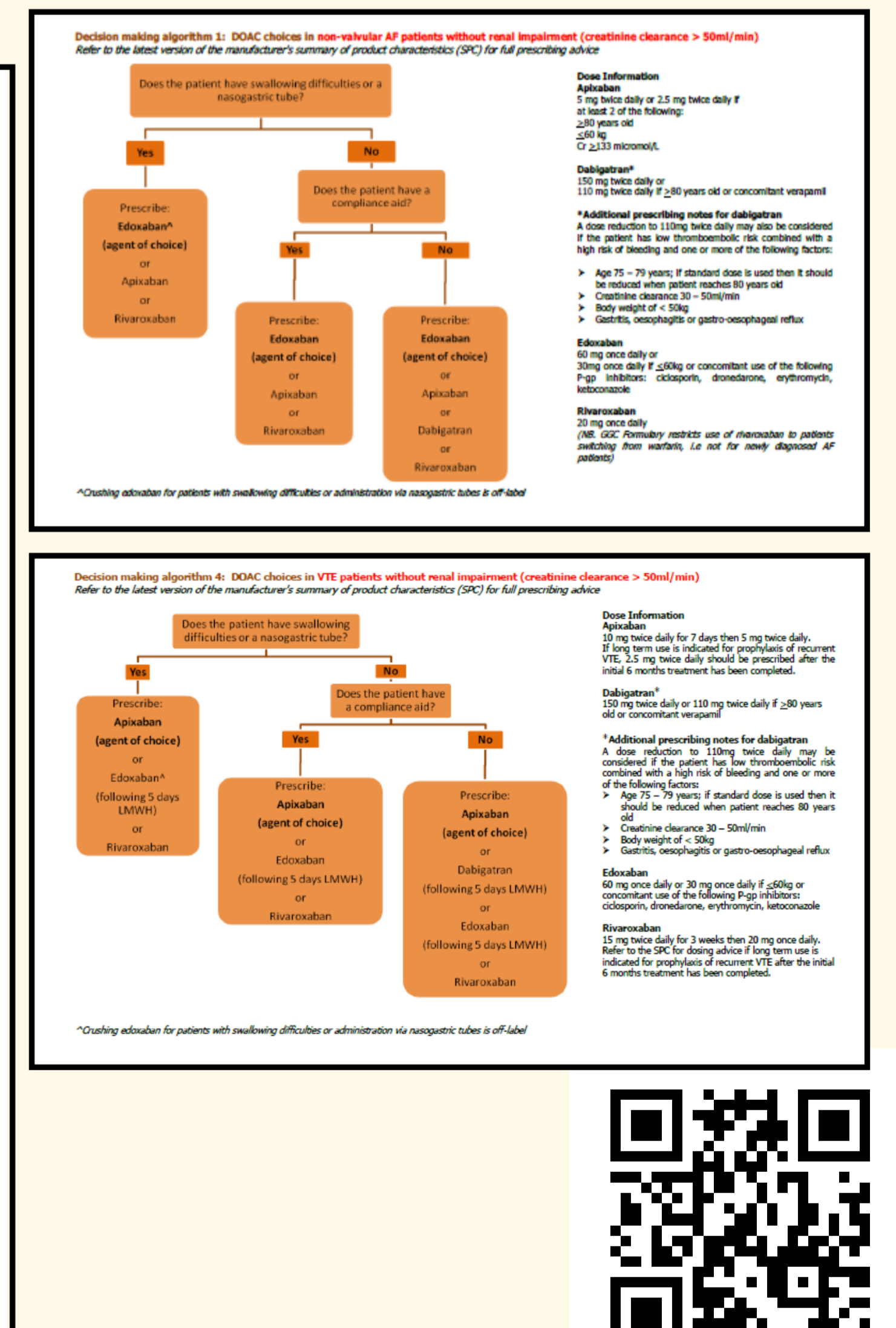
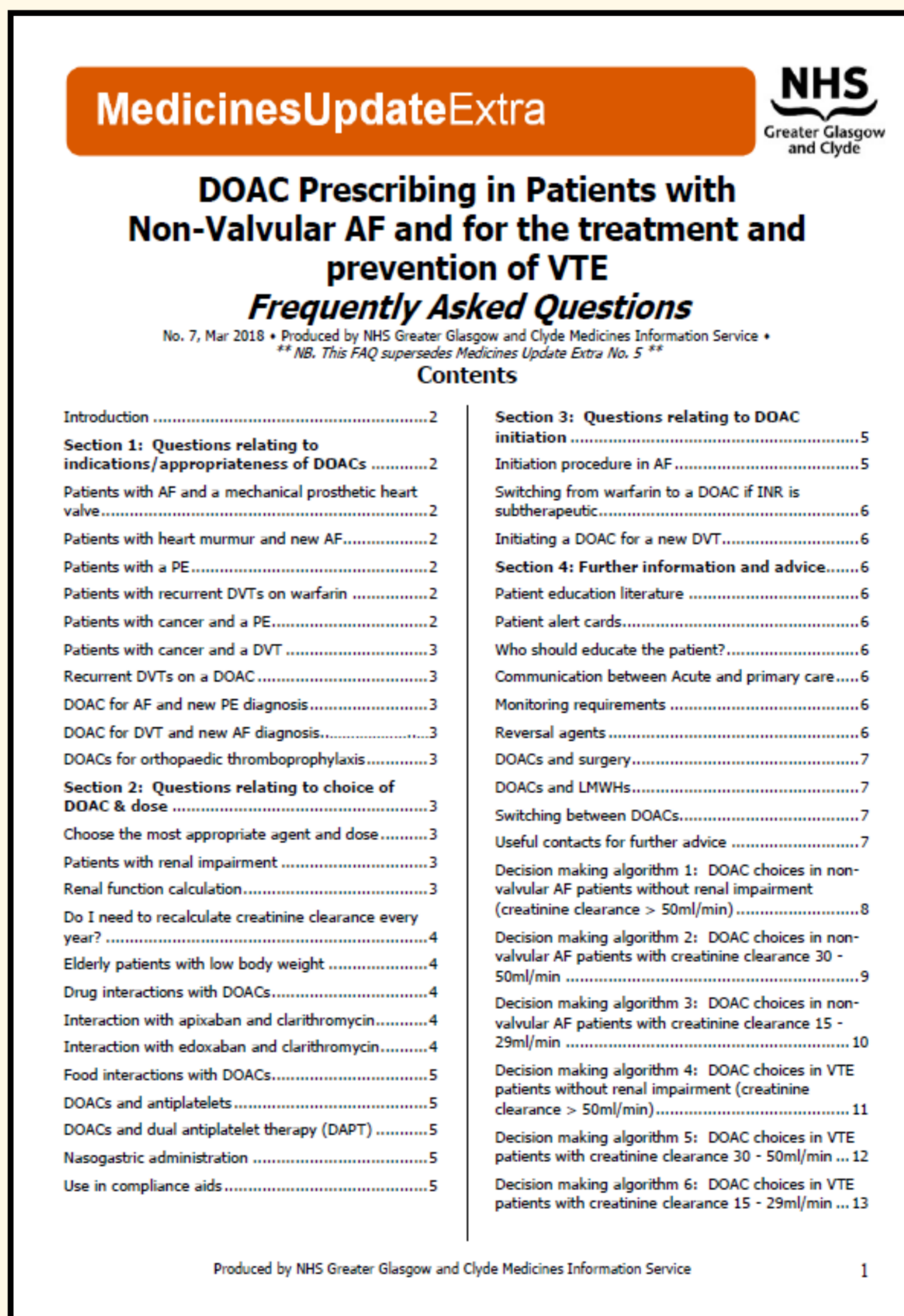


### RESULTS

#### FAQ Bulletin for Healthcare Professionals

The FAQ for HCPs was developed and approved by NHSGGC Area Drug & Therapeutics Committee.

It is available on the GGC Medicines website (<http://www.ggcmedicines.org.uk/>) and by scanning the QR code below.



### CONCLUSIONS

#### DOAC Patient Information Booklet and Alert Card

- The content of the DOAC information booklet and alert card has been agreed and is now available online. Paper copies will be available for use in the next few months.
- The booklet and alert card will be disseminated to patients via hospitals, GP practices, outpatient clinics and community pharmacies.
- Evaluation of the booklet is planned and discussions are underway with NHS Health Improvement Scotland regarding how the booklet could be rolled out across Scotland.

#### FAQ Bulletin for Healthcare Professionals

- The DOAC FAQ bulletin for HCPs is an established resource, well received by clinicians.
- The FAQ includes evidence based information, specific prescribing recommendations and case studies.

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